



San-Mateo Foster City Elementary SD

(REC190103 1 1 1) BBQ Chicken Sandwich on a Parisian Baguette	Total Carbohydrate (g)	
	Recipe	Sandwich
Chicken , diced	0	0
BBQ Sauce Bulk	1.5324	1.5324
Bread, Parisian Sourdough Baguette - Par baked	39	39
	40.5324	40.5324

* Total includes one or more missing nutrient data.

(D020217) BBQ Sauce Packets - SUB	Total Carbohydrate (g)	
	Recipe	Packet
BBQ Sauce Packets - SUB	5	5
	5	5

* Total includes one or more missing nutrient data.

(REC190102) Beef Bahn Mi Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Cabbage Mix / Coleslaw Mix	3.2885	3.2885
Vinegar - White Distilled	0	0
Hoagie 6" - Sub	36	36
Beef Patty USDA	0.8733	0.8733
Cucumber	3.0873	3.0873
Sauce, Teriyaki	11.0248	11.0248
	54.2738	54.2738

* Total includes one or more missing nutrient data.

(F081501) Beef Hotdog on a WW Bun IW	Total Carbohydrate (g)	
	Recipe	hotdog
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.

(F3800) Bread Cheese Stick - Bosco	Total Carbohydrate (g)				
	Recipe	1 elementary serving=2pc	1 MS Serving = 3pc	1 PS serving = 1pc	X1 Elem Serving = 2 pc
Bread Cheese Stick - Bosco	17	33.815	50.7225	16.9075	33.815
	17	33.815	50.7225	16.9075	33.815

* 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.

(REC0030 1) 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	1.0591	1.0591
Lettuce, Romaine	7.4709	7.4709
	69.138	69.138

* 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.



(F0801131) Cheese burgers, Mini Twin Pack	Total Carbohydrate (g)	
	Recipe	Each
Cheese burgers, Mini Twin Pack	40	40
	40	40

* Total includes one or more missing nutrient data.

(F051403) Cheese Enchilada IW	Total Carbohydrate (g)	
	Recipe	Each
Cheese Enchilada IW	30.8301	30.8301
	30.8301	30.8301

* Total includes one or more missing nutrient data.

(REC0009 2) Cheesy Butter Noodles	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.6699	5.6699
Cheese Mozzarella Shredded Bulk	1	1
Penne Dry Pasta	41	41
Butter, Unsalted	0.0028	0.0028
	47.6727	47.6727

* Total includes one or more missing nutrient data.

(REC0005) Chicken & Veggie Dumplings w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	36.6101	36.6101
Dumplings - Chicken and Vegetable	31.2604	31.2604
	67.8705	67.8705

* 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	7.1803	7.1803

* Total includes one or more missing nutrient data.



(REC0008) Chicken Alfredo Pasta	Total Carbohydrate (g)	
	Recipe	Serving
Penne Dry Pasta	41	41
	53.8502	53.8502

* Total includes one or more missing nutrient data.

(REC190103 1 1 2) Chicken Bruschetta Sandwich on a Parisian Baguette	Total Carbohydrate (g)	
	Recipe	Sandwich
Tomatos, Roma	0.7662 *	0.7662 *
Cream Cheese IW	3.78 *	3.78 *
Lettuce, Green Leaf #10	0 *	0 *
Bread, Parisian Sourdough Baguette - Par baked	39 *	39 *
Cucumber	8.2327 *	8.2327 *
	51.7789 *	51.7789 *

* Total includes one or more missing nutrient data.

(REC0020) Chicken Caesar Salad with Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.6699	5.6699
Dressing, Royal Caesar - 1.5oz IW - SUB	2	2
Cracker Cheez-Its	14.1748	14.1748
Chicken , diced	0	0
Lettuce, Romaine	14.9418	14.9418
	36.7864	36.7864

* 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.

(REC060110) Chicken Fajita Tacos with Spanish Rice	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Fajita Tacos (2)	66.6667 *	66.6667 *

* Total includes one or more missing nutrient data.



(REC060110) Chicken Fajita Tacos with Spanish Rice	Total Carbohydrate (g)	
	Recipe	Serving
Spanish Rice	32.218 *	32.218 *
	98.8846 *	98.8846 *

* Total includes one or more missing nutrient data.

(REC0013) Chicken Nuggets with FF	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Breaded Bites/Chunks	22.9999	22.9999
Potato, Fries Crinkle	29.3501	29.3501
	52.3501	52.3501

* Total includes one or more missing nutrient data.

(REC00202 2) Chicken Parmesan with Mash Potato	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Breaded Bites/Chunks	22.9999	22.9999
Marinara Sauce Enhanced Bulk	9.5254	9.5254
Potatoes, Mashed Homestyle	18.6206	18.6206
Basil, Fresh	0.0008	0.0008
Cheese Mozzarella Shredded Bulk	0.9877	0.9877
	52.1345	52.1345

* Total includes one or more missing nutrient data.

