

2024-2025 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.

9/5/2024

Available Daily	Serving Size	Carbs
Milk, 1% Strawberry	1 each	22
Milk, 1% White	1 each	11
Milk, 1% Chocolate	1 each	20
Weekly Offerings: SALADS (choice of	Serving Size	Carbs
Chicken Caesar Salad w/o bread, croutons or dressing	1 Salad	22.5
Plain Caesar Salad w/o bread, croutons or dressing	1 salad	5.5
Taco Salad w/o Tortilla chips	1 each	11
Tortilla Chips (serving = 22 chips)	Serving Size	40
Tostitos individual bag	1 pkg	19
Crispy Chicken Salad w/o bread or croutons	1 each	24
Crispy Popcorn Chicken Salad w/o bread	1 each	33.75
Grilled Chicken Salad w/o bread	1 each	14.75
Croutons	1 pkg.	5
Buffalo Chicken Salad w/o bread	1 each	32
Turkey & Ham Garden Salad w/o bread	1 each	5.5
Breadstick	1 each	15
Dinner Roll	1 each	12
2024-2025 Daily Specials	Serving Size	Carbs
Apple Cinn. Texas Toast	1 Slice	45
Bagel, Blueberry Breakfast	1 bagel	42
Bagel, Plain Breakfast	1 bagel	41
Bagel, Everything	1 bagel	40
Blueberry Parfait		66.5
Bosco, Cheese stick. serving = 2 sticks	1 stick	17
Bosco, Pizza Sticks	1 stick	30
Cheesy Bread	1 each	29
Cheese burger		
Burger Patty	1 Patty	2
burger Bun	1 Bun	19
burger Bun, GF +health alert required	1 Bun	44
Cheese	1 slice	1
Calzone 3-Cheese	1 calzone	33
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	6
Chicken Nuggets, Homestyle	4 each	11
Chicken, popcorn	10 pcs	17
Chicken Patty on a Whole Grain Bun	1 Bun	26
	1 bun	26
Chicken Patty (spicy) on a WG bun	1 patty	15
Chicken Sticks (serving = 8 sticks)	1 stick	2
Chicken Tenders (serving = 3 tenders)	1 tender	5.33

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
Royal	1/2 cup	15
Applesauce, Cinnamon prepackaged	1/2 cup	22
Zee Zee's Applesauce, Fun Flavors blue raspberry, strawberry/banana, plain, cinnamon, watermelon	1 each	17
Zee Zee's Applesauce, Fun Flavors Cherry	1 each	20
Banana, Fresh	1 each	27
Blueberries, Fresh/Frozen	1/2 cup	10
Cherries, Dries	1/4 cup	32
Clementines	1 each	9
Craisins	1 pkg	27
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	14
Juice, Fruit Punch 100% Juice	1 carton	14
Juice, Grape 100% Juice	1 carton	19
Juice, Orange 100% Juice	1 carton	14
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	18
Peaches, Canned (verify brand)		
GFS	1/2 cup	12
IPM	1/2 cup	14
Zee zee's individual cup	1 each	18
Taste of the West	1/2 cup	14
sliced	1/2 cup	16
Pears, Diced (verify brand)		
Del Monte	1/2 cup	16
GFS	1/2 cup	17
IPM	1/2 cup	15
Royalty individual cup	1 each	17
Zee zee's individual cup	1 each	19
Oregon Trail	1/2 cup	16

Chicken Tenders Homestyle (2 tenders)	1 tender	4
Chicken and cheese taquitos (2 per meal)	1 each	15
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	25
	1 Patty	15
Chili (on a hot dog)	2 oz.	
Corn Dog on a stick (Gordons choice) chicken	1 each	27
Corn Dog on a stick(state fair) pork	1 each	33
Corn Dog on a stick (Foster Farms) Turkey	1 each	27
Corn Dog on a stick (Foster Farms) Chicken	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
EZ jammers	1 each	53
French toast sticks (3 per serving)	1 serving	28
Grill Cheese Sandwich	1 each	31
Hamburger Patty	1 Patty	2
Hamburger Bun	1 Bun	19
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 Sub	1 sub	29
Ham & Swiss Wrap	1 wrap	21
Hot Dog , Bun	1 bun	19
Hot Dog , Bun GF +health alert required	1 bun	20
Hot Dog	1 each	1
Italian Wrap	1 wrap	22.5
Italian Sub	1 sub	31
Macaroni & Cheese (Land O' Lakes)	8 oz.	43
Marinara Sauce	1/4 cup	7.5
Mini Stuffed Bagels, cinnamon	1 pkg	42
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
Mini Corn Dogs (serving = 6 pcs.)	1 pcs.	5

