

2021-2022 FARMS 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 ext. 3867

Updated 9/7/2021

MILK	Serving Size	Carbs	Fruit Offerings	Serving Size	Carb Count
Available Daily					
Milk, Fat Free Chocolate	1 each	24	Apple, Fresh (medium)	1 each	18
Milk, Fat Free White	1 each	11	Apples, Sliced canned	1/2 cup	12
Milk, 1% White	1 each	11	Apple Slices, Fresh	1 pkg	7
Milk, 1% Chocolate	1 each	24	Applesauce, unsweetened (verify brand)		
2020-2021 Menu Rotations Items			GFS	1/2 cup	13
	Serving Size	Carb Count	Applesauce, Cinnamon prepackaged	1/2 cup	22
3-2-1 Lunch	3 sticks 2 nuggets 1 cheese	6 .4 5	Banana, Fresh (medium sized)	1 each	27
	Total Meal	17.4	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
Apple Cinn. Texas Toast	1 Slice	45	Blueberries, fresh/frozen	1/2 cup	10
Bacon Egg Breakfast Pizza	1 each	25	Cantaloupe	1/2 cup	8
Bean and Cheese Tostada Bowl	1 each	21	Cherries, Dried	1/4 cup	32
Beef Taco Stick	1 each	32	Clementines	1 each	9
BOSCO, Apple	1 each	38	Grapes, Fresh	1/2 cup	15
BOSCO, Cheese, Egg & Turkey Bacon (serving = 2 sticks)	1 each	17	Juice, Apple 100% Juice	1 carton	14
BOSCO, Pizza	1 each	29	Juice, Fruit Punch 100% Juice	1 carton	14
BOSCO Sticks (serving = 2 sticks)			Juice, Grape 100% Juice	1 carton	19
Bosco Stick	1 stick	17	Juice, Orange 100% Juice	1 carton	14
Marinara Sauce	1/8 cup	3	Juice, Orange Carton comm.	1 carton	14
	Total Meal	20	Mix Berries, Frozen Commodity cups	1 each	20
Breadstick	1 each	14	Melon, Honeydew	1/2 cup	10
Breadstick, Garlic Parmesan Twisted	1 each	28	Mixed Fruit, Canned (verify brand)		
Cheese Stick (string cheese)	1 each	1	GFS	1/2 cup	13
Cheeseburger			IPM	1/2 cup	14
Burger	1 each	2	Mission Pride	1/2 cup	17
Bun	1 each	22	Oranges, Mandarin, Canned (verify brand)		
*GF Bun (available w/health alert)	1 each	44	GFS	1/2 cup	20
Sliced Cheese	1 Slice	1	Orange, Fresh (4 wedges = 1 orange)	1 wedge	3.75
	Total Meal	25	Peaches, Canned (verify brand)		
Cheeseburger Sliders	1 pkg	30	GFS	1/2 cup	12
Chicken Caesar Salad			IPM	1/2 cup	14
			Taste of the West	1/2 cup	14
lettuce	2 cup	4g	Peaches, Frozen Commodity cups	1 each	19
Chicken patty	1 ea	16 g	Pears, Diced (verify brand)		
tomato	1 oz.	.75g	Del Monte	1/2 cup	16
shredded mozzarella	1 oz.	0.5g	GFS	1/2 cup	17
parm. Cheese	1 oz.	1g	IPM	1/2 cup	15
crouton	1 pkg.	5g	Oregon Trail	1/2 cup	16
caesar dressing	1 pkg	2g			
Breadstick	1 each	14g	Pears, Whole Fresh (medium sized)	1 each	22

	Total Meal	43.25	Pineapple, Canned (verify brand)		
Chicken Pot Pie	1 biscuit	22	Dole	1/2 cup	15
	Pie Filling	17	GFS	1/2 cup	18
