

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	49
	Bean and Cheese Burrito, Spicy	43
	Bean and Cheese Pocket	43
	BBQ rib patty on a Hoagie roll	42
	Broccoli and cheese stuffed croissant	34
	Cheese Breadsticks	50
	Cheeseburger on a bun	32
	Cheese Calzone	42
	Chicken Corn Dog	30
	Cheese Quesadilla	25
	Cheese Ravioli	40
	Chef salad (does not include dressing)	27
	Chicken Nuggets w/ emoticons	34
	Chicken Patty on a bun	44
	Chicken Patty(spicy) on a bun	46
	Chicken drumstick w/ onion rings	33
	Chicken w/ waffle	48
	Chicken Tenders (spicy) w/ potato rounds	23
	Chicken Wings(siracha) w/ tater tots	36
	Grilled Cheese Sandwich	31
	Grilled cheese Sandwich (spicy)	32
	Hamburger	31
	Macaroni and Cheese	46
	Mini Corn Dogs w/ tater tots	44
	Mini Corn Dogs w/ wedges	51
	Mini Cheeseburgers	36
Pizza, Cheese	36	
Pizza, Veggie Delite	38	
Pizza, Pepperoni	35	
Popcorn Chicken w/ tater tots	31	

November 2018

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	<u>Entrees</u>	<u>Carbohydrate (grams)</u>
	Sandwich, Turkey & Cheese on a Hoagie	31
	Sandwich, Turkey Ham & Cheese on a Hoagie	31
	Sandwich, Turkey on a Hoagie	30
	Sandwich, Turkey Ham on a Hoagie	30
	Sandwich, soy butter	50
	Spaghetti w/ meatballs	53
	Spaghetti w/ veggie meatballs	64
	Teriyaki Chicken w/ rice	45
	Turkey Pizza Pocket	32
	Turkey BBQ Pocket	31
	Turkey Habanero Pocket	31
	Turkey & Gravy w/ mashed potatoes	36
	Veggie Nuggets w/ emoticons	38
	Veggie Patty on a bun	45
Breakfast Entrees	Bagel -cinnamon raisin	61
	Bagel- Blueberry	65
	Bagel, whole wheat	60
	Cinnamon Roll	43
	Coffee Cake	53
	Oatmeal	32
	Pancake on a stick	18
	Pepperoni Pizza Strip	27
	Yogurt Parfait	34

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