

2021-2022 Farms Breakfast 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 9/13/2021

Cereal Bars	serving size	carbs
Cinn Toast Crunch	1 bar	30
CocoPuff	1 bar	30
Trix	1 bar	30
Nutri-Grain blueberry	1 bar	30
BeneFit Bar		
Banana Chocolate Chunk	1 bar	48
Oatmeal Chocolate Chip	1 bar	47

Cereal Bowls		
Apple Jacks	1 bowl	24
Cinn Chex	1 bowl	23
Cinn Toast Crunch	1 bowl	22
CocoPuff	1 bowl	25
Fruit Loops	1 bowl	24
Honey nut cheerios	1 bowl	23
Lucky charms	1 bowl	23
Trix	1 bowl	24

Meal Items		
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Apple Bosco	1 each	38
Apple Cinn Texas Toast	1 slice	45
Bagel, Plain 2.8 oz.	1 each	41
Bagel, Plain 4 oz.	1 each	59
biscuit	1 each	22
blueberry Pancakes	1 pkg	42
Breakfast Rolled Taco	1 each	17
Cheese Omelet	1 each	4
Cinnamon Bun	2.9 oz	40

Fruit/Veggie Offerings	serving size	carbs
Apple Slices, Fresh	1 pkg	7
Apple, Fresh (medium size)	1 each	18
Applesauce, Fun Flavors raspberry, mix fruit, cherry, strawberry/banana, plain, cinnamon, watermelon	1 each	17
Banana, Fresh (medium size)	1 each	27
Clementines	1 each	9
Juice, Orange 100% Juice	1 carton	14
Juice, Fruit Punch 100% Juice	1 carton	14
Juice, Grape 100% Juice	1 carton	19
Juice, Apple 100% Juice	1 carton	14
Raisins	1 box	31
Orange, Fresh (4 wedges = 1 orange)	1 wedge	3.75
Pears, Fresh (medium sized)	1 each	22
Tangerine (medium size)	1 each	13
Carrots	1 bag	7

Milk		
Milk, Fat Free Chocolate	1 each	24
Milk, Fat Free White	1 each	11
Milk, 1% White	1 each	11

Muffins		
Muffin, Blueberry	3.2 oz	39
Muffin, Choc Chip mini	1.6 oz	25
Muffin, Cinnamon	1.94 oz	25
Muffin, Apple Cinnamon	2 oz.	30
Muffin, Apple Mini	1.6 oz	22
Muffin, Blueberry Mini	2 oz.	30
Muffin, Banana	2 oz.	30

<i>Cream Cheese</i>	1 oz cup	
Granola Bags	1 pkg	20
Mini Cinni	1 pkg	40
Mini Pancakes - Pillsbury (verify pkg)	1 pkg	39
Mini Pancakes - Vanilla	1 pkg	36
Mini Waffles, Eggo	1 pkg	35
Poptart, cinnamon dbl	1 pkg	76
Poptart, Strawberry dbl	1 pkg	76
Regular	1 each	1
Sausage Egg Muffin		
Sausage	1 each	1
Egg Patty	1 Patty	1
Cheese Slice	1 slice	1
English Muffin	1 muffin	26
Meal	1 each	29
Scrambled Eggs	1 cup	3
Smoothie	12 oz.	29.7
Strawberry	1 each	4
Ultimate Breakfast Round	1 each	44
Yogurt, Danimals	1 each	14
Yogurt, Trix	1 each	15
Yogurt, Yoplait	1 each	15
String Cheese	1 each	1
Graham Crackers	1 pkg	16
Gold fish Crackers	1 pkg	14
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