

2024-2025 Elementary Lunch Carb count			Highlighted items are currently being served		
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 8/26/2024					
MILK	Serving Size	Carbs			
Available Daily			Fruit Offerings	Serving Size	Carbs
Milk, 1% White	1 each	11	Apple Slices, Fresh	1 pkg	7
Milk, 1% Chocolate	1 each	20	Apple, Fresh (Medium size)	1 each	18
Milk, 1% Strawberry	1 each	22	Applesauce, unsweetened (verify brand)		
2024-25 Menu Rotation Items	Serving Size	Carbs	GFS	1/2 cup	13
			Royal	1/2 cup	15
			Applesauce, Cinnamon	1/2 cup	15
Bosco stick (cheese filled) (serving = 2)	1 each	17 each	Banana, Fresh (medium size)	1 each	27
Breadstick, Whole Grain	1 each	15	Blueberries, fresh/frozen	1/2 cup	10
Cheese Stick/String Cheese	1 each	1	Cantaloupe	1/2 cup	8
Cheeseburger on a Bun					
Gordons HB bun	1 each	19	Cherries, Dried	1/4 cup	32
Gluten Free - OMG its GF *health alert notice req'd	1 GF bun	38	Clementines	1 each	9
	Burger	2	Cranberries, dried	1 pkg	28
	Cheese Slice	1	Grapes, Fresh	1/2 cup	14
Chicken and Cheese quesadilla	1 each	38	Juice, Apple 100% Juice	1 ea	13
			Juice, Fruit Punch 100% Juice	1 ea	14
Chicken Nuggets (serving = 5 nuggets)	1 nugget	3.2 each			
Chicken Patty on a Bun	1 bun	19	Juice, Grape 100% Juice	1 ea	19
	1 Patty	16	Juice, Orange 100% Juice	1 ea	13
	Total Meal	35			
Chicken, Popcorn Gold Kist Farms (serving = 10 pcs)	per serving	20	Mixed Fruit		
Chicken Sticks (8 per serving)	per serving	16	National Food Group	1each	19
Chicken Tenders (3 tenders = serving)	3 tenders	16	GFS	1/2 cup	15
Corn Dog (Gordons choice) - chicken	1 each	30	IPM	1/2 cup	14
Corn Dog (State Fair) - pork	1 each	33	Mission Pride	1/2 cup	17
Corn Dog (Foster Farms) - Turkey	1 each	27	Commodity	1/2 cup	15
Corn Dog (Foster Farms) - Chicken	1 each	30	Gordon Choice (individual cups)	1 each	19
Crazy Cheesy Bread	1 each	27	Oranges, Mandarin canned (verify brand)		
EZ jammers	1 each	53	GFS	1/2 cup	20
French Toast Sticks w/Cinn Glaze Sunny Fresh (3 sticks = serving)	3 sticks	29	Orange, Fresh (4 wedges = 1 orange)	1 wedge	3.75
Mini French toast	1 each	37g	Peaches, Canned (verify brand)		
French Toast Sticks - Papetti's (3 sticks = serving)	3 sticks	26	GFS Brand	1/2 cup	14
Green Eggs & Ham	1 Egg	1	Taste of the West	1/2 cup	15
	1 pkg graham	19	IPM	1/2 cup	14
	4 slices Ham	1	Peaches, Frozen Commodity cups	1/2 cup	19
	Total Meal	21	Pears, Diced (verify brand)		
Grilled Cheese	1 each	32	Del Monte	1/2 cup	16
Hot Dog on WG Bun	1 Bun wg	19	IPM	1/2 cup	15
	hot dog	1	GFS	1/2 cup	16
GF *health alert notice req'd	GF bun	20	Oregon Trail	1/2 cup	16
Hot Ham and Cheese stuffed sandwich	1 each	31	Royalty (individual cups)	1 each	17
Lasagna Roll ups	1 each	29g	Zee Zee (individual cups)	1 each	19
