

Cupertino Union School District

Student Nutrition Services

Carbohydrates for Elementary Menu

ENTREES	Menu Item	Carbs (grams)
	Bean and Cheese Burrito	49
	Bean and Cheese Pocket	43
	Bean & Cheese Nacho Bites	32
	Beef Soft Taco	29
	Chana Masala w/ rice	74
	Cheese Breadsticks	50
	Cheese Breadsticks w/ Marinara sauce	53
	Cheeseburger Meatloaf w/ mashed potatoes	25
	Cheese Calzone	42
	Cheese Quesadilla	25
	Cheese Ravioli	36
	Cheese Tortellini	37
	Cheese Pizza, Longboard	29
	Cheese Pizza, Round	29
	Cheese Pizza, Wedge	34
	Cheese Pizza, French Bread	36
	Chicken Corn Dog	30
	Chicken Drumsticks w/ tater tots	19
	Chicken Nuggets w/ tater tots	30
	Chicken Nuggets (ABC-123) w/ tater tots	30
	Chicken Nuggets (Halloween) w/ tater tots	30
	Chicken Nuggets (Winterwonderland) w/ tater tots	30
	Chicken Nuggets (Heart) w/ tater tots	28
	Chicken Patty on a bun	44
	Chicken Tenders w/ mashed potatoes	30
	Dinner roll	15
	Grilled Cheese Sandwich	31
	Macaroni and Cheese	43
	Mini Corn Dogs w/ tater tots	44
Mini cheeseburgers	36	
Orange Chicken w/ rice	87	

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	Menu Item	Carbs (grams)
	Pepperoni Pocket	32
	Pasta w/ spaghetti sauce	45
	Soy Butter and Grape Jelly sandwich	55
	Tangerine Chicken w/ rice	65
	Teriyaki Chicken w/ rice	84
	Turkey and Cheese Sandwich	33
	Turkey Pizza Pocket	32
	Turkey Taco Pocket	31
	Veggie Nuggets w/ tater tots and dinner roll	49
	Veggie Nuggets w/ tater tots	34
	Veggie Nuggets w/ mashed potatoes	37
	Veggie Patty on a bun	45
VEGETABLES	Broccoli Florets	3
	Bean Salad	35
	Baby Carrots	7
	Corn	15
	Cucumber Coins	2
	Celery Sticks	2
	Edamame	9
	Mashed Potatoes	17
	Salad Greens	3
	Salsa	8
	Tater Tots	14
	Zucchini Sticks	2
	Apples	8
	Apple slices	8
	Applesauce	14
	Banana (medium)	27
	Frozen fruit cup 100% juice	25
	Fruit cup (Strawberries, USDA)	22
	Fruit cup (Peaches, USDA)	19

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FRUITS	Menu Item	Carbs (grams)
	Grapes	8
	Kiwi	10
	Nectarines	14
	Orange Wedges	11
	Orange Juice	13
	Peaches (canned)	18
	Pears (Fresh)	25
	Pears (canned)	19
	Plums	8
	Raisels	35
	RIPS, sour apple flavor	15
	RIPS (Blue rasp,dragon punch,kiwi straw,Orange mango)	28
	Raisins	33
	Strawberries (Fresh)	6
	SIDES	Bug Bites
Celebration Cookie		24
CheeZ Itz		14
Chocolate Chip Cookie		24
Chocolate Elf Grahams		20
Food & Nutrition Cookies		22
Holiday Cookie		12
Heart Cookie		13
Halloween Cookie		12
Kids Snack Mix		17
Shamrock Cookie		13
Snickerdoodle Cookie		24
States and Capitals Cookie		22
Scooby Doo Crackers		21
Thanksgiving Cookie		14
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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