

Cupertino Union School District

Student Nutrition Services

Carbohydrates for Elementary Breakfast Menu

	Menu Items	Carbs (grams)
Entrees	Banana Bread Slice	47
	Bagel (plain)	60
	Breakfast Pizza bagel	23
	Breakfast Pizza	26
	Cereal (*varies, see package for details)	23
	Cheese Strip	15
	Cinnamon Roll	43
	Coffee Cake	53
	Egg, Cheese & Bacon Toast	38
	French Toast Sticks	38
	Egg and Cheese Sandwich	25
	Mini Apple Cinnamon Muffin	20
	Mini Chocolate Chip Muffin	20
	Mini Chocolate Chip Pancakes	41
	Mini Blueberry Pancakes	38
	Pancake on a stick	18
	Pepperoni Pizza Strip	27
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

Updated November 2017

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	Menu Items	Carbs (grams)
	RIPS	28
	Raisins	33
	Strawberries (Fresh)	6
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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