



San-Mateo Foster City Elementary SD

(F020100) Bagel	Total Carbohydrate (g)	
	Recipe	Each
Bagel	44.5999	44.5999
	44.5999	44.5999

* Total includes one or more missing nutrient data.

(REC0002) Bagel and Cream Cheese	Total Carbohydrate (g)	
	Recipe	Serving
Cream Cheese	2	2
Bagel	44.5999	44.5999
	46.6	46.6

* Total includes one or more missing nutrient data.

(F21800) Banana Bread	Total Carbohydrate (g)	
	Recipe	Each
Bread Banana IW Integrated	50.51	50.51
	50.51	50.51

* Total includes one or more missing nutrient data.

(REC00016) BBQ Chicken Drumstick with French Fries	Total Carbohydrate (g)	
	Recipe	Serving
Potato, Fries Crinkle	16.8029	16.8029
Chicken, Glazed Drumsticks	8	8
	24.803	24.803

* Total includes one or more missing nutrient data.

(Copy of 020507) Beans, Garbanzo	Total Carbohydrate (g)		
	Recipe	Serving - 1/4 cup	Serving - 1 oz
Beans, Garbanzo	14.16	16.0572	4.0143
	14.16	16.0572	4.0143

* Total includes one or more missing nutrient data.



(F081501) Beef Hotdog on a WW Bun IW	Total Carbohydrate (g)	
	Recipe	Each
Beef Hotdog on a WW Bun IW	41	41
	41	41

* Total includes one or more missing nutrient data.

(REC0007 1) Beef Rotini Pasta with Garlic Toast	Total Carbohydrate (g)	
	Recipe	Serving
Pasta, WG Beef Rotini with Sauce	24.12	24.12
Toast Texas - Garlic Bread - Bulk	14	14
	38.12	38.12

* Total includes one or more missing nutrient data.

(F2500) Benefit Bar - Banana Chocolate Chunk	Total Carbohydrate (g)	
	Recipe	Bar
Benefit Bar - Banana Chocolate Chunk	48	48
	48	48

* Total includes one or more missing nutrient data.

(F2501) Benefit Bar - Oatmeal Chocolate Chunk	Total Carbohydrate (g)	
	Recipe	Bar
Benefit Bar - Oatmeal Chocolate Chunk	47	47
	47	47

* Total includes one or more missing nutrient data.

(F3800) Bread Cheese Stick - Bosco	Total Carbohydrate (g)		
	Recipe	1 Elem Serving = 2 pc	1 MS Serving = 3pc
Bread Cheese Stick - Bosco	17	17.12	25.68
	17	17.12	25.68

* Total includes one or more missing nutrient data.



(REC00017) Breaded Chicken Drumstick with Garlic Bread	Total Carbohydrate (g)	
	Recipe	Serving
Toast Texas - Garlic Bread - Bulk	14	14
Chicken, Breaded Drumsticks	18.4574	18.4574
	32.4574	32.4574

* Total includes one or more missing nutrient data.

(F021805) Breakfast Bun	Total Carbohydrate (g)	
	Recipe	Each
Breakfast Bun	38	38
	38	38

* Total includes one or more missing nutrient data.

(F22101) Burrito - Bean & Cheese Los Cabos IW	Total Carbohydrate (g)	
	Recipe	Each
Burrito - Bean & Cheese Los Cabos IW	44.17	44.17
	44.17	44.17

* Total includes one or more missing nutrient data.

(F22103) Burrito - Egg and Cheese Wrap	Total Carbohydrate (g)	
	Recipe	Each
Burrito - Egg and Cheese Wrap	16.68	16.68
	16.68	16.68

* Total includes one or more missing nutrient data.

(REC00021) California Wrap	Total Carbohydrate (g)	
	Recipe	Serving
Dressing, Ranch Buttermilk Bulk	2.0249	2.0249
Tomatos, Roma	0.3831	0.3831
Tortilla, Spinach (50ct)	58	58
Turkey Bacon	0.2	0.2
Chicken , diced	0	0
Red Onion	0.2648	0.2648
Lettuce, Romaine	5.6032	5.6032
	66.476	66.476

* Total includes one or more missing nutrient data.



(R3100) Carrot, Baby IW 2.6oz	Total Carbohydrate (g)	
	Recipe	Bag 2.6oz
Carrot, Baby IW 2.6oz	0.2142	6.0736
	0.2142	6.0736

* Total includes one or more missing nutrient data.

(D3504) Cereal Cinnamon Toasters LG	Total Carbohydrate (g)	
	Recipe	Each
Cereal Cinnamon Toasters LG	44	44
	44	44

* Total includes one or more missing nutrient data.

