

# Cupertino Union School District

## Student Nutrition Services

### Carbohydrates for Elementary Menu

	<u>Menu Item</u>	<u>Carbohydrate (grams)</u>
<b>Lunch Entrees</b>	Bean and Cheese Burrito	41
	Bean and Cheese Pocket	43
	Bean and Cheese Nacho Bites	32
	Chana Masala with rice	74
	Cheese Breadsticks	50
	Cheese Calzone	39
	Cheese Ravioli with Spaghetti sauce	40
	Cheese Pizza, Longboard	29
	Cheese Pizza, Round	34
	Cheese Pizza in a box	33
	Cheese Pizza, Wedge	34
	Cheese Pizza, French Bread	36
	Chicken Corn Dog	30
	Chicken Drumstick and biscuit	35
	Chicken Drumstick w/ tater tots	19
	Chicken Nuggets w/ tater tots	30
	Chicken Patty on a bun	44
	Chicken Tenders w/ tater tots	27
	Grilled Cheese Sandwich	31
	General Tso's chicken with rice	79
	Halloween Chicken Nuggets/ tater tots	30
	Macaroni and Cheese	43
	Mandarin Orange chicken with rice	75
	Mini Corn Dogs w/ tater tots	44
	Mini cheeseburgers	36
	Penne Pasta w/ spaghetti sauce	34
	Teriyaki Chicken w/ rice	65
	Turkey Taco Pocket	31
	Turkey Pizza Pocket	32
	Veggie Nuggets w/ tater tots	34
	Veggie Nuggets w/ biscuit	50
	Veggie Patty on a bun	45
Yogurt and muffin basket	63	

October 2018

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.

		<u>Menu Item</u>	<u>Carbohydrate (grams)</u>
<b>Breakfast Entrees</b>		Apple Cinnamon Bear paw	41
		Banana Bread Slice	47
		Bagel	60
		Cinnamon roll	43
		French Toast Sticks	38
		Ham and cheese sandwich	28
		Mini Pancakes	38
		Pancake on a stick	18
		Pepperoni Pizza Strip	27
		Yogurt	20
	<b>Vegetables</b>		Broccoli Florets
		Bean Salad	35
		Baby Carrots	7
		Corn	15
		Cucumber Coins	2
		Celery Sticks	2
		Edamame	9
		Fresh Vegetable cup	6
		Green Salad	3
		Salsa	8
		Tater Tots	14
		Zucchini Sticks	2
<b>Fruits</b>			Apples
		Apple slices	8
		Applesauce	14
		Banana (medium)	27
		100% Juice cup, Mixed Berry	19
		100% Juice cup, Pineapple	19
		100% Juice cup, Strawberry	19
		100% Juice cup, Watermelon	25
		Fruit cup (Strawberries, USDA)	22
		Fruit cup (Peaches, USDA)	19
		Grapes	8
		Kiwi	10
		Nectarines	14
		Orange Wedges	11
		Orange Juice	13

October 2018

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.

<b>Menu Item</b>		<b>Carbohydrate (grams)</b>
	Pears (Fresh)	25
	Pears (canned)	19
	Plums	8
	RIPS, sour apple flavor	15
	RIPS (Blue rasp,dragon punch,kiwi straw,Orange mango)	28
	Raisins	33
	Strawberries (Fresh)	6
<b>SIDES</b>	Bug Bites	21
	Brownie Bites	21
	Bear Graham Cracker	21
	Cheez Itz	14
	Chocolate Chip Cookie	24
	Chocolate Elf Grahams	20
	Halloween Cookie	13
	Snack Mix	17
	Shamrock Cookie	13
	Snickerdoodle Cookie	24
	Scooby Doo Crackers	21
	Thanksgiving Cookie	14
	Welcome Back Cookie	13
<b>DAIRY</b>	1 % White Milk	16
	Non Fat Strawberry Milk	22
	Non Fat Chocolate Milk	22

October 2018

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.