

2021-2022 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.

updated 9/10/2021

Available Daily	Serving Size	Carbs
Milk, Fat Free Chocolate	1 each	23
Milk, Fat Free White	1 each	11
Milk, 1% White	1 each	11
Milk, 1% Chocolate	1 each	24
Weekly Offerings: SALADS (choice of breadstick or roll daily) *chips w/taco salad only	Serving Size	Carbs
BLTT Salad	1 Salad	14
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
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
Michigan Salad grilled chicken no croutons, no bread	1 each	31
Michigan Salad popcorn chicken w/o croutons no bread	1 each	32
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, Twisted Garlic (offered with salads)	1 each	22
Breadstick (offered with Pizza)	1 each	14
Tea Roll	1 each	14
Tortilla Chips (serving = 22 chips)	Serving Size	40
Tostitos individual bag	1 pkg	19
Breadstick, twisted garlic (Cole's)	1	28
Breadstick (Aunt millies)	1 each	14
Dinner Roll	1 each	24
2021-2022 Daily Specials	Serving Size	Carbs
Apple Cinn. Texas Toast	1 Slice	45
Bagel, Blueberry Breakfast	1 bagel	40
Bagel, Plain Breakfast	1 bagel	41
Bagel, Everything	1 bagel	40
Blueberry Parfait	1 each	66.5
Bosco, Cheese stick (see marinara below) serving = 2 sticks	1 stick	17
Bosco, Pizza Sticks	1 stick	30
Bosco, Apple	1 bosco	38
Calzone 3-Cheese	1 calzone	33
Cheeseburger, on a Whole Grain Bun	1 bun	29
Cheese Stick (string cheese)	1 each	1
Chicken Alfredo:	1 pcs chicken	1
	1.83 oz sauce	5
	1 cup pasta	41
	Meal	47

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
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
Fruit Cocktail	1/2 cup	16g
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
Pear, Whole (medium)	1 each	22
Pineapple, Canned (verify brand)		
	Dole	1/2 cup 16

Chicken Ranch Wrap	1 wrap	46.5
Chicken Drumstick	1 drumstick	5
Chicken, popcorn	10 pcs	17
Chicken Pot Pie	Meal	39.6
Chicken Pot Pie w/o bisquit	8.5 oz	17
Chicken Patty on a Whole Grain Bun	1 Bun 1 Patty	16
Popcorn Chicken (serving = 10pcs.)	1 pcs.	2
Chicken Sticks (serving = 8 sticks)	1 stick	2
2021/2022 Daily Specials	Serving Size	Carbs
Chicken Tenders (serving = 3 tenders)	1 tender	5.33
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	31
	1 Patty	17
Chili (on a hot dog)	2 oz.	
Corn Dog (Gordons choice) chicken	1 each	30
Corn Dog (state fair) pork	1 each	33
Corn Dog (Foster Farms) Turkey	1 each	27
Corn Dog (Foster Farms) Chicken	1 each	30
Crazy Cheesy Bread	1 each	30
French Bread Pizza (Tony's)	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
Eagles Nest: Meatballs	4 each	5
	1 oz gravy	2.5
	1/2 c potato	15
	Meal	22.5
Egg Roll, Chicken	1 each	20
French Toast Sticks, w/cinnamon Glaze (serving = 2 sticks)	1 stick	9.4
French Bread Pizza	1 each	33
French toast sticks (3 per serving)	1 stick	9.4
Garlic Toast	1 toast	11
General Tso Chicken (see Rice)	3 oz	8
Grill Cheese Sandwich	1 each	31
Grilled Chicken Wrap	1 each	
Hamburger Patty	1 Patty	2
Hamburger Bun	1 Bun	31
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 Ciabatta	1 each	45
Ham & Swiss Croisant	1 each	31.5

GFS	1/2 cup	18
Strawberries, Fresh Whole	1/2 cup	6
Strawberry/Blueberry (Commodity) no sugar added	1/2 cup	10
Strawberry/Blueberry Mix (sugar added)		29
Tangerine (medium)	1 each	13
Watermelon, Fresh	1/2 cup	6
Vegetable Offerings	Serving Size	Carbs
Beans, Baked	1/2 cup	29
Beans, Black	1/2 cup	18
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	3.4
Broccoli & Califlower	1/2 cup	2.5
Carrot Sticks (approx. 3-4)	1/2 cup	11
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	2
Corn, Steamed	1/2 cup	16
Cucumbers	1/2 cup	1
Hummus	1/4 cup	14
Lettuce/Salad Greens	1 cup	2
Mixed Veggies, Steamed	1/2 cup	9
Peas, Frozen or Steamed	1/2 cup	10
Potatoes, Hashbrown Patties (serving = 2 patties)	1 patty	15.5
Potatoes, Curly Fries	2.25 oz	15
Potatoes, Smiles (serving = 4 pcs.)	1 smile	5
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	21
Potato, Wedges ranch coating	3 oz	17
Potatoes, Mashed	1/2 cup	15
Gravy	1 oz	9
Sugar Snap Peas	1/2 cup	10
Spinach, Fresh	1 cup	2
Tomatoes, Cherry (serving = 4)	1 each	3.5
Veggies, Mixed Steamed	1/2 cup	9