(D3501) Cereal Honey Scooters LG	Total Carbohydrate (g)	
	Recipe	Each
Cereal Honey Scooters LG	46	46
	46	46

* Total includes one or more missing nutrient data.

(D3502) Cereal Marshmallow Mateys LG	Total Carbohydrate (g)	
	Recipe	Each
Cereal Marshmallow Mateys LG	47	47
	47	47

* Total includes one or more missing nutrient data.

(R3001) Cheese Mozzarella String	Total Carbohydrate (g)	
	Recipe	Stick
Cheese Mozzarella String	0	0
	0	0

* Total includes one or more missing nutrient data.



(REC0003) Cheese Ravioli with Garlic Toast	Total Carbohydrate (g)	
	Recipe	Serving
Marinara Sauce Enhanced Bulk	16.3293	16.3293
Pasta, Ravioli, Cheese	35.1098	35.1098
Toast Texas - Garlic Bread - Bulk	14	14
	65.4391	65.4391

* Total includes one or more missing nutrient data.

(REC0009 1) Cheese Tamale with Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	53.9999	53.9999
Tamale Cheese in Green Sauce	34.8	34.8
	88.7999	88.7999

* Total includes one or more missing nutrient data.

(REC0008) Chicken Alfredo Pasta	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.6699	5.6699
Chicken , diced	0	0
Alfredo Sauce	4.7869	4.7869
Penne Dry Pasta	41	41
	51.4567	51.4567

* Total includes one or more missing nutrient data.

(F191004 1) Chicken and Cheese Pita Sandwich IW	Total Carbohydrate (g)	
	Recipe	Sandwich
Chicken and Cheese Pita Sandwich IW	31	31
	31	31

* Total includes one or more missing nutrient data.

(REC0015) Chicken Burger with Fries	Total Carbohydrate (g)	
	Recipe	Serving
Bun Hamburger WG - 144ct	41.8035	41.8035
Chicken Patty - Breaded	12	12

* Total includes one or more missing nutrient data.



(REC0015) Chicken Burger with Fries	Total Carbohydrate (g)	
	Recipe	Serving
Potato, Fries Crinkle	16.8029	16.8029
	70.6064	70.6064

* Total includes one or more missing nutrient data.

(REC0020) Chicken Caesar Salad with Chips	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.6699	5.6699
Chips Tortilla Rounds	30	30
Dressing, Caesar - Royal Dressing IW	2	2
Chicken , diced	0	0
Lettuce, Romaine	14.9418	14.9418
	52.6116	52.6116

* Total includes one or more missing nutrient data.

(F031501) Chicken Corn Dog	Total Carbohydrate (g)	
	Recipe	Each
Chicken Corn Dog	30	30
	30	30

* Total includes one or more missing nutrient data.

(REC0013) Chicken Nuggets with FF	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Breaded Bites	22.9999	22.9999
Potato, Fries Crinkle	16.8029	16.8029
	39.8029	39.8029

* Total includes one or more missing nutrient data.

(F3150) Concha	Total Carbohydrate (g)	
	Recipe	Each
Concha	34	34
	34	34

* Total includes one or more missing nutrient data.



(F031821) Crumb Square WG	Total Carbohydrate (g)	
	Recipe	Each
Crumb Square WG	47	47
	47	47

* Total includes one or more missing nutrient data.

(REC0024) Egg, Cheese, Tater Tot Breakfast Burrito	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.2835	0.2835
Egg Patty 3.5" Bulk	1	1
Potato, Tater Tots RS	15.68	15.68
Salsa Bulk	1.9552	1.9552
Tortilla, Whole Wheat Flour 10"	35	35
	53.9186	53.9186

* Total includes one or more missing nutrient data.

(Copy of REC0005) French Toast, Tater Tots & Turkey Sausages	Total Carbohydrate (g)	
	Recipe	Serving
French Toast Sticks Bulk (3pc svg)	40	40
Potato, Tater Tots RS	15.68	15.68
Sausage Turkey Link	0	0
	55.6799	55.6799

* Total includes one or more missing nutrient data.

(R3002) Fruit (1/2 cup)	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Fruit (1/2 cup)	7.5955	7.5955
	7.5955	7.5955

* Total includes one or more missing nutrient data.

(F061824) Fruit, Frozen Diced Peach Cups - 96ct	Total Carbohydrate (g)	
	Recipe	Cup
Fruit, Frozen Diced Peach Cups - 96ct	21	19.0509
	21	19.0509

* Total includes one or more missing nutrient data.