	Total Meal	39g			
Chicken Drumstick	1 drumstick	5	Tangerine (medium)	1 each	13
Chicken Nuggets (serving = 5 nuggets)	1 nugget	3.2	Watermelon, Fresh	1/2 cup	6
Chicken, waffle flavor boneless wings	6 pcs	17		Serving Size	Carb Count
Chicken Patty on a Whole Grain Bun (health alert required)	* 1 bun	22	Beans, Baked	1/2 cup	29
	Total Meal	38	Beans, Black (dehydrated)	2oz	37
Chicken, Popcorn (serving = 10 pcs.)	1 pcs.	2	Beans, Black	1/2 cup	18
Chicken Sticks (serving = 8 sticks)	1 stick	2	Beans, Garbonzo	1/2 cup	13
Chicken Rings (serving = 5 rings)	1 ring	3	Beans, Green Steamed	1/2 cup	4
Chicken Tenders (serving = 3 tenders)	1 tender	5.33	Beans, Refried	1/2 cup	31
Chili Cheese Max Wrap	1 each	37	Black Beans and Salsa	1/2 cup	13
Corn Dog (pork)	1 each	33	Broccoli, Steamed	1/2 cup	2.5
Corn Dog (turkey)	1 each	27	Cauliflower, Fresh	1/2 cup	2
Corn Dog (chicken)	1 each	30	Carrots, Bagged	1 bg/ 1.6oz	4
Crazy Cheesy Bread	1 each	27	Carrots, Bagged	1 bg/3 oz	7
Dinner Roll - Aunt Millies White	1 each	19	Carrot Sticks (approx. 3-4)	1/2 cup	11
Dinner Roll - Aunt Millies WG	1 each	18	Carrots, Steamed	1/2 cup	6
Fish Nuggets (serving = 4 nuggets)	1 each	5.75	Celery Sticks (approx. 3-4)	1/2 cup	2
	Total Meal	23	Corn, Steamed	1/2 cup	16
			Cucumbers, Fresh	1/2 cup	2
Garden Salad w/grilled chicken			Hummus - Zee Zee's red pepper indiv cup	1	18
lettuce	2 cup	4g	Hummus - Grecian Delight	1/4 cup	14
shredded cheese	1 oz.	0.5g	Lettuce/Salad Greens	1 cup	2
grilled chicken	1 each	1g	Mixed Veggies, Steamed	1/2 cup	9
			Peas, Frozen or Steamed	1/2 cup	8
Breadstick	1 each	14g	Sugar Snap Peas	1/2 cup	10
Dressing Italian or Ranch	*see	condiments	Tomato, Cherry (serving = approx 4 ea)	1 each	0.87
(does not include dressing)	Total Meal	19			
			Potatoes, Emoji (serving = 4 smiles)	1 each	5
Garlic Toast	1 each	11	Potato, Tater Tots (serving = 8 pcs.) Gordons choice	1 tot	2
Granola (served with yogurt boat)	1 pkg	20	Potato, Tater Tots (serving = 8 pcs.) Ore - Ida	3 oz	19
Gravy	1 oz.	9	Potato, Curly Fries	4 oz.	28
Grilled Cheese Sandwich	1 each	31	Potatoes, Oven Baked Fries	3 oz.	21
Green Eggs & Ham	1 egg 4 slices ham	1	Potatoes, Mashed (potato pearls)	1/2 cup	15
Ham & Cheese Calzone	1 each	33	Potato, Wedges Ranch	8 pcs	19
Ham & Cheese on Sub Bun	1 Bun 4 slices Ham		Potato, Oven Baked crinkle cut Fries	3 oz	19
Hot Dog on a Whole Grain Bun (health alert required)	* bun 1 hot dog	31 1	Potato, Hashbrown Patty (serving = 2 each)	1 each	15.5
Hot dog bun - Aunt Millies - white	1 bun	21	Potato, Hashbrown Stars (7 = serving)	1 star	2.125