Condiments and Extras	Serving Size	Carbs
BBQ Sauce	1pkg	11
Caesar Dressing	1 Pkg	1
Cream Cheese Cups	1 each	1
Cream Cheese Cups Strawberry	1 each	4
Gravy, Brown	2 oz	18
Honey Mustard	2 Tbsp	18
Hot Sauce, Louisiana	1 oz.	1
Italian Dressing	2 Tbsp	6

Ham & Swiss Sub	1 sub	33
Ham & Swiss Wrap	1 wrap	21
Hot Dog , Bun	1 bun	31
Hot Dog , Bun GF +health alert required	1 bun	20
Hot Dog	1 each	1
Italian Wrap	1 wrap	22.5
Italian Sub, Baked	1 sub	33.5
Macaroni & Cheese (JTM)	6 oz	26
Macaroni & Cheese (Land O' Lakes)	6 oz.	29
3 Cheese Spiral Pasta	6 oz.	28
Marinara Sauce	1/4 cup	7.5
Mashed Potato Bowl	1 each	42
Meatball Sub - Meatballs	4 each	5
Marinara	2 oz.	7.5
Sub Bun	1 each	27
	Meal	39.5
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

Ketchup	1 pkg	3
Ranch Dressing	1 pkg	1
Marinara Sauce	inv cup	10
Pickles	1 oz	1
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

2021-2022 Daily Specials	Serving Size	Carbs
Mini Corn Dogs (serving = 6 pcs.)	1 pcs.	5
Mini Pancakes -Pillsbury (verify)	1 pkg.	38
Mini Pancakes, vanilla - Eggo	1 pkg.	36
Mini Twin Burgers (serving = 2 minis)	1 mini	16.5
Nachos Supreme	22 chip	41
	3.17 oz meat	5
	2 oz Cheese	5
	Total Meal	51
Orange Chicken (see rice)	3.9 oz	25
Pasta & Meat Sauce	4 oz Pasta	47
	5.6 oz meat	9
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	55
Bread	1 each	44
Meat	1 each	3
Veggies	1 oz	6
Cheese	.25 cup	2
Pizza, Big Daddy's Pepperoni	1 slice	43
Pizza, The Max stuffed crust	1 slice	36
Pizza, The Max Real slice	1 slice	32
Pizza, Hungry Howie's	1 slice	34
Pizza, Big Daddy's Pepperoni	1 slice	43
Pizza, S&F Pepperoni	1 Slice	36
Pizza Variety, Cheese 16"	1 each	35
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

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

Deep Dish Pepp Pizza Breadstick	1 each	27
Pizza Stuffer, Gluten Free	1 each	41
Pretzel, Whole Grain	1 each	30
Quesadilla, BBQ Chicken (serving = 3 each)	1 triangle	12
Quesadilla, Cheese Pizza	1 each	40
Quesadilla, Chicken	1 each	38
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 Patties (Pork or Turkey) (Serving = 2 patties)	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 Shrimp Poppers	2 tbsp sauce	14
Shrimp Poppers (serving = 20 poppers)	1 popper	1.05
Sweet & Sour Chicken (see rice)	2 tbsp sauce	14
Popcorn Chicken (serving = 10pcs.)	1 pcs.	2
Thai Chicken w/Rice	2.85 oz chicken	15
Taco Stick	1 each	32
Totally Taco (serving = 3 triangles)	1 triangle	10
Tomato Soup	1 cup	21
Turkey Club Ciabatta	1 each	47
Turkey , Salami Cheese Sub	1 sub	33
Twisted Grilled Cheese (serving = 2)	1 each	19
Veggie Rice	3/4 cup	27
Walking Taco (Doritos)	1 bag	28
Taco meat	3.17 oz	5
Cheese	1 oz	0.5
Total	1 each	33.5

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