Pear, Whole (medium)	1 each	25
Pineapple, Canned (verify brand)		
Dole	1/2 cup	16
GFS	1/2 cup	18
Strawberries, Fresh Whole	1/2 cup	6
Strawberries, Frozen	1 cup	22
Tangerine (medium)	1 each	13
Watermelon, Fresh	1/2 cup	6
Vegetable Offerings	Serving Size	Carbs
Beans, Baked	1/2 cup	30
Beans, Black	1/2 cup	23
Beans, Garbonzo	1/2 cup	13
Beans, Green Steamed	1/2 cup	5
Beans, Refried	1/2 cup	31
Broccoli, Fresh or Steamed	1/2 cup	5.5
Broccoli & Califlower	1/2 cup	4
Carrot Sticks (approx. 3-4)	1/2 cup	12
Carrots, Fresh baby	1/2 cup	12
Carrots, bagged (3oz)	1 pkg.	7
Carrots, bagged (1.6oz)	1pkg	4
Carrots, Steamed	1/2 cup	6
Celery Sticks (4 sticks)	1/2 cup	3
Chickpeas/garbanzo beans	1/2 cup	13
Corn, Steamed	1/2 cup	16
Craisins	1 pkg	27
Cucumbers	1/2 cup	1
Hummus	1 oz	7
Lettuce/Salad Greens	1 cup	2
Mixed Veggies, Steamed	1/2 cup	10
Peas, Frozen or Steamed	1/2 cup	10
Potatoes, Hashbrown Patties	1 patty	12
Potatoes, Curly Fries	3 oz	20
Potatoes, Smiles (serving = 4 pcs.)	3 oz	25
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	22
Potato, Wedges ranch coating	3 oz	18
Potatoes, Mashed	1/2 cup	12
Gravy	1 oz	8
Sugar Snap Peas	1/2 cup	10
Spinach, Fresh	1 cup	2
Tomatoes, Cherry (serving = 4)	1 each	3.5

Mini Pancakes -Pillsbury (verify)	1 pkg.	38
Mini Pancakes, - Eggo	1 pkg.	35
Mini Twin Burgers (serving = 2 minis)	1 pkg	30
Nachos	22 chip	41
	3oz bag chip	18
	3.17 oz meat	5
	cheese sauce	13
	2 oz Cheese	1
Pasta & Meat Sauce	4 oz Pasta	20
	5.6 oz meat	11
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	38
Bread	1 each	28
Meat	1 each	3
Veggies	1 oz	6
Cheese	.25 cup	1
Pizza, Bid Daddy's cheese 503962	1 slice	27
Pizza, The Max stuffed crust Pepperoni	1 slice	32
Pizza, The Max Real slice	1 slice	32
Pizza, Big Daddy's Cheese	1 slice	28
Pizza, Big Daddy's Rolled Edge Pepperoni	1 slice	43
Pizza, Pepperoni Rip Stick	1 each	27
Pizza, S&F Pepperoni	1 Slice	36
Pizza , Cheese Villa Prima Cheese 16"	1 each	36
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
Personal Cheese. Deep Dish Pizza	1 each	26
Deep Dish Pepp Pizza Breadstick	1 each	27
Pizza Stuffer, Gluten Free	1 each	41
Pretzel, King size	1 each	74
Pretzel, Whole Grain (Gordons)	1 each	38
Quesadilla, BBQ Chicken (serving = 3 each)	1 triangle	12
Quesadilla, Cheese Pizza	1 each	40
Quesadilla, Chicken	1 each	38
Quesadilla, Cheese (serving = 2)	1 Serving	32
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 Patty	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 Chicken	3.9 oz	27g
Fried rice with sweet/sour chicken	6oz	32
Popcorn Chicken (serving = 10pcs.)	1 pcs.	2

Condiments and Extras	Serving Size	Carbs
BBQ Sauce	1oz	14
Caesar Dressing	1 Pkg/2Tbsp	1
Cream Cheese Cups	1 each	1
Cream Cheese Cups Strawberry	1 each	4
Gravy, Brown	1 oz	8
Honey Mustard	1 each	7
Hot Sauce	1 oz.	0
Italian Dressing, marzetti FF	2 Tbsp	3
Italian Dressing	1 pkg	2
Ketchup (Heinz)	1 Tbls	5
Ranch Dressing	2 Tbls	2
Marinara Sauce	inv cup	4
Pickles	1 oz	0
BBQ Sauce - Red Gold	2 Tbsp	15
Mustard - Heinz	2 Tbsp	0
Italian Dressing	1 pkg	2
Ketchup - Crown	9g pkg	3
Ketchup - Heinz	7g pkg	2
Ketchup - Heinz	9g pkg	3
Ranch Dressing (Gordons choice)	1 oz	3
Marinara RedPack, indiv. Cups	2.5 oz cup	4
Marinara Sauce, RedPack (can)	2 oz/1/4 cup	6
Salsa (verify brand)		
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
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	26
Mango smoothie	8 oz	30
Orange/tangerine	8 oz	26
Tropical pineapple	8 oz	30
Watermelon/strawberry	8 oz	29

Taco Stick	1 each	32
Totally Taco (serving = 3 triangles)	1 triangle	10
Tomato Soup	1 cup	20
Turkey Club Ciabatta	1 each	47
Turkey, cheese sub	1 each	29
Turkey , Salami Cheese Sub	1 sub	29
Twisted Grilled Cheese (serving = 2)	1 each	19
Veggie Boat (hummus, pretzel, cheese)		
Hummus	2 oz	14
String cheese	1 each	2
cheese cubes	6 cubes	1.5
Pretzels (rold gold) tiny twists	1 pkg	23
Pretzels (rold gold) hearts	1 pkg	16
Pretzels (bulk)	2 oz	44
Waffles, Belgian	1 each	32
Waffles, dutch waffle cakes	1 each	43
Waffles, graham crackers	1 pkg	37
Waffles, fruit loop	1 pkg	32
Waffles, mini eggo maple	1 pkg	35
Walking Taco (Doritos)	1 bag	28
Taco meat	3.17 oz	5
Cheese	1 oz	0.5
Total	1 each	33.5