

**Cupertino Union School District**  
**Student Nutrition Services**  
**Carbohydrates for Middle School Breakfast**

| <b><u>Entrees</u></b>    | <b>Carbs (grams)</b> |
|--------------------------|----------------------|
|                          |                      |
| Bagel, Blueberry         | 65                   |
| Bagel, Cinnamon Raisin   | 61                   |
| Bagel, Plain             | 60                   |
| Cinnamon Roll            | 43                   |
| Coffee Cake              | 53                   |
| Graham Cracker           | 16                   |
| Muffin, Blueberry        | 38.5                 |
| Muffin, Choc chip        | 39.5                 |
| Muffin, Double Choc Chip | 40                   |
| Pancake on a stick       | 18                   |
| Pepperoni Pizza Strip    | 27                   |
| Yogurt Parfait           | 34                   |
|                          |                      |
|                          |                      |

October 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.