Hot Ham and Cheese stuffed sandwich	1 each	31	Salad with side of Ranch		
3 Cheese Spiral Pasta	6 oz, #6	28			
Lasagna Rollups	1	29	Lettuce/Salad Greens	1 cup	2
Macaroni & Cheese Land O'Lakes	2/3 cup/#6	29	Cherry Tomatoes	2 ea	1.75
Macaroni & Cheese JTM Brand	6 oz.	26	Shredded Carrots	1oz	3
Marinara Sauce	1/8 cup	3.75	Ranch cup	1 oz	3
Mash Potato Bowl	1 each	42	Total		9.75
Meatball Sub			Special Treats		
Meatballs	4 each	5g	Churro Bites (serving = 4)	1 each	5.5

Sauce for meatballs	2oz	6g	Churro, Mini 1.4 oz.	1 each	23
Sub Bun 6"	1 each	27g	Earth Day Dessert	1 each	24
Shredded mozzarella cheese	1 oz.	.5g	Harvest Cookie	1 cookie	18
			St. Patty's Day Cookie	1 cookie	17
Goldfish Crackers	1 Package	14g	SideKick Eeek - Halloween Treat	1 each	22
French Toast Sticks w/Cinn Glaze Sunny Fresh (serving = 2 sticks)	3 sticks	29	Valentine's Cookie	1 cookie	17
Mini Cinnis	1 Package	39	Strawberry Shortcake Cookies	1 cookie	18
Mini Corn Dogs (serving = 6 pcs.)	1 mini corn dog	5	Snickerdoodle Cookie	1 cookie	19
Mini Pancakes - Eggo (Verify Package)	1 pkg	35	SideKick St. Patricks day treat	1 each	22
Mini Pancakes - Pillsbury (verify package)	1 Package	38	Condiments		
Mini Twin Cheeseburgers (serving = 2)	1 Mini	16.5	BBQ Sauce (Red Gold)	1 oz	10
Mini Pillsbury Waffles (verify pkg)	1 Package	38	Caesar Dressing	2 Tbsp	18
Mini Eggo Waffles (verify pkg)	1 Package	35	Honey Mustard	2 Tbsp	0
Mini Blueberry Pancakes - Aunt Jemima	1 Package	42	Mustard (Heinz)	0.2 oz	0
Mini Vanilla Pancakes - Eggo	1 Package	36	Italilian Dressing	2 Tbsp	10
Muffin - Blueberry 1.6 oz	1 each	23			
Muffin - Blueberry 3.2 oz	1 each	39	Ketchup packets (Heinz)	9g	3
			Ketchup packets(Heinz)	7g	2
Mini Muffin - Strawberry 1.6oz	1 each	23	Ketchup packets(Crown)	9g	3
Nachos Supreme	22 chips, 17 meat	41	Ranch Dressing dispenser- Heinz	2 tbs	2
	Total Meal	49	Marinara Sauce cup (Red Gold)	2.5 oz	5
Pasta & Meat Sauce	5.6 oz sauce	9	Marinara Sauce	1 oz	4
	Total Meal	31.5	Pickles	1oz	0
Pasta & Meat Balls	1/2c sauce	12g	Salsa cup- Red Gold	3oz	0
	1/2 c pasta	22g	Syrup cup	1.5 oz.	31
	4 meatballs	6g	Sour Cream - Gordons packets	1oz	1
	1oz cheese	0.5g	Sour Cream - Pauly	1 each	2
	Total Meal	40.5	Yogurt Boats based on Danimal Yogurt of 14g	1 each	15
Pizza, Double Stuffed Cheese pizza	1 each	30	Yogurt - Danimals	1 each	14
Pizza, Hungry Howie's	1 slice	34	Yogurt - Yoplait	1 each	15
Pizza Variety, Cheese	1 each	35	Yogurt - Trix		
Pizza Variety, Pepperoni	1 each	39	Granola (served with Yogurt boat)	1 package	20
Pizza, Pepperoni rip stick	1 each	27	String Cheese Stick	1 each	1
