

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
	Chana Masala w/ rice	74
	Cheese Breadsticks	50
	Cheese Breadsticks w/ Marinara sauce	53
	Cheese Calzone	42
	Cheese Quesadilla	25
	Cheese Ravioli	36
	Cheese Pizza, Longboard	29
	Cheese Pizza, Round	29
	Cheese Pizza, Wedge	34
	Cheese Pizza, French Bread	36
	Chicken Drumsticks w/ tater tots	19
	Chicken Nuggets w/ tater tots	30
	Chicken Patty on a bun	44
	Chicken Tenders w/ mashed potatoes	30
	Dinner roll	15
	Grilled Cheese Sandwich	31
	Pepperoni Pocket	32
	Macaroni and Cheese	43
	Mini Corn Dogs w/ tater tots	44
	Mini cheeseburgers	36
	Soy Butter and Grape Jelly sandwich	55
	Tangerine Chicken w/ rice	65
	Turkey and Cheese Sandwich	33
	Turkey Pizza Pocket	32
	Veggie Nuggets w/ tater tots and dinner roll	49
Veggie Nuggets w/ tater tots	34	
Veggie Nuggets w/ mashed potatoes	37	

August 2017

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	Veggie Patty on a bun	36
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
FRUITS	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
	Grapes	8
	Kiwi	10
	Nectarines	14
	Orange Wedges	11
	Orange Juice	13
	Peaches (canned)	18
	Pears (Fresh)	25
Pears (canned)	19	
Plums	8	

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	Raisels (no sugar added)	33
	RIPS, sour apple flavor	15
	RIPS (Blue rasp,dragon punch,kiwi straw,Orange mango)	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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