

2019-2020 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

Last Updated 1/23/2020

Cereal Bars	serving size	carbs
Cinn Toast Crunch	1 bar	30
CocoPuff	1 bar	30
Trix	1 bar	30
Quaker Granola bar Cookie & Cream	1 bar	29
Quaker Granola bar, Choc Chunk	1 bar	19
Quaker Granola bar, Choc. Chip	1 bar	17
Cereal Bowls		
Apple Jacks	1 bowl	24
Cheerios	1 bowl	20
Cinn Chex GF	1 bowl	22
Cinn Toast Crunch	1 bowl	22
CocoPuff	1 bowl	25
Froot Loops	1 bowl	24
Frosted Flakes	1 bowl	24
Lucky charms GF	1 bowl	23
Trix	1 bowl	24
Graham Crackers	2 pkg.	32
Cookies		
Cookie, choc chip	1 each	27
Cookie, carnival	1 each	27
Harvest Cookie	1 each	18
Heart Shaped Cookie	1 each	17
Shamrock Cookie	1 each	17
Snickerdoodle Cookie	1 each	19
Strawberry Shortcake Cookie	1 each	18
Ice Cream		
Birthday Cake GF	1 each	16
Sour Blue Rasp. Twister cup GF	1 each	19
Cookies and Cream	1 each	25
Cotton Candy GF	1 each	15

Snacks Cont.	serving size	carbs
Baked Cheetos Flaming Hot	1 bag	17
Baked Chips, Lays GF	1 bag	24
Baked Sour Cream, Lays GF	1 bag	24
Cheetos Fantastix, Chili Cheese	1 pkg	19
Cheetos Puffs	1 pkg	13
Cheez its	1 bag	14
Chex, Chocolate/Caramel	1 pkg	22
Chex, Strawberry Yogurt	1 pkg	23
Doritos, Cool Ranch	1 bag	18
Doritos, Nacho Cheese GF	1 bag	20
Doritos, Spicy Sweet Chili	1 bag	20
Doritos, White Nacho Cheese	1 bag	20
Fruit roll ups GF	1 each	11
Fruit Snacks scooby doo GF	1 pkg	21
Funyuns	1 pkg	14
Gold Fish Crackers, large	1 pkg	19
Granola	1 slv	20
Gold Fish Crackers	1 bag	14
Kettle Chips, Applewood BBQ	1 bag	27
Kettle Cooked Chips, Original	1 bag	27
Kettle Chips, Jalopeno Cheddar	1 bag	27
Kettle Cooked Salt&Ving	1 bag	28
Pirate Booty GF	1 bag	14
Popcorn white Cheddar GF	1 bag	9
Poptart, cinnamon single	1 pkg	38
Poptart, Strawberry single	1 pkg	38
Poptart, Fudge single	1 pkg	38
Pretzel mini, Soft Whole Grain	1 each	14
Pretzel, Tiny Twists	1 each	11
Rice Krispy Treat	1 bar	30

Choc/Vanilla Twist Cone	1 each	30
Crazy Cone	1 each	24
Mini Ice Cream Sand.	1 each	12
Side kicks strawberry/kiwi	1 each	22
Sorbet, Cherry/Blue Rasp	1 each	18
Sour Apple Twister Cup GF	1 each	19
Cookie n Cream Ice Cream Sand.	1 each	29
Brownie Batter Ice Cream Sand.	1 each	33
Chocolate Crunch Bar	1 each	26
Strawberry Crunch Bar	1 each	25
Spooky Vanilla Sundae GF	1 each	16
Spring Ice Cream Cup GF	1 each	14
Cherry/Vanilla Swirl Sundae GF	1 each	14
Candy Cane Sundae GF	1 each	14
Polar Blast Bar GF	1 each	16
Orange Blossom GF	1 each	14
Fudgo-O Bar GF	1 each	16
Salted Caramel Brownie Crunch	1 each	23
Red & Green Snow Cherry/Lime	1 each	19
Snacks		
Baked BBQ Chips, Lays	1 bag	24
Baked Chips, Original Lays GF	1 bag	24
Baked Cheetos Crunchy	1 bag	16

Salsa for tortilla scoops	2 tbsp	2
Snack Mix, Munchies	1 pkg	17
Tostitos Scoops GF	1 bag	18

Muffins		
Muffin, Apple Cinnamon	2 oz.	30
Muffin, Banana	2 oz.	31
Muffin, Blueberry	2 oz.	30

Switch Drinks		
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

Breakfast Items		
Smoothies, Shiver shock 12oz	1 each	54
Bread, Cinnamon burst	1 each	44
Bagel, plain	1 each	29
Cream Cheese, plain	1 each	1
Cream Cheese, strawberry	1 each	4