Pepperoni Pizza Bites	4 each	29	Whole Grain Blueberry Muffin	1 each	30
Deep Dish Pepperoni Pizza Breadsticks	1 each	27	Whole Grain Cheddar Goldfish Crackers	1 package	14
Personal Deep Dish Pepperoni Pizza, Tony's	1 each	31			
Pizza Stuffer, Gluten Free	1 each	41	Yogurt Boat - Goldfish & Muffin		
Pizza, Big Daddy's Pepperoni	1 slice	43	1 Yogurt	1 yogurt	14
			1 String Cheese	1 cheese	1
Quesadilla, BBQ Chicken (serving = 3 each)	1 each	12	Whole Grain Blueberry Muffin	1 each	30
Quesadilla, Cheese/Pizza	1 each	40	Whole Grain Cheddar Goldfish Crackers	1 package	14

Quesadilla, Cheese Mini (serving = 3 pcs.)	1 each	10		Total Meal	59
Quesadilla, Chicken	1 each	38			
Ravioli, Cheese w/ Marinana and Garlic Bread	14 pcs /4 cup	30 7	Yogurt Boat - Goldfish and Granola		
	Total Meal	48	Whole Grain Cheddar Goldfish	1 package	14
Ravioli, Breaded w/Marinana	7 each	29	Granola	1 package	20
Sausage Patties (Pork or Turkey) serving = 2	1 patty	1	1 Yogurt	1 yogurt	14
Scrambled Eggs & Biscuit	1 cup Egg,	25	1 String Cheese	1 cheese	1
Shrimp Poppers (serving = 20 pcs.)	1 popper	1.05		Total Meal	49
Soft Taco (2 servings offered)					
Tortilla shell 6"	1 each	15g	Yogurt Boat - Muffin & Granola		
Taco Meat	1.57 oz.	2.5g	Whole Grain Muffin	1 each	30
Shredded American Cheese	1 oz.	0.5g	Granola	1 package	20
	Total Meal	18	1 Yogurt	1 yogurt	14
Hard Shell Taco (2 servings offered)					
Taco Shell	1 shell	14.5g	1 String Cheese	1 cheese	1
				Total Meal	65
Taco Meat	1.57 oz.	2.5g	Yogurt Boat- Gluten Free Chex		
Shredded American Cheese	1 oz.	0.5g	Gluten Free Chex Cereal	1 bowl	23
	Total Meal	17.5	1 Yogurt	1 yogurt	14
SoyButter & Grape Jelly Sandwich	1 each	28	1 String Cheese	1 cheese	1
Spicy Chicken Sandwich/ Whole Grain Bun	1 bun	1 21		Total Meal	38
Taco Salad w/chips					
Lettuce	2 cups	4			
Taco Meat	3.17 oz	5			
Shredded American Cheese	1 oz.	0.5			
Taco Chips	22 chips	41			
Baked Tostito scoops (pre packaged)	1 pkg	19			
Salsa- individual cup	1	0			
Sour Cream - individual cup	1	1			
Taco Sticks	1	32			
Taquito, Chicken & Cheese (2 = serving)	1 each	15g			
Tangerine Chicken with Whole Grain Rice	3.9oz chicken 1/4 cup rice	25 10			
Tomato Soup	1 cup	21			
Totally Taco Pizza Snack Bites	3 pcs	30			
Turkey and Gravy	4 oz.	2			
Twisted Grilled Cheese (serving = 2 each)	1 each	19			
Veggie Rice	3/4 cup	27			
Walking Taco					
Taco Meat	3.17 oz	5			
Nacho Chips, Dorito's	1 bag	28			
Shredded American Cheese	1 oz.	0.5			
	Total Meal	33.5			
Pretzel Rod	1 each	14			
Pretzel Mini	1 each	14			
Pretzel, Large	1 each	30			
Updated 9/7/2021					