

**2021-2022 Elementary Lunch Carb count**

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 9/7/2021

<b>MILK</b>	<b>Serving Size</b>	<b>Carbs</b>			
<b>Available Daily</b>			<b>Fruit Offerings</b>	<b>Serving Size</b>	<b>Carbs</b>
Milk, Fat Free White	1 each	11	Apple Slices, Fresh	1 pkg	7
Milk, 1% White	1 each	11	Apple, Fresh (Medium size)	1 each	18
Milk, 1% Chocolate	1 each	24	Apples, Slices canned Warmed w/cinn.	1/2 cup	12
			<b>Applesauce, unsweetened (verify brand)</b>		
<b>2020-21 Menu Rotation Items</b>	<b>Serving Size</b>	<b>Carbs</b>			
			GFS	1/2 cup	13
			Royal	1/2 cup	15
<b>3-2-1 Lunch</b>			Applesauce, Cinnamon	1/2 cup	15
Chicken Stick (3 sticks p/serving)	1 stick	2	<b>Zee Zee's Applesauce</b> , watermelon, strawberry/banana, cinnamon, blue raspberry, plain	1 each	17
			Zee Zee's Applesauce, cherry	1 each	20
Nuggets (2 per serving)	1 nugget	3.2	Applesauce, Cinnamon prepackaged	1 each	17
Cheese Cruncher	1 baked cheese stick	5	Banana, Fresh (medium size)	1 each	27
	<b>Total Meal</b>	<b>17.4</b>	Blueberries, fresh/frozen	1/2 cup	10
			Cantaloupe	1/2 cup	8
Bean and Cheese Chalupas	1 each	21	Cherries, Dried	1/4 cup	32
Beef Taco Stick	1 each	32	Clementines	1 each	9
			Cranberries, dried	1 pkg	28
Bisquit	1 each	22	Grapes, Fresh	1/2 cup	14
BOSCO, Cheese, Egg & Turkey Bacon (serving = 2)	1 each	17	Juice, Apple 100% Juice	1 carton	14
Bosco stick (cheese filled) (serving = 2)	1 each	17			
Breadstick, Whole Grain	1 each	14	Juice, Fruit Punch 100% Juice	1 ea	14
Breadstick, Garlic Parmesan Twisted	1 each	28	Juice, Grape 100% Juice	1 ea	19
Cheese Stick/String Cheese	1 each	1	Juice, Orange 100% Juice	1 ea	14
			Juice, Orange 100% Juice (paper ctn)	1 carton	13
Cheeseburger slider	1 pkg	30	Melon, Honeydew	1/2 cup	10
<b>Cheeseburger on a Bun</b>			Mixed Berries Cup, Frozen commodity	1/2 cup	20
Knickerbocker	1 bun	22	<b>Mixed Fruit</b>		
			National Food Group	1each	19
Nickles	1 bun	25	GFS	1/2 cup	13
Aunt Millies	1 bun	20	IPM	1/2 cup	14
*health alert notice req'd	GF bun	44	Mission Pride	1/2 cup	17
	Burger	2	Commodity	1/2 cup	15
			Gordon Choice (individual cups)	1 each	19
	Cheese Slice	1	<b>Oranges, Mandarin canned</b>		
	<b>Total Meal</b>	<b>25</b>	GFS	1/2 cup	20