Macaroni & Cheese Land O'Lakes	6 oz.	29	Pears, Fresh (medium size)	1 each	25
Macaroni & Cheese JTM Brand	6 oz.	32	Pineapple, Canned (verify brand)		
3 cheese Spiral Pasta	6 oz.	28	Dole	1/2 cup	15
Rotini and meat sauce	2/3cup	24	GFS	1/2 cup	18
Mostaccioli and meat sauce	1 cup	26	Pineapple, Individual cups	1 each	15
Mini Cinnis	1 Package	39	Raisins	1 box	30

Mini Corn Dogs (serving = 6 mini corn dogs) Gordon's Choice	1 serving	34.5	Strawberries, Frozen Commodity cups	1/2 cup	22
Mini Corn Dogs (serving = 6 mini corn dogs) JTM	1 serving	33	Strawberries, Whole fresh	1/2 cup	10
Mini Corn Dogs (svg=6) House of Raeford	1 serving	29	Tangerine, (medium size)	1 each	13
Mini Pancakes, Mapple - Eggo	1 Package	36	Watermelon, Fresh	1/2 cup	6
Mini Pancakes, Vanilla - Eggo	1 Package	38	SideKick 100% juice slushie strawberry/kiwi	1 each	22
Mini Pancakes , Confetti	1 Package	36	Vegetable Offerings	Serving Size	Carb Count
Mini Pancakes (commodity)	2 each	26	Beans, Baked canned Busch's Veg.	1/2 cup	29
Mini Blueberry Pancakes - Eggo	1 Package	35	Beans, Black canned	1/2 cup	18
Mini Blueberry Pancakes - Aunt Jemima	1 Package	42	Beans, Black - dehydrated	1/4 cup	37
Mini Waffles, Pillsbury	1 Package	37	Beans, Garbanzo canned	1/2 cup	13
Mini Waffles, Eggo	1 Package	35	Beans, Green Steamed	1/2 cup	4
Emoji Waffles, Eggo	2 each	29	Beans, Refried	1/2 cup	31
			Black Beans and Salsa	1/2 cup	13
Muffin, Blueberry 3.2 oz	1 each	39	Broccoli, Fresh or Steamed	1/2 cup	5.5
Muffin, Apple cinnamon	1 each	32			
Muffin, Banana	1 each	31	Broccoli and Califlower, Fresh	1/2 cup	5
Pancake & sausage bites	5 each	25	Califlower, Fresh	1/2 cup	2
Pasta & Meat Sauce	8oz	24g	Carrots, bagged 1.6 oz	1 bag	4
Pizza, cruncher (serving of 4)	Serving	41	Carrots, Fresh baby	1/2 cup	12
Pizza, stuffed crust cheese pizza	1 ea	35	Carrot, Sticks (approx. 3-4)	1/2 cup	11
Pizza, stuffed crust pepperoni pizza	1 ea	35	Carrots, Steamed	1/2 cup	6
Pizza, Pepperoni Rip Stick	1 each	27	Celery Sticks (approx. 3 or 4)	1/2 cup	2
Pizza Stuffer - Gluten Free	1 each	38	Corn, Steamed	1/2 cup	16
Pretzel Rod	1 each	14	Craisins	1pkg	27
Roll	1 each	12	Cucumbers, Fresh	1/2 cup	1
Sausage Patty (chicken) serving = 1	1 patty	1	Dragon vegetable punch	1 each	13
Sausage Patty (Pork) serving = 1	1 patty	0	Hummus- (Grecian delight)	2 Tbls	7
Soybutter & Grape Jelly Sandwich	1 each	53	Lettuce, romaine	1 cup	2
Texas Toast, Apple Cinnamon	1 slice	45	Mixed Veggies, Steamed	1/2 cup	3
Totally Taco Pizza Snack Bites	3 pcs	30	Peas, Frozen or Steamed	1/2 cup	9
Yogurt Boats based on Danimal Yogurt of 14g			Sugar Snap Peas, Fresh	1/2 cup	8
Yogurt - Danimals	1 each	12	Potatoes, Oven baked -Crinkle cut	3oz	14
