

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

	<b><u>Menu Item</u></b>	<b><u>Carbohydrate (grams)</u></b>
<b>Lunch Entrees</b>	ABC chicken nuggets w/ tater tots	30
	Buttered Noodles	48
	Chiminada	43
	Cheese Breadsticks	50
	Cheese Calzone	39
	Cheese Lasagna	40
	Cheese Pillow Pull Aparts	29
	Cheese Pizza, Round	34
	Cheese Pizza, Wedge	34
	Cheese Pizza, French Bread	30
	Cheese Quesadilla	31
	Chicken Nuggets w/ tater tots	32
	Chicken and waffle	59
	Chicken Tikka Masala w/ rice	45
	Chicken tenders w/ spiral fries	29
	Chicken Patty on a bun	44
	Fish Nuggets w/ tater tots	37
	Grilled Cheese Sandwich	31
	Hamburger on a bun	29
	Heart Nuggets w/ tater tots	30
	Macaroni and Cheese	33
	Mini cheeseburgers	36
	Mini Corn Dogs w/ tater tots	46
	Pizzaboli	34
	Ravioli Dippers	44
	Soybutter & Grape Jelly Sandwich	55
	Teriyaki chicken (gluten free) and rice	49
	Teriyaki Tofu and rice	94
	Turkey Pizza Pocket	32
	Turkey & Cheese Protein box	30
	Veggie Nuggets w/ spiral fries	33
Veggie Nuggets w/ tater tots	36	
Veggie Nuggets and waffle	63	
Veggie Patty on a bun	45	
Yogurt basket	36	

<b>Breakfast Entrees</b>	Banana Bread Slice	47
	Bagel	60
	Cinnamon roll	43
	Coffee Cake	53
	Chicken Patty on a Biscuit	26
	French Toast Sticks	38
	Pepperoni Pizza Strip	27
	Scrambled eggs and mini muffin	22
	Yogurt Parfait	19
	Yogurt	15

January 2020

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	<u>Menu Item</u>	<u>Carbohydrate (grams)</u>
<b>Vegetables</b>	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
	Tater Tots	14
	Zucchini Sticks	2
<b>Fruits</b>	Apples	8
	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
	Pears (canned)	19
	Plums	8
Raisins	33	
Strawberries (Fresh)	6	
<b>Sides</b>	Chocolate Chip Cookie	24
	Chips	31
	Egg Cookie	13
	Graham Cracker	18
	Golfish Crackers	14
	Heart Cookie	12
	Munchie Mix	17
	Sunchips	19
	String Cheese	2
	Wheat Crackers	30
<b>CONDIMENTS</b>	BBQ Sauce (individual packet)	4
	Ketch Up (individual packet)	2
	Marinara Dipping Cup	3
	Ranch Dressing (individual packet)	2
	Salsa	5
	Syrup (individual packet)	20
<b>DAIRY</b>	1 % White Milk	16
	Non Fat Strawberry Milk	22
	Non Fat Chocolate Milk	22

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