Caesar Salad w/ Twisted breadstick	1 cup lettuce	2	Orange, Fresh (4 wedges = 1 orange)	1 wedge	3.75
	1 patty	16	<b>Peaches, Canned (verify brand)</b>		
	1 oz mozz	0.5	GFS Brand	1/2 cup	12
	4 each cherry tomatoes	3.5	GFS Brand	1/2 cup	14
	breadstick	28	Taste of the West	1/2 cup	15
	Caesar Dressing	2	IPM	1/2 cup	14
	<b>Total Meal</b>	<b>52</b>	Peaches, Frozen Commodity cups	1/2 cup	19
Chef Salad	1 cup lettuce	2	<b>Pears, Diced (verify brand)</b>		
	2 slices ham	0.5	Del Monte	1/2 cup	16
	4 slices turkey	0	IPM	1/2 cup	15
	1 breadstick	14	GFS	1/2 cup	17
	1 oz cheese	0.5	Oregon Trail	1/2 cup	16
	<b>Total Meal</b>	<b>17</b>	Royalty (individual cups)	1 each	17
Cheese Omelet w/Blueberry Muffin	1 Omelet	1	Zee Zee (individual cups)	1 each	19
	1 Muffin 2 oz.	30	Pears, Fresh (medium size)	1 each	25
	<b>Total Meal</b>	<b>31</b>	<b>Pineapple, Canned (verify brand)</b>		
Cheez-It Snack	1 bag	14	Dole	1/2 cup	15
Chicken Drumstick	1 each	5	GFS	1/2 cup	18
			Pineapple, Individual cups	1 each	15
Chicken Nuggets ( <b>servings = 5 nuggets</b> )	1 nugget	3.2	Raisins	1 box	31
Chicken Patty on a Bun	1 bun	22	Strawberries, Frozen Commodity cups	1/2 cup	21
	1 Patty	16	Strawberries, Whole fresh	1/2 cup	10
	<b>Total Meal</b>	<b>38</b>	Strawberries&Blueberry Mix,	1/2 cup	10
Chicken, Popcorn Gold Kist Farms ( <b>servings = 10 pcs</b> )	per serving	17	Tangerine, (medium size)	1 each	13
Chicken, Waffle breaded boneless wings	6 each	17for 6 pcs	Watermelon, Fresh	1/2 cup	6
Chicken Pot Pie	1 biscuit	22	SideKick 100% juice slushie strawberry/kiwi	1 each	22
	Pie Filling	17			
	<b>Total Meal</b>	<b>39</b>	<b>Vegetable Offerings</b>	<b>Serving Size</b>	<b>Carb Count</b>
Chicken Sticks ( <b>Servings = 8 sticks</b> )	1 stick	2	Beans, Baked canned Busch's Veg.	1/2 cup	29
Chicken Tenders ( <b>3 tenders = servings</b> )	3 tenders	16	Beans, Black canned	1/2 cup	18
			Beans, Black - dehydrated	1/4 cup	37
Corn Dog (Gordons choice) - chicken	1 each	30	Beans, Garbanzo canned	1/2 cup	13
Corn Dog (State Fair) - pork	1 each	33	Beans, Green Steamed	1/2 cup	4
Corn Dog (Foster Farms) - Turkey	1 each	27	Beans, Refried	1/2 cup	31
Corn Dog (Foster Farms) - Chicken	1 each	30	Black Beans and Salsa	1/2 cup	13
Crazy Cheesy Bread	1 each	27			
French Bread Pizza (Tony's)	1 each	30	Broccoli, Fresh or Steamed	1/2 cup	5.5
Dinner Roll (aunt millie)	1 each	18	Broccoli and Califlower, Fresh	1/2 cup	2.5
Fish Nuggets ( <b>4 nuggets = servings</b> )	1 each	5.75	Califlower, Fresh	1/2 cup	2
French Toast Sticks w/Cinn Glaze Sunny Fresh ( <b>3 sticks = servings</b> )	3 sticks	29	Carrots, bagged 1.6 oz	1 bag	4
Granola (served with Yogurt boat)	1 pkg	20	Carrots, Fresh baby	1/2 cup	10
Grilled Cheese Sandwich	1 each	31	Carrot, Sticks (approx. 3-4)	1/2 cup	11
Green Eggs & Ham	1 Egg	1	Carrots, Steamed	1/2 cup	6