Yogurt - Trix	1 each	15			
Yogurt - light and fit	1 each	10	Potatoes, Smiles (4 = Serving)	3oz	19
Yogurt - Yoplait original	1 each	21	Potatoes, Mashed (potato pearls)	1 each	5
Yogurt - Yoplait non fat	1 each	11	Potatoes, Oven Baked Fries -straight	3oz	19
String Cheese Stick	1 each	1			
Whole Grain Blueberry Muffin	1 each	30	Potato Wedges, Ranch (Lamb's)	3oz	17
Banana muffin	1 each	31	Potato Wedges, Ranch (McCain)	8 pcs	19
Apple cinnamon muffin	1 each	31	Potatoes, Hashbrown Patties (serving = 2 eac	1 each	11
Yogurt Boat- Gluten Free Chex			Potatoes, Tater Tots - (Gordons choice)	8pcs	20
Gluten Free Chex Cereal	1 bowl	23			
1 Yogurt	1 yogurt	14	Potatoes, Tater Tots (Ore-Ida)	8 pcs	15.5
1 String Cheese	1 cheese	1	Potatoes, Curly Fries	1 Tot	2
	Total Meal	38	Salad with side of Ranch		
Updated 8/26/2024					
			Lettuce/Salad Greens	1 cup	2
			Cherry Tomatoes	2 ea	1.75
			Shredded Carrots	1oz	3
			Ranch cup	1 oz	3
			Total		9.75
			Tomato, Cherry (serving = 4 each)	2.25 oz	15
			Desserts & Special Treats		
			Blueberry Cobbler	1/2 cup	29
			Carmel dip	1 cup	22
			Cotton Candy Frozen Yogurt	1 each	20
			Frog spit ice cream	1 each	25
			Carnival Cookie	1 each	27
			Chocolate Chip Cookie	1 each	27

			Mini Rice Krispy Treat	1 each	9
			Sorbet, Cherry/Blue Rasp Swirl	1 each	18
			Sorbet, Strawberry/Kiwi	1 each	17
			1 FISH / 2 FISH Crackers	1 pkg	19
			Harvest Cookie	1 each	18
			Spooky Sundae (Halloween Treat)	1 each	16
			Spring Ice Cream Cup	1 each	12
			St. Patrick's Day Sugar Cookie (shamrock)	1 each	17
			St. Pattys Day Sidekick	1 each	33
			Valentine Heart Shaped Cookie	1 each	18
			Churro Bites 2" (serving = 4 each)	1 each	5.5
			Churro, mini 1.4 oz.	1 each	23
			Earth Day Dessert	1 each	37
			Emoji Cherry/Lime Ice cup	1 each	25
			Red White and Blue Parfait	1 each	31
			Donut Hole, Cinnamon	1 each	17
			Strawberry Shortcake Cookies	1 each	18
			Snickerdoodle Cookie	1 each	19
			Sugar Cookie	1 each	17
			Red & Green Snow (strawberry/kiwi sidekick)	1 each	22
			Sidekick Eeek! For Halloween	1 each	22
			Valentine, whole fruit frozen juice	1Each	18
			Condiments		
			BBQ Sauce - Red Gold	1oz	10
			BBQ Sauce - Gordons choice	2 Tbsp	15
			Gravy	2 Tbsp	20
			Mustard - Heinz	1 oz.	9
			Italian Dressing	2 Tbsp	0
			Ketchup - Brickman's	2 Tbsp	6
			Ketchup - Crown	9g pkg	2.5
			Ketchup - Heinz	9g pkg	3
			Ketchup - Heinz	7g pkg	2
			Ranch Dressing (Gordons choice)	9g pkg	3
			Marinara RedPack, indiv. Cups	1 oz	3
			Marinara Sauce, RedPack (can)	2.5 oz cup	4
			Salsa (verify brand)	2 oz/1/4 cup	6
			Del Monte	2 Tbsp	1
			Red Gold (indv cups)	3 oz	3
			Sour Cream (Gordons)	1oz	1
			Sour Cream (Pauly)	1oz	2
			Syrup	2 oz.	52
			Caesar Dressing	1 pkg	2