(F061821) Fruit, Frozen Mixed Berry - 96ct	Total Carbohydrate (g)	
	Recipe	Cup
Fruit, Frozen Mixed Berry - 96ct	20	20.0704
	20	20.0704

* Total includes one or more missing nutrient data.

(F061822) Fruit, Frozen Peach - 96ct	Total Carbohydrate (g)	
	Recipe	Cup
Fruit, Frozen Peach - 96ct	21	19.0509
	21	19.0509

* Total includes one or more missing nutrient data.

(F061823) Fruit, Frozen Strawberry Cups - 96ct	Total Carbohydrate (g)	
	Recipe	Cup
Fruit, Frozen Strawberry Cups - 96ct	21	19.0509
	21	19.0509

* Total includes one or more missing nutrient data.

(REC0001) GoGurt & Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Yogurt Go-Gurt	7.671	7.671
Cracker Vanilla Bear	20	20
	27.671	27.671

* Total includes one or more missing nutrient data.

(REC0012) Hamburger with Fries	Total Carbohydrate (g)	
	Recipe	Serving
Bun Hamburger WG - 144ct	41.8035	41.8035
Potato, Fries Crinkle	16.8029	16.8029
Beef Patty USDA	0.8733	0.8733
	59.4797	59.4797

* Total includes one or more missing nutrient data.



(R8000) Hamburger, Cheese Sliders IW	Total Carbohydrate (g)	
	Recipe	Each
Hamburger, Cheese Sliders IW	31.3	31.3
	31.3	31.3

* Total includes one or more missing nutrient data.

(F1210) Juice, Frozen Orange Carton - 70ct	Total Carbohydrate (g)	
	Recipe	Carton
Juice, Frozen Orange Carton - 70ct	11.136	12.628
	11.136	12.628

* Total includes one or more missing nutrient data.

(D1002) Juice, Vegetable, Paradise Punch 4.23 Oz - 40ct	Total Carbohydrate (g)	
	Recipe	Carton
Juice, Vegetable, Paradise Punch 4.23 Oz - 40ct	14	14
	14	14

* Total includes one or more missing nutrient data.

(D1300) Marinara IW	Total Carbohydrate (g)	
	Recipe	Each
Marinara IW	7	7
	7	7

* Total includes one or more missing nutrient data.

(R13900) Milk 1%	Total Carbohydrate (g)	
	Recipe	Carton
Milk 1%	16	16
	16	16

* Total includes one or more missing nutrient data.

(R13901) Milk Chocolate FF	Total Carbohydrate (g)	
	Recipe	Carton
Milk Chocolate FF	20.9999	20.9999
	20.9999	20.9999

* Total includes one or more missing nutrient data.



(F132101) Muffin, Blueberry 3oz - Elsa	Total Carbohydrate (g)	
	Recipe	Each
Muffin, Blueberry 3oz - Elsa	38	38
	38	38

* Total includes one or more missing nutrient data.

(F16100) Pancakes, Confetti IW	Total Carbohydrate (g)	
	Recipe	Bag
Pancakes, Confetti IW	36	36
	36	36

* Total includes one or more missing nutrient data.

(F16102) Pasta, WG Beef Rotini with Sauce	Total Carbohydrate (g)		
	Recipe	Serving - Elem 7.44oz	Serving - MS 8oz
Pasta, WG Beef Rotini with Sauce	24.12	24.12	25.9355
	24.12	24.12	25.9355

* Total includes one or more missing nutrient data.

(F16900) Pizza 16" Cheese Big Daddy	Total Carbohydrate (g)	
	Recipe	Slice
Pizza 16" Cheese Big Daddy	35	37.2258
	35	37.2258

* Total includes one or more missing nutrient data.

(F16901) Pizza 16" Pork Pepperoni Big Daddy	Total Carbohydrate (g)	
	Recipe	Slice
Pizza 16" Pork Pepperoni Big Daddy	42	42
	42	42

* Total includes one or more missing nutrient data.



(F16902) Pizza Galaxy Cheese IW	Total Carbohydrate (g)	
	Recipe	Each
Pizza Galaxy Cheese IW	26	26
	26	26

* Total includes one or more missing nutrient data.

(F160904) Pizza Sandwich Beef Pepperoni IW	Total Carbohydrate (g)	
	Recipe	
Pizza Sandwich Beef Pepperoni IW	31	
	31	

* Total includes one or more missing nutrient data.

(F191005) Pizza Sandwich Turkey Beef Pepperoni IW	Total Carbohydrate (g)	
	Recipe	Each
Pizza Sandwich Turkey Beef Pepperoni IW	31	31
	31	31

* Total includes one or more missing nutrient data.

