

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

	<u>Entrees</u>	<u>Carbohydrate (grams)</u>
Lunch Entrees	Bean and Cheese Burrito	44
	Bean and Cheese Burrito, Spicy	42
	Bean and Cheese Pocket (Chiminada)	43
	BBQ chicken Sandwich on a bun	43
	BBQ rib patty on a Hoagie roll	42
	Beef Teriyaki dippers w/ rice	43
	Burrito Bowl	65
	Cheese Breadsticks	50
	Cheeseburger on a bun	30
	Cheese Calzone	39
	Cheese Quesadilla	32
	Chicken Alfredo and Pasta	44
	Chicken Nuggets w/ potato wedges	37
	Chicken Noodle Soup	25
	Chicken Patty on a bun	44
	Chicken Patty(spicy) on a bun	46
	Chicken drumstick (spicy) w/ onion rings	34
	Chicken Tikka masala w/ rice	44
	Chicken Wings(siracha) w/ potato rounds	38
	Falafel Box	67
	Fish Nuggets w/ Tater Tots	37
	Garden Salad	36
	Grilled Cheese Sandwich	31
	Hamburger	29
	Macaroni and Cheese	33
	Mashed Potato Bowl	55
	Mandarin Mango Chicken w/ rice	57
	Mini Corn Dogs w/ tater tots	44
Mini Cheeseburgers	36	
Nacho Pretzel Pocket	38	
Pizza, Cheese	35	

January 2020

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Entrees		Carbohydrate (grams)
	Pizza, Pepperoni	33
	Protein Box	30
	Ramen Bowl with Chicken	43
	Ramen Bowl with Tofu	46
	Sandwich, Turkey & Cheese on a Hoagie	30
	Sandwich, Turkey Ham & Cheese on a Hoagie	31
	Sandwich, Turkey on a Hoagie	29
	Sandwich, Turkey Ham on a Hoagie	30
	Sandwich, soy butter	53
	Spaghetti w/ meatballs	54
	Spaghetti w/ veggie meatballs	65
	Teriyaki Chicken salad	55
	Turkey Pizza Pocket	32
	Turkey BBQ Pocket	32
	Turkey Habanero Pocket	31
	Veggie Nuggets w/ potato wedges	41
	Veggie Nuggets w/ tater tots	36
	Veggie Patty on a bun	45
	Yogurt Basket	36
Breakfast Entrees	Bagel, whole wheat	60
	Breakfast Bar	47
	Cinnamon Roll	43
	Coffee Cake	53
	French Toast Sticks	38
	Mini Pancakes	36
	Muffin, Chocolate chip	39
	Muffin, Double Chocolate Chip	40
	Pancake on a stick	18
	Pepperoni Pizza Strip	27
	Scrambled eggs with hash browns & Muffin	37
	Yogurt Parfait	34

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