	1 pkg graham	19	Celery Sticks (approx. 3 or 4)		3
	4 slices Ham	1	Corn, Steamed	1/2 cup	2
	<b>Total Meal</b>	<b>21</b>	Cucumbers, Fresh	1/2 cup	1
Hot Dog on an Aunt millies Bun	1 Bun whole grain	25	Hummus- red pepper (Zee Zees cups)	1 ea	18
	1 Bun White	21	Hummus- (Grecian delight)	2 Tbls	5
	hot dog	1	Lettuce/Salad Greens	1/4 cup	14
*health alert notice req'd	GF bun	20	Mixed Veggies, Steamed	1 cup	2
Hot Ham and Cheese stuffed sandwich	1 each	31	Peas, Frozen or Steamed	1/2 cup	9
Lasagna Roll ups	1 each	29g	Sugar Snap Peas, Fresh	1/2 cup	8
Macaroni & Cheese Land O'Lakes	6 oz.	29	Potatoes, Oven baked -Crinkle cut	3oz	14
Macaroni & Cheese JTM Brand	6 oz.	26	Potatoes, Smiles (4 = Serving)	3oz	19
			Potatoes, Mashed (potato pearls)	1 each	5
3 cheese Spiral Pasta	6 oz.	28	Potatoes, Oven Baked Fries -straight	3oz	15
Mini Cinnis	1 Package	39	Potato Wedges, Ranch (Lamb's)	3oz	17
Mini Corn Dogs (serving = 6 mini corn dogs)	1 mini corn dog	5	Potato Wedges, Ranch (McCain)	8 pcs	19
Mini Pancakes - Pillsbury (verify on pkg)	1 Package	38	Potatoes, Hashbrown Stars (serving = 7 stars)	2.9 oz	17
Mini Pancakes, Vanilla - Eggo	1 Package	36	Potatoes, Hashbrown Patties (serving = 2 each)	1 each	12
Mini Blueberry Pancakes - Eggo	1 Package	35	Potatoes, Tater Tots - (Gordons choice)	8pcs	20
Mini Blueberry Pancakes - Aunt Jemima	1 Package	42	Potatoes, Tater Tots (Ore-Ida)	8 pcs	15.5
Mini Waffles, Pillsbury	1 Package	37	Potatoes, Curly Fries	1 Tot	2
Mini Waffles, Eggo	1 Package	35	<b>Salad with side of Ranch</b>		
Muffin, Blueberry 3.2 oz	1 each	39	Lettuce/Salad Greens	1 cup	2
Nachos	17 chips	32	Cherry Tomatoes	2 ea	1.75
	Individual bag of chips	28	Shredded Carrots	1oz	3
	2 oz cheese	3	Ranch cup	1 oz	3
	3.17 oz meat	5	<b>Total</b>		<b>9.75</b>
Pasta & Meat Balls	1/2 cup	12g	Tomato, Cherry (serving = 4 each)	2.25 oz	15
	4 meat balls	6g	<b>Desserts &amp; Special Treats</b>	1 each	0.87
	1/2 cup pasta	22			
	1 oz Mozz	0.5			
	<b>Total Meal</b>	<b>40.5</b>			
Pasta & Meat Sauce	5.6 oz sauce	9			
	1/2 cup pasta	22			
	1 oz mozz	0.5	Apple Crisp		
	<b>Total Meal</b>	<b>31.5</b>	Blueberry Cobbler	1/2 cup	29
Pizza, Double stuffed cheese pizza	1 ea	30	Carmel dip	1 cup	22
Pizza, Pepperoni Rip Stick	1 each	27	Cotton Candy Frozen Yogurt	1 each	20
Pizza, The Max pepp. Stuffed Wedge	1 slice	36g	Frog spit ice cream	1 each	15
Pizza, The Max pepp. real slice	1 slice	32	Carnival Cookie	1 each	25
Pizza, S&F Pepperoni	1 slice	37	Chocolate Chip Cookie	1 each	27
Pizza, Big Daddy's	1 slice	43	Mini Rice Krispy Treat	1 each	27
Pizza Slice, <b>Hungry Howie's</b> Cheese/Pepp	1 slice	34		1 each	9
Pizza Stuffer - Gluten Free	1 each	41	Sorbet, Cherry/Blue Rasp Swirl		
Pretzel, Mini 1 oz.	1 each	14			
Pretzel Rod	1 each	14	Sorbet, Strawberry/Kiwi	1 each	18
Ravioli, Breaded	7 each	29	1 FISH / 2 FISH Crackers	1 each	17
Marinara	2 oz	6	Harvest Cookie	1 pkg	19