(D180100) Raisins	Total Carbohydrate (g)	
	Recipe	Each
Raisins	29	29
	29	29

* Total includes one or more missing nutrient data.

(F22100) Roll, Cinnamon	Total Carbohydrate (g)	
	Recipe	Each
Roll, Cinnamon	38	38
	38	38

* Total includes one or more missing nutrient data.

(190101) Salad Bar/ Salad Pack	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Salad Mix	1.684	0.9623
Broccoli, Raw	7.5296	4.3026

* Total includes one or more missing nutrient data.



(190101) Salad Bar/ Salad Pack	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Carrots, Baby Bulk	1.2284	0.7019
Corn, Canned, Drained	20.7405	11.8517
Tomatos, Cherry/Grape	1.1028	0.6302
Spinach	4.1163	2.3522
Beans, Garbanzo	16.0572	9.1755
	52.4587	29.9764

* Total includes one or more missing nutrient data.

(D190112) Salsa Cups IW	Total Carbohydrate (g)	
	Recipe	Each
Salsa Cups IW	5	4.1667
	5	4.1667

* Total includes one or more missing nutrient data.

(F191000) Sandwich Breakfast Turkey and Cheese on a Hawaiian Roll	Total Carbohydrate (g)	
	Recipe	Each
Sandwich Breakfast Turkey and Cheese on a Hawaiian Roll	27.2099	27.2099
	27.2099	27.2099

* Total includes one or more missing nutrient data.

(F191002) Sandwich Grilled Cheese	Total Carbohydrate (g)	
	Recipe	Each
Sandwich Grilled Cheese	31.58	31.58
	31.58	31.58

* Total includes one or more missing nutrient data.

(F191003) Sandwich Turkey Cheese Hoagie IW	Total Carbohydrate (g)	
	Recipe	Sandwich
Sandwich Turkey Cheese Hoagie IW	33	33
	33	33

* Total includes one or more missing nutrient data.



(F191004) Sandwich WG Soybutter & Grape Jelly - Wowbutter	Total Carbohydrate (g)	
	Recipe	Sandwich
Sandwich WG Soybutter & Grape Jelly - Wowbutter	52.9999	52.9999
	52.9999	52.9999

* Total includes one or more missing nutrient data.

(D191525) Soy Milk	Total Carbohydrate (g)
	Recipe
Soy Milk	12.9999
	12.9999

* Total includes one or more missing nutrient data.

(REC0013 1) Spicy Chicken Burger with Fries	Total Carbohydrate (g)	
	Recipe	Serving
Bun Hamburger WG - 144ct	41.8035	41.8035
Chicken Patty, Hot & Spicy	12	12
Potato, Fries Crinkle	16.8029	16.8029
	70.6064	70.6064

* Total includes one or more missing nutrient data.

(REC0022) Spicy Chicken Wrap	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Patty, Hot & Spicy	12	12
Dressing, Ranch Buttermilk Bulk	1.0125	1.0125
Tomatos, Roma	0.3831	0.3831
Tortilla, Whole Wheat Flour 10"	35	35
Lettuce, Romaine	3.7354	3.7354
	52.131	52.131

* Total includes one or more missing nutrient data.

(F201000) Taco, Beef Stick IW	Total Carbohydrate (g)	
	Recipe	Each
Taco, Beef Stick IW	31.87	31.87

* Total includes one or more missing nutrient data.



(F201000) Taco, Beef Stick IW	Total Carbohydrate (g)	
	Recipe	Each
	31.87	31.87

* Total includes one or more missing nutrient data.

(F201001) Taco, Turkey Nada IW	Total Carbohydrate (g)	
	Recipe	Each
Taco, Turkey Nada IW	31.0001	31.0001
	31.0001	31.0001

* Total includes one or more missing nutrient data.

(F200117) Taquito, Beef Bulk - Gluten Free	Total Carbohydrate (g)	
	Recipe	Each
Taquito, Beef Bulk - Gluten Free	27.7999	28.2924
	27.7999	28.2924

* Total includes one or more missing nutrient data.

(REC0014) Teriyaki Chicken w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	53.9999	53.9999
Chicken , diced	0	0
Sauce, Teriyaki	11.0248	11.0248
	65.0247	65.0247

* Total includes one or more missing nutrient data.

(Copy of REC0015) Teriyaki Veggie Nugget w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	53.9999	53.9999
Vegetarian Nuggets, Vegan Soy	13	13
Sauce, Teriyaki	11.0248	11.0248
	78.0247	78.0247

* Total includes one or more missing nutrient data.



