

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

<b><u>Entrees</u></b>	<b>Carbs (grams)</b>
Bean and Cheese Burrito	49
Bean and Cheese Burrito, Spicy	43
Bean and Cheese Pocket	43
Cheese Breadsticks	50
Cheeseburger on a bun	32
Cheese Calzone	42
Cheese Quesadilla	25
Cheese Ravioli	36
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 drumstick w/ onion rings	33
Chicken Tenders w/ mashed potatoes	30
Chicken Tenders (spicy) w/ mashed potatoes & roll	41
Chicken Wings w/ tater tots & roll	51
Chowmein	40
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
Mini Corn Dogs w/ tater tots	44
Mini Cheeseburgers	36
Popcorn Chicken w/ tater tots & roll	46

August 2017

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<b><u>Entrees</u></b>	<b>Carbs (grams)</b>
Tangerine Chicken w/ chowmein	51
Turkey Pizza Pocket	32
Turkey BBQ Pocket	32
Turkey Habanero Pocket	31
Veggie Nuggets w/ tater tots & roll	49
Veggie Nuggets w/ mashed potatoes	37
Veggie Patty on a bun	36

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