

2020-2021 Ore Creek lunch carb sheet

Hartland Consolidated Schools is providing carbohydrate information that is as complete and accurate as possible. The analysis was based on standard product formulations and variations may occur depending on the local supplier. Product formulations change periodically and the district will update product information as needed. Serving sizes may vary from the quantity upon which the analysis was based. If a vendor does not deliver a food item, a menu substitution may be made. If you wish for additional information or have a dietary concern regarding a specific ingredient or product, please contact Student Nutrition at 810-626-2868.

updated 8/18/2020

Available Daily	Serving Size	Carbs
Milk, Fat Free Chocolate	1 each	23
Milk, Fat Free White	1 each	11
Milk, 1% White	1 each	11
Milk, 1% Chocolate	1 each	24
Weekly Offerings: SALADS (choice of breadstick or roll daily) *chips w/taco salad only	Serving Size	Carbs
BLTT Salad	1 Salad	14
Chicken Caesar Salad w/o bread	1 Salad	29.75
Plain Caesar Salad w/o bread	1 salad	13.75
Taco Salad w/o Tortilla chips	1 each	9
Crispy Chicken Salad w/o bread	1 each	29.75
Crispy Popcorn Chicken Salad w/o bread	1 each	33.75
Grilled Chicken Salad w/o bread	1 each	14.75
Michigan Salad grilled chicken no croutons no bread	1 each	31
Michigan Salad popcorn chicken w/o croutons no bread	1 each	32
Croutons	1 pkg.	5
Buffalo Chicken Salad w/o bread	1 each	30.75
Turkey & Ham Garden Salad w/o bread	1 each	5.5
Breadstick, Twisted Garlic (offered with salads)	1 each	22
Breadstick (offered with Pizza)	1 each	14
Tea Roll	1 each	14
Tortilla Chips (serving = 22 chips)	1 chip	1.9
Dinner Roll	1 each	24
2020-2021 Daily Specials	Serving Size	Carbs
Apple Cinn. Texas Toast	1 Slice	45
Bagel, Blueberry Breakfast	1 bagel	58
Bagel, Plain Breakfast	1 bagel	56
Bagel, Everything	1 bagel	54
Blueberry Parfait	1 each	66.5
Bosco Sticks (see marinara below) serving = 2 sticks	1 stick	17
Bosco, Pizza Sticks	1 stick	29
Bosco, Apple	1 bosco	38
Calzone 3-Cheese	1 calzone	33
Cheeseburger, on a Whole Grain Bun	1 Burger	0
Cheese Stick (string cheese)	1 each	1
Chicken Alfredo:	1 pcs chicken	1
	1.83 oz sauce	5
	1 cup pasta	41
	Meal	47
Chicken Ranch Wrap	1 wrap	46.5
Chicken Drumstick	1 drumstick	5
Chicken Pot Pie	Meal	39.6
Chicken Pot Pie w/o bisquit	8.5 oz	17
Chicken Patty on a Whole Grain Bun	Patty	16
Popcorn Chicken (serving = 10pcs.)	1 pcs.	2

Fruit Offerings	Serving Size	Carbs
Apple, Fresh (medium)	1 each	18
Apple Slices, Fresh	1 pkg.	7
Apple Slices, Canned	1/2 cup	12
Applesauce, unsweetened (verify brand)		
GFS	1/2 cup	13
Applesauce, Cinnamon prepackaged	1/2 cup	22
Applesauce, Fun Flavors raspberry, mix fruit, cherry, strawberry/banana, plain, cinnamon, watermelon	1 each	22
Banana, Fresh	1 each	27
Blueberries, Fresh/Frozen	1/2 cup	10
Cherries, Dries	1/4 cup	32
Clementines	1 each	9
Grapes, Fresh	1/2 cup	15
Tropicana 100% juice, fruit medley	10 oz	34
Tropicana 100% juice, strawberry/orange	10 oz	40
Tropicana 100% juice, Apple	10 oz	34
Tropicana 100% juice, Orange	10 oz	33
Tropicana 100% juice, Strawberry/kiwi	10 oz	38
Juice, Apple 100% Juice	1 carton	13
Juice, Fruit Punch 100% Juice	1 carton	14
Juice, Grape 100% Juice	1 carton	19
Juice, Orange 100% Juice	1 carton	13
Raisins	1 each	31
Mixed Berries Cup, Frozen Commodity	1/2 cup	20
Mixed Fruit, Canned (verify brand)		
GFS	1/2 cup	13
IPM	1/2 cup	14
Mission Pride	1/2 cup	17
Oranges, Mandarin	1 each	20
Oranges, sliced (4 wedges)	1/2 cup	15
Peaches, Canned (verify brand)		
GFS	1/2 cup	12
IPM	1/2 cup	14
Taste of the West	1/2 cup	14
Pears, Diced (verify brand)		
Del Monte	1/2 cup	16
GFS	1/2 cup	17
IPM	1/2 cup	15
Oregon Trail	1/2 cup	16
Pear, Whole (medium)	1 each	22
Pineapple, Canned (verify brand)		
Dole	1/2 cup	16
GFS	1/2 cup	18
Strawberries, Fresh Whole	1/2 cup	6
Strawberry/Blueberry (Commodity) no sugar added	1/2 cup	10
	1/2 cup	
Strawberry/Blueberry Mix (sugar added)		29
Tangerine (medium)	1 each	13