(F201500) Toast Texas - Garlic Bread - Bulk	Total Carbohydrate (g)	
	Recipe	Each
Toast Texas - Garlic Bread - Bulk	14	14
	14	14

* Total includes one or more missing nutrient data.

(F201501) Toast Texas - Garlic Bread - IW	Total Carbohydrate (g)	
	Recipe	Each
Toast Texas - Garlic Bread - IW	14	14
	14	14

* Total includes one or more missing nutrient data.

(REC00021) Turkey Medallions with Mash Potatoes and a Biscuit	Total Carbohydrate (g)	
	Recipe	Serving
Potatoes, Mashed Homestyle	16.5517	16.5517
Gravy, Turkey	2	2
Turkey Medallions	2	2
Biscuit Split WG 2.25oz	27	27
	47.5517	47.5517

* Total includes one or more missing nutrient data.

(REC0007) Turkey Nachos with Chips	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.2835	0.2835
Chips Tortilla Rounds	30	30
Turkey Taco Filling	12.1903	12.1903
Beans, Pinto LS	24.0064	24.0064
	66.4801	66.4801

* Total includes one or more missing nutrient data.

(REC0024 1) Turkey Taco Salad with Chips	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.567	0.567
Chips Tortilla Rounds	30	30
Corn, Canned, Drained	10.3702	10.3702
Salsa Bulk	3.9103	3.9103

* Total includes one or more missing nutrient data.



(REC0024 1) Turkey Taco Salad with Chips	Total Carbohydrate (g)	
	Recipe	Serving
Sour Cream	1.4175	1.4175
Turkey Taco Filling	5.3155	5.3155
Beans, Pinto LS	6.0016	6.0016
Lettuce, Romaine	14.9418	14.9418
	72.5239	72.5239

* Total includes one or more missing nutrient data.

(REC0022 1) Turkey Taco, Egg, Cheese, Tater Tot Breakfast Burrito	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.2835	0.2835
Egg Patty 3.5" Bulk	1	1
Potato, Tater Tots RS	15.68	15.68
Tortilla, Whole Wheat Flour 10"	35	35
Turkey Taco Filling	3.5437	3.5437
	55.5071	55.5071

* Total includes one or more missing nutrient data.

(REC0011) Veggie Burger with Fries	Total Carbohydrate (g)	
	Recipe	Serving
Bun Hamburger WG - 144ct	41.8035	41.8035
Potato, Fries Crinkle	16.8029	16.8029
Veggie Burger Patty Bulk	6	6
	64.6064	64.6064

* Total includes one or more missing nutrient data.

(REC26) Veggie Nachos with Chips	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.2835	0.2835
Beans, Pinto LS	24.0064	24.0064
	24.2899	24.2899

* Total includes one or more missing nutrient data.

(REC0010) Veggie Nuggets with FF and Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Cracker Cheez-it	14.1748	14.1748

* Total includes one or more missing nutrient data.



(REC0010) Veggie Nuggets with FF and Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Potato, Fries Crinkle	16.8029	16.8029
Vegetarian Nuggets, Vegan Soy	13	13
	43.9777	43.9777

* Total includes one or more missing nutrient data.

(F23100) Waffle - IW - Vanilla	Total Carbohydrate (g)	
	Recipe	Each
Waffle - IW - Vanilla	38	38
	38	38

* Total includes one or more missing nutrient data.

(F23102) Waffles - IW - Mini Cinnamon	Total Carbohydrate (g)	
	Recipe	Bag
Waffles - IW - Mini Cinnamon	35	35
	35	35

* Total includes one or more missing nutrient data.

(F23101) Waffles - IW - Mini Maple	Total Carbohydrate (g)	
	Recipe	Bag
Waffles - IW - Mini Maple	36	36
	36	36

* Total includes one or more missing nutrient data.

(REC0003 1) Yogurt Parfait w/Granola	Total Carbohydrate (g)	
	Recipe	Serving
Fruit (1/2 cup)	7.5955	7.5955
Granola, Bulk	42.7729	42.7729
Yogurt Vanilla LF- Producers Dairy	0	0
	50.3684	50.3684

* Total includes one or more missing nutrient data.



(REC0005 1) Yogurt/Cheese/Crackers Pack	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Mozzarella String	0	0
Yogurt Vanilla 4oz Danimals NF	28.0987	28.0987
Cracker Vanilla Bear	40	40
	68.0987	68.0987

* Total includes one or more missing nutrient data.

FILTERS

Name(s)	Value(s)
Nutrients	(Total Carbohydrate)