

Cupertino Union School District
Student Nutrition Services
Carbohydrates for Elementary Menu

	<u>Menu Item</u>	<u>Carbohydrate (grams)</u>
Lunch Entrees	Bean and Cheese Pocket	43
	Broccoli & Cheese stuffed croissant	34
	Cheese Breadsticks	50
	Cheese Calzone	39
	Cheese Pizza, Longboard	29
	Cheese Pizza, Round	34
	Cheese Pizza in a box	33
	Cheese Pizza, Wedge	34
	Cheese Pizza, French Bread	36
	Cheese Pizza, Galaxy	29
	Cheese Pillow Pull Aparts	29
	Cheese Quesedilla	31
	Chicken Drumstick and biscuit	35
	Chicken & Mashed Potato Bowl	38
	Chicken & Oven Baked Waffle Fries	26
	Chicken & Waffle	48
	Chicken Nuggets w/ emoticons	34
	Chicken Nuggets (ABC shaped) w/ tater tots	30
	Chicken Nuggets (heart shaped) w/ tater tots	28
	Chicken Patty on a bun	44
	Chicken Tenders w/ tater tots	27
	Chilli in a corn bread Bowl	45
	Fish Nuggets w/ tater tots	35
	Grilled Cheese Sandwich	31
	General Tso's chicken with rice	79
	Macaroni and Cheese	46
	Mandarin Orange chicken with rice	75
	Mini Corn Dogs w/ tater tots	44
	Mini cheeseburgers	36
	Spaghetti w/ Meatballs	56
	Spaghetti w/ veggie Meatballs	67
	Teriyaki Chicken w/ rice	65
	Turkey Taco Pocket	31
	Turkey Pizza Pocket	32
Veggie Nuggets w/ emoticons	38	
Veggie Nuggets & mashed potato bowl	45	
Veggie Nuggets w/ tater tots	34	
Veggie Nuggets w/ waffle	63	
Veggie Nuggets & Oven Baked Potato Fries	41	
Veggie Patty on a bun	45	
Yogurt and muffin basket	58	

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	<u>Menu Item</u>	<u>Carbohydrate (grams)</u>
Breakfast Entrees		
	Apple Cinnamon Bear paw	41
	Banana Bread Slice	47
	Blueberry Cinnamon Breadstick	24
	Bagel	60
	Cinnamon roll	43
	Chicken Patty Sandwich	26
	Coffee Cake	53
	French Toast Bites	38
	Grape Breakfast Bar	36
	Ham and cheese sandwich	28
	Mini Maple Pancakes	38
	Mini Turkey Pancake wraps	15
	Pancake on a stick	18
	Pepperoni Pizza Strip	27
	Strawberry Pancake Bowl	39
	Strawberry Bear paw	40
	Turkey & Cheese Croissant	17
Yogurt	15	
Vegetables	Broccoli Florets	3
	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
	Fruits	Apples
Apple slices		8
Applesauce (original or strawberry)		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
Pears (Fresh)		25

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<u>Menu Item</u>		<u>Carbohydrate (grams)</u>
	Pears (canned)	19
	Plums	8
	Raisins	33
	Strawberries (Fresh)	6
SIDES	Bug Bites	21
	Brownie Bites	21
	Bear Graham Cracker	21
	Cheez Itz	14
	Chocolate Chip Cookie	24
	Chocolate Elf Grahams	20
	Snack Mix	17
	Shamrock Cookie	13
	Snickerdoodle Cookie	24
	Scooby Doo Crackers	21
	Valentine's Cookie	13
	Welcome Back Cookie	13
CONDIMENTS	BBQ Sauce (individual packet)	4
	Ketch Up (individual packet)	2
	Marinara Dipping Cup	3
	Ranch Dressing (individual packet)	2
	Syrup (individual packet)	20
	Taco Sauce (individual packet)	1
DAIRY	1 % White Milk	16
	Non Fat Strawberry Milk	22
	Non Fat Chocolate Milk	22

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