Chicken Sticks (serving = 8 sticks)	1 stick	2
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Watermelon, Fresh	1/2 cup	6
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2019-2020 Daily Specials	Serving Size	Carbs
Chicken Tenders (serving = 3 tenders)	1 tender	5.33
Chicken Tenders Homestyle (2 tenders)	1 tender	4
Chicken and cheese taquitos (2 per meal)	1 each	15
Total Meal	2 each	30
Grilled Chicken Caesar Wrap	1 each	25.75
Spicy Chicken Tenders Serving = 3 pcs.	1 tender	5.66
Spicy Chicken Patty, on a Whole grain bun	1 Bun	31
	1 Patty	17
Chili (on a hot dog)	2 oz.	
Corn Dog	1 each	30
Crazy Cheesy Bread	1 each	30
Crunchy Mozzarella w/marinara	6 each	16
	1/4 cup	7.5
	Meal	23.5
Crispy Chicken Ranch Wrap	1 wrap	31
Eagles Nest: Meatballs	4 each	5
	1 oz gravy	2.5
	1/2 c potato	15
	Meal	22.5
Egg Roll, Chicken	1 each	20
(= 3 sticks)	1 stick	9.4
French Bread Pizza	1 each	33
French toast sticks (3 per serving)	1 stick	9.4
Garlic Toast	1 toast	11
General Tso Chicken (see Rice)	3 oz	8
Grill Cheese Sandwich	1 each	31
Grilled Chicken Wrap	1 each	
Hamburger Patty	1 Patty	2
Hamburger Bun	1 Bun	31
Hamburger Bun, GF +health alert required	1 Bun	44
Ham & Cheese Calzone	1 calzone	33
Ham or Sausage Egg Cheese Muffin:	1 sausage	1
	4 slices ham	1
	1 slice cheese	1
	Egg patty	1
	Muffin	27
	Meal	30
Ham & Cheese Ciabatta	1 each	45
Ham & Swiss Croisant	1 each	31.5
Ham & Swiss Sub	1 sub	33
Ham & Swiss Wrap	1 wrap	21
Hot Dog , Bun	1 bun	31
Hot Dog , Bun GF +health alert required	1 bun	20
Hot Dog	1 each	1
Italian Wrap	1 wrap	22.5
Italian Sub, Baked	1 sub	33.5
Macaroni & Cheese	6 oz.	29
3 Cheese Spiral Pasta	6 oz.	28
Marinara Sauce	1/4 cup	7.5
Mashed Potato Bowl	1 each	42
Meatball Sub - Meatballs	4 each	5
Marinara	2 oz.	7.5
Sub Bun	1 each	27

Vegetable Offerings	Serving Size	Carbs
Beans, Baked	1/2 cup	29
Beans, Black	1/2 cup	18
Beans, Garbonzo	1/2 cup	13
Beans, Green Steamed	1/2 cup	4
Beans, Refried	1/2 cup	31
Black Beans and Salsa	1/2 cup	13
Broccoli, Fresh or Steamed	1/2 cup	2.5
Broccoli & Califlower	1/2 cup	2.5
Carrot Sticks (approx. 3-4)	1/2 cup	11
Carrots, Fresh baby	1/2 cup	10
Carrots, bagged	1 pkg.	7
Carrots, Steamed	1/2 cup	6
Celery Sticks (4 sticks)	1/2 cup	2
Corn, Steamed	1/2 cup	16
Cucumbers	1/2 cup	1
Hummus	1/4 cup	14
Lettuce/Salad Greens	1 cup	2
Mixed Veggies, Steamed	1/2 cup	9
Peas, Frozen or Steamed	1/2 cup	8
Potatoes, Hashbrown Patties (serving = 2 each)	1 patty	15.5
Potatoes, Curly Fries	2.25 oz	15
Potatoes, Smiles (serving = 4 pcs.)	1 smile	5
Potatoes, Hashbrown Stars (serving = 7)	1 star	2.125
Potatoes, Tater Tots (serving = 8 pcs.)	1 tot	2
Potato, French Fries crispy coat	3 oz	21
Potato, Wedges ranch coating	3 oz	17
Potatoes, Mashed	1/2 cup	15
Gravy	1 oz	9
Sugar Snap Peas	1/2 cup	10
Spinach, Fresh	1 cup	2
Tomatoes, Cherry (serving = 4)	1 each	0.87
Veggies, Mixed Steamed	1/2 cup	9