			Spooky Sundae (Halloween Treat)	1 each	18
	<b>Total Meal</b>	<b>35</b>	Spring Ice Cream Cup	1 each	16
Roll, White (Gordon's Choice)	1 each	19	St. Patrick's Day Sugar Cookie (shamrock)	1 each	12
Roll, Whole Grain (Aunt Millie's)	1 each	18	St. Pattys Day Sidekick	1 each	17
Sausage Patty (Pork or Turkey) <b>servings =</b>	1 patty	1	Valentine Parfait	1 each	22
Scrambled Eggs w/Bisquit	Egg 1 cup	3	Valentine Heart Shaped Cookie	1 each	33
	1 biscuit	22	Churro Bites 2" (serving = 4 each)	1 each	18
	<b>Total Meal</b>	<b>25</b>	Churro, mini 1.4 oz.	1 each	5.5
Soft Taco (2 servings offered)	1 shell	15	Earth Day Dessert	1 each	23
	1.6oz	2.5	Emoji Cherry/Lime Ice cup	1 each	31
	1 oz cheese	0.5	Red White and Blue Parfait	1 each	25
	<b>Total Meal</b>	<b>18</b>	Donut Hole, Cinnamon	1 each	31
Soybutter & Grape Jelly Sandwich	1 each	28	Strawberry Shortcake Cookies	1 each	17
Taco Salad w/chips	1 cup lettuce	2	Snickerdoodle Cookie	1 each	18
	17 chips	32	Sugar Cookie	1 each	19
	3.17 oz meat	5	Red & Green Snow (strawberry/kiwi sidekick)	1 each	17
	1 oz cheese	0.5	Sidekick Eeek! For Halloween	1 each	22
	<b>Total Meal</b>	<b>39.5</b>	Smoothie - Blenderless	1 each	22
Taquitos, Chicken & Cheese (2 ea=serving)	<b>1 each</b>	<b>15</b>	Smoothie - Shiver Shock	8 oz.	34-38
	<b>Total Meal</b>	<b>30</b>		12 oz	38-44
Texas Toast, Apple Cinnamon	1 slice	45	<b>Condiments</b>	1oz	10
Tomato Soup	1/2 cup	10.5	BBQ Sauce - Red Gold	2 Tbsp	15
Totally Taco Pizza Snack Bites	3 pcs	30	Gravy	1 oz.	9
Turkey & Cheese Sub 6 inch.	1 sub bun	31	Mustard - Heinz	2 Tbsp	0
	4 slice turkey	0	Italian Dressing	2 Tbsp	6
	1 slice cheese	1	Ketchup - Crown	9g pkg	3
	<b>Total Meal</b>	<b>24</b>	Ketchup - Heinz	7g pkg	2
			Ketchup - Heinz	9g pkg	3
			Ranch Dressing (Gordons choice)	1 oz	3
Turkey and Gravy	4 oz	2	Marinara RedPack, indiv. Cups	2.5 oz cup	4
Walking Taco (Dorito's)	1 bag chip	28	Marinara Sauce, RedPack (can)	2 oz/1/4 cup	6
	3.17 oz meat	5	Pickles	1 oz.	1
	1 oz cheese	0.5	Salsa (verify brand)		
	<b>Total Meal</b>	<b>33.5</b>	Del Monte	2 Tbsp	1
<b>Yogurt Boats based on Danimal Yogurt of 14g</b>			Red Gold (indv cups)	3 oz	3
Yogurt - Danimals	1 each	14	Sour Cream (Gordons)	1oz	1
Yogurt - Trix	1 each	15	Sour Cream (Pauly)	1oz	2
Yogurt - Yoplait	1 each	15	Syrup	2 oz.	52
Granola (served with Yogurt boat)	1 package	20	Blueberry Dipping Sauce	2 oz.	14
String Cheese Stick	1 each	1	Caesar Dressing	1 pkg	2
Whole Grain Blueberry Muffin	1 each	30	<b>Yogurt Boat- Gluten Free Chex</b>		
			Gluten Free Chex Cereal	1 bowl	23
Whole Grain Cheddar Goldfish Crackers	1 package	14	1 Yogurt	1 yogurt	14
<b>Yogurt Boat - Goldfish &amp; Muffin</b>			1 String Cheese	1 cheese	1
1 Yogurt	1 yogurt	14		<b>Total Meal</b>	<b>38</b>
1 String Cheese	1 cheese	1			
Whole Grain Blueberry Muffin	1 each	30			
Whole Grain Cheddar Goldfish Crackers	1 package	14			

	<b>Total Meal</b>	<b>59</b>			
<b>Yogurt Boat - Goldfish and Granola</b>					
Whole Grain Cheddar Goldfish	1 package	14			
Granola	1 package	20			
1 Yogurt	1 yogurt	14			
1 String Cheese	1 cheese	1			
	<b>Total Meal</b>	<b>49</b>			
<b>Yogurt Boat - Muffin &amp; Granola</b>					
Whole Grain Muffin	1 each	30			
Granola	1 package	20			
1 Yogurt	1 yogurt	14			
1 String Cheese	1 cheese	1			
	<b>Total Meal</b>	<b>65</b>			
<b>Yogurt Boat - Muffin</b>					
Whole Grain Muffin	1 each	30			
1 Yogurt	1 yogurt	14			
1 String Cheese	1 cheese	1			
	<b>Total Meal</b>	<b>45</b>			

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