

2021-2022 OC 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 Bowls	Serving Size	Carbs
Apple Jacks	1 Bowl	24
Cheerios	1 Bowl	22
Cinnamon Chex	1 Bowl	23
Cinnamon Toast Crunch	1 Bowl	22
Cocoa Puffs	1 Bowl	25
Frosted Flakes	1 Bowl	24
Fruit loops	1 Bowl	24
Honey nut Cheerios	1 Bowl	23
Rice Chex	1 Bowl	24
Trix	1 Bowl	24

BeneFit Bars	Carbs
Apple Cinnamon	1 Bar 48
Banana Chocolate Chunk	1 Bar 48
Oatmeal Choc. Chip	1 Bar 47

Meal items	Serving Size	Carbs
Bagel, Blueberry	1 each	40
Bagel, Everything	1 each	40
Bagel, Plain	1 each	41
Cheese omelet	1 each	4
Cinnamon bun	1 each	40
Cinnamon Roll	1 each	22
Cream cheese, plain	1 each	1
Ham/egg/cheese muffin	1 each	28
Sausage/egg/cheese muffin	1 each	29
Smoothie	1 each	28

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Fruit Offerings	Serving Size	Carbs
Apple Slices, Fresh	1 pkg	7
Apples Fresh (medium size)	1 pkg	18
Applesauce, Fun Flavors, Blue raspberry, cherry, strawberry, cinnamon, watermelon	1 each	17
Banana, Fresh (med size)	1 each	27
Clementine	1 each	9
Juice, Orange 100% juice	1 each	14
Juice, Apple 100% juice	1 each	14
Juice, Fruit punch 100% juice	1 each	14
Juice, Grape 100% juice	1 each	19
Raisins	1 each	31
Orange, Fresh (4 wedges = 1 orange)	1 wedge	3.75
Pear Fresh	1 each	22
Pear, Diced (indiv. Cup)	1 each	18
Peach cup	1 each	18
Pineapple tidbits (Dole)	1 each	19
Pineapple tidbits (GC)	1 each	17
Grapes	1 each	14.5

Muffins	Serving Size	Carbs
Blueberry	2 oz	30
Cinnamon	2 oz	27
Banana	2 oz	30
Apple cinnamon	2 oz	30