

Cupertino Union School District
Student Nutrition Services
Carbohydrates for Middle School Menu

<u>Entrees</u>	Carbs (grams)
Bean and Cheese Burrito	49
Bean and Cheese Burrito, Spicy	43
Bean and Cheese Pocket	43
Cheese Breadsticks	50
Cheeseburger on a bun	32
Cheeseburger meatloaf w/ mashed potatoes	25
Cheese Calzone	42
Cheese Quesadilla	25
Cheese Ravioli	43
Cheese Ravioli w/ dinner roll	58
Cheese Pizza	36
Cheese Pizza, Veggie Delite	38
Chicken Egg Roll w/ Rice	55
Chicken Nuggets w/ tater tots	30
Chicken Patty on a bun	44
Chicken Patty(spicy) on a bun	46
Chicken Corn Dog	30
Chicken drumstick w/ onion rings	33
Chicken drumstick w/ potato wedges	26
Chicken Soup w/ dinner roll	31
Chicken Tenders w/ mashed potatoes	30
Chicken Tenders (spicy) w/ mashed potatoes	26
Chicken Wings (spicy) w/ tater tots	36
Chowmein	40
Dinner Roll	15
General Tso's chicken w/ rice	44
Grilled Cheese Sandwich	31
Hamburger	31
Hummus and veggie tray	52
Pepperoni Pizza	35
Macaroni and Cheese	43

December 2017

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<u>Entrees</u>	Carbs (grams)
Mini Corn Dogs w/ tater tots	44
Mini Cheeseburgers	36
Popcorn Chicken w/ tater tots & roll	46
Sandwich, Turkey & Cheese on Hoagie	31
Sandwich, Turkey Ham & Cheese on Hoagie	31
Sandwich, Turkey on a Hoagie Roll	30
Tangerine Chicken w/ chowmein	51
Teriyaki Chicken w/ rice	64
Turkey Pizza Pocket	32
Turkey BBQ Pocket	32
Turkey Habanero Pocket	31
Veggie Nuggets w/ tater tots	34
Veggie Nuggets w/ mashed potatoes	37
Veggie Patty on a bun	36

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