

## 2017-2018 Elementary Snack/Ala cart items

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 ext. 3867

Last Updated 9/12/2017

<b>Cereal Bars</b>	<b>servings size</b>	<b>carbs</b>
Apple Cinn Breakfast bar	1 bar	28
Cinn Toast Crunch	1 bar	30
CocoPuff	1 bar	30
Strawberry Cereal bar	1 bar	28
Trix	1 bar	30
Nutri-Grain Apple/Cinn	1 bar	30
Nutri-Grain Blueberry	1 bar	30
Nutri-Grain Strawberry	1 bar	29
<b>Cereal Bowls</b>		
Apple Jacks	1 bowl	24
Cinn Chex	1 bowl	23
Cinn Toast Crunch	1 bowl	22
CocoPuff	1 bowl	25
Froot Loops	1 bowl	24
Honey nut cheerios	1 bowl	22
Lucky charms	1 bowl	23
Trix	1 bowl	24
<b>Cookies</b>		
Cookie, choc chip	1 each	28
Cookie, carnival	1 each	26
Cookie Cup, Choc chip	1 each	27
Harvest Cookie	1 each	18
Shamrock Cookie	1 each	17
Snickerdoodle Cookie	1 each	19
Strawberry Shortcake Cookie	1 each	18

<b>Snacks</b>	<b>servings size</b>	<b>carbs</b>
Bread, Banana	1 slice	44
Bread, Cinnamon Burst	1 slice	44
Bunny Grahams, Honey	1 pkg	26
Cheetos Puffs	1 pkg	13
Cheez its	1 bag	14
Chex, Chocolate/Caramel	1 pkg	21
Chex, Strawberry Yogurt	1 pkg	23
Cinnamon Bun	1 each	37
Doritos, Cool Ranch	1 bag	20
Doritos, Nacho Cheese	1 bag	20
Doritos, Spicy Sweet Chili	1 bag	20
Fruit roll ups	1 each	11
Fruit Snacks scooby doo	1 pkg	21
Funyuns	1 pkg	14
Gold Fish Crackers, large	1 pkg	19
Granola	1 slv	20
Gold fish Puffs	1 bag	14
Kettle Cooked Chips	1 bag	27
Kettle Cooked Salt&Ving	1 bag	27
Pirate Booty	1 bag	14
Popcorn white Cheddar	1 bag	14
Poptart, cinnamon single	1 pkg	37
Poptart, Strawberry single	1 pkg	38
Poptart, Fudge single	1 pkg	38
Pretzel, Whole Grain	1 each	30

<b><u>Ice Cream</u></b>		
Birthday Cake	1 each	16
Cookies and Cream	1 each	25
Cotton Candy	1 each	15
Choc/Vanilla Twist Cone	1 each	30
Crazy Cone	1 each	24
Cool tropics Blue Raz	1 each	15
Cool Tropics Dragon Punch	1 each	16
Cool Tropics Grape	1 each	23
frog spit	1 each	25
Mini Ice Cream Sand.	1 each	12
Side kicks	1 each	20
Sorbet, Cherry/Blue Rasp	1 each	18
Sorbet, Strawberry/kiwi	1 each	17
Sour Apple	1 each	19
Chocolate Crunch Bar	1 each	22
Strawberry Crunch Bar	1 each	22
Spooky Vanilla Sundae	1 each	16
Spring Ice Cream Cup	1 each	12
Cherry/Vanilla Swirl Sundae	1 each	12
Candy Cane Sundae	1 each	12
<b><u>Snacks</u></b>		
Baked BBQ Chips, Lays	1 bag	24
Baked Cheetos Crunchy	1 bag	17
Baked Cheetos Flaming Hot	1 bag	17
Baked Chips, Lays	1 bag	26
Baked Sour Cream, Lays	1 bag	24
Bagel	1 each	29
Bagel, mini stuffed strawberry	1 pkg	41

Pretzel, Mini Whole Grain	1 each	14
Rice Crispy Bar, Fieldstone	1 bar	19
Rice Krispy Treat mini	1 bar	9
Rice Krispy Treat	1 bar	28
Salsa for tortilla scoops	2 tbsp	2
Snack Mix (Quaker)	1 pkg	17
Tortilla Scoops	1 bag	19

<b><u>Muffins</u></b>		
Muffin, Apple Cinnamon	1.94 oz	25
Muffin, Apple mini	1.6 oz	22
Muffin, Blueberry mini	1.6 oz	23
Muffin, Blueberry	3.2 oz	39
Muffin, Choc Chip mini	1.6 oz	25
Muffin, Cinnamon	1.94 oz	25
Muffin, strawberry mini	1.6 oz	23

<b><u>Switch Drinks</u></b>		
Black Cherry	1 each	30
Fruit Punch	1 each	30
Grape	1 each	30
Hardcore Apple (verify)	1 each	27
Kiwi Berry	1 each	30
Mango Smoothie	1 each	30
Orange Tangerine	1 each	30
Strawberry Banana Smoothie	1 each	32
Tropical Pineapple	1 each	30
Watermelon, Strawberry	1 each	29

Update 9/12/2017