(REC0009 1) Chicken Tamale with Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	53.9999	53.9999
Tamale Chicken in Red Sauce	26	26
	79.9999	79.9999

* Total includes one or more missing nutrient data.

(REC002100) Chicken with Cheese, Mash Potatoes and Gravy	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Breaded Bites/Chunks	22.9999	22.9999

* Total includes one or more missing nutrient data.



(REC002100) Chicken with Cheese, Mash Potatoes and Gravy	Total Carbohydrate (g)	
	Recipe	Serving
Potatoes, Mashed Homestyle	18.6206	18.6206
Gravy, Turkey	6	6
Cheese Cheddar Sliced USDA	2.025	2.025
	49.6456	49.6456

* Total includes one or more missing nutrient data.

(D41800) Dressing, Buttermilk Ranch, 12 g	Total Carbohydrate (g)	
	Recipe	Package
Dressing, Buttermilk Ranch, 12 g	0 *	0 *
	0 *	0 *

* 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.

(REC16092626) Hawaiian Pizza	Total Carbohydrate (g)	
	Recipe	Slice
Turkey Ham Smked Slice	0.487	0.487
Pizza 16" Cheese Big Daddy	37.2258	37.2258
Pineapple chunks	3.3736	3.3736
	41.0864	41.0864

* Total includes one or more missing nutrient data.

(REC0020 1) Hummus/Chip/Carrot Pack	Total Carbohydrate (g)	
	Recipe	Serving
Carrot, Baby IW 2.6oz	6.0736	6.0736
Chips Tortilla Rounds	30	30
Cheese Mozzarella String	0	0
Beans, Garbanzo	16.0572	16.0572
	52.1307	52.1307

* Total includes one or more missing nutrient data.



(D1150) Ketchup Packets	Total Carbohydrate (g)	
	Recipe	Each
Ketchup Packets	3	4
	3	4

* Total includes one or more missing nutrient data.

(REC120119) Lasagna with Garlic Bread	Total Carbohydrate (g)	
	Recipe	Serving - Elementary
Toast Texas - Garlic Bread - IW	14	14
Lasagna Rollup WG	28.7852	28.7852
	42.7852	42.7852

* 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.

(D1303) Mayonnaise Packets	Total Carbohydrate (g)		
	Recipe	Case	Package
Mayonnaise Packets	0 *	0 *	0 *
	0 *	0 *	0 *

* 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.

(D1321) Mustard Packets	Total Carbohydrate (g)	
	Recipe	Package
Mustard Packets	4	0.22
	4	0.22

* Total includes one or more missing nutrient data.

(REC0014 1) Orange Chicken w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	53.9999	53.9999
Chicken Mandarin Orange Jr.	19	19
	72.9999	72.9999

* 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.

(190101) Salad Bar/ Salad Pack	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Salad Mix	1.684	0.4811

* Total includes one or more missing nutrient data.



(190101) Salad Bar/ Salad Pack	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Broccoli, Raw	7.5296	2.1513
Carrots, Baby Bulk	1.2284	0.351
Corn, Canned, Drained	20.7405	5.9259
Tomatos, Cherry/Grape	1.1028	0.3151
Spinach	4.1163	1.1761
Beans, Garbanzo	8.0286	2.2939
	44.4302	12.6943

* Total includes one or more missing nutrient data.

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

* Total includes one or more missing nutrient data.

(REC0006 1) Soybutter sandwich/Cheese/Crackers Pack	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Mozzarella String	0	0
Soybutter & Grape Jelly - Wowbutter - 2.4oz	25	25
Cracker Vanilla Bear	40	40
	65	65

* Total includes one or more missing nutrient data.

(REC0013 1) Spicy Chicken Burger with Fries	Total Carbohydrate (g)	
	Recipe	Serving
Buns 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

* Total includes one or more missing nutrient data.



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

* Total includes one or more missing nutrient data.

(190103 1) Turkey & Cheese Sandwich on a Parisian Baguette	Total Carbohydrate (g)	
	Recipe	Sandwich
Cheese American Processed	1.9753	1.9753
Turkey Breast Slice	4.1958	4.1958
Bread, Parisian Sourdough Baguette - Par baked	39	39
	45.1712	45.1712

* 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	6.0951	6.0951
Beans, Pinto LS	24.0064	24.0064
	60.385	60.385

* Total includes one or more missing nutrient data.

(REC0011) Veggie Burger and Fries	Total Carbohydrate (g)	
	Recipe	Serving
Buns 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.



(REC190103 1 1) Veggie Cream Cheese Sandwich on a