Condiments and Extras	Serving Size	Carbs
BBQ Sauce	2 Tbsp	15
Caesar Dressing	1 Pkg	2
Cream Cheese Cups	1 each	1
Cream Cheese Cups Strawberry	1 each	4
Gravy, Brown	2 oz	18
Honey Mustard	2 Tbsp	18
Hot Sauce, Louisiana	1 oz.	1
Italian Dressing	2 Tbsp	6
Ketchup	2 Tbsp	10
Ranch Dressing	2 Tbsp	2
Marinara Sauce	1/4 cup	7.5
Pickles	1 oz	1

	Meal	39.5
Mini Stuffed Bagels, strawberry	1 bagel	41
Mini Blueberry Pancakes -Aunt Jemima	1 pkg.	42
Mini Blueberry Pancakes - Eggo	1 pkg.	35
Mini Cinnis	1 each	39

Salsa	2 Tbsp	2
Sour Cream	2 oz	6
Syrup	2 oz	52

2020-2021 Daily Specials	Serving Size	Carbs
Mini Corn Dogs (serving = 6 pcs.)	1 pcs.	5
Mini Pancakes -Pillsbury (verify)	1 pkg.	38
Mini Pancakes, vanilla - Eggo	1 pkg.	36
Mini Twin Burgers (serving = 2 minis)	1 mini	16.5
Nachos Supreme	22 chip	41
	3.17 oz meat	5
	2 oz Cheese	5
	Total Meal	51
Orange Chicken (see rice)	3.9 oz	25
Pasta & Meat Sauce	4 oz Pasta	47
	5.6 oz meat	9
Pasta and Meatballs	4 oz Pasta	47
	4 meatballs	5
	4 oz sauce	12
	Total Meal	64
Pepperoni Stuffed Sandwich	1 each	32
Philly Steak and Cheese Hot Sandwich	Total Meal	55
Bread	1 each	44
Meat	1 each	3
Veggies	1 oz	6
Cheese	.25 cup	2
Pizza, Big Daddy's Pepperoni	1 slice	43
Pizza, Hungry Howie's	1 slice	34
Pizza Variety, Cheese 16"	1 each	35
Pizza Variety, Pepperoni 16"	1 each	39
Pizza Variety, 7" ala carte	1 each	61
Pepperoni Pizza Bites	8 pcs.	31
Personal Pepp. Deep Dish Pizza	1 each	38
Deep Dish Pepp Pizza Breadstick	1 each	27
Pizza Stuffer, Gluten Free	1 each	41
Pretzel, Whole Grain	1 each	30
Quesadilla, BBQ Chicken (serving = 3 each)	1 triangle	12
Quesadilla, Cheese Pizza	1 each	40
Quesadilla, Chicken	1 each	38
Quesadilla, Cheese Mini (serving = 3)	1 mini	10
Ravioli, Cheese (serving = 14 pcs.) Ravioli	14 pcs.	30
sauce	1/4 cup	7
Garlic Toast	1 toast	11
	Total Meal	48
Ravioli, Breaded	7 each	24
Marinara	2oz	6
Rice, Brown	1/2 cup	18
Sausage Patties (Pork or Turkey) (Serving = 2 patties)	1 patty	1
Scrambled Eggs with Biscuit	1 cup	25
Scrambled Eggs w/o Biscuit	1 cup	3
Soft Taco 6" Shells (serving =2 tacos)	1 taco	17.5
Sweet & Sour Shrimp Poppers	2 tbsp sauce	14
Shrimp Poppers (serving = 20 poppers)	1 popper	1.05
Sweet & Sour Chicken (see rice)	2 tbsp sauce	14
Popcorn Chicken (serving = 10pcs.)	1 pcs.	2
Thai Chicken w/Rice	2.85 oz chicken	15
Taco Stick	1 each	32

Switch	Serv. Size	Carbs
Apple	8 oz	27
Black cherry	8oz	30
Fruit punch	8 oz	30
Grape	8 oz	30
Kiwi/Berry	8 oz	30
Mango smoothie	8 oz	30
Orange/tangerine	8 oz	30
Tropical pineapple	8 oz	30
Watermelon/strawberry	8 oz	29

Totally Taco (serving = 3 triangles)	1 triangle	10
Tomato Soup	1 cup	21
Turkey Club Ciabatta	1 each	47
Turkey , Salami Cheese Sub	1 sub	33
Twisted Grilled Cheese (serving = 2)	1 each	19
Veggie Rice	3/4 cup	27
Walking Taco (Doritos)	1 bag	28
Taco meat	3.17 oz	5
Cheese	1 oz	0.5
Total	1 each	33.5

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