

Cupertino Union School District

Student Nutrition Services

Carbohydrates for Elementary Breakfast Menu

	Menu Items	Carbs (grams)
Entrees	Banana Bread Slice	47
	Breakfast Pizza bagel	23
	Breakfast Pizza	26
	Cereal (*varies, see package for details)	23
	Cheese Strip	15
	Cinnamon Roll	43
	French Toast Sticks	38
	Ham and Cheese Sandwich	27
	Mini Apple Cinnamon Muffin	20
	Mini Chocolate Chip Pancakes	41
	Pancakes on a stick	18
	Strawberry and Cream Cheese Stuffed Bagel	32
Fruits	Apple Slices	8
	Applesauce	14
	Frozen fruit cup 100% juice	25
	Birthday Cup	16
	Orange Wedges	11
	Orange Juice	13
	Peaches (canned)	18
	Pears (Fresh)	25
	Pears (canned)	19
	Banana (medium)	27
	RIPS	28
	Raisins	33
	Strawberries (Fresh)	6

Updated August 2017

This data is provided for informational purposes only. Menu items are subject to change or substitution without notice. Please consult a medical professional in planning or treatment of medical conditions.

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	Menu Items	Carbs (grams)
SIDES	Bug Bites	21
	Celebration Cookie	24
	Chocolate chip Cookie	24
	Chocolate Elf Grahams	20
	Double Chocolate Cookie	24
	Kids Snack Mix	17
	Snickerdoodle Cookie	24
	States and Capitals Cookie	22
	Scooby Doo Crackers	21
	Welcome Back Cookie	13
DAIRY	1 % White Milk	16
	Non Fat Strawberry Milk	22
	Non Fat Chocolate Milk	22
	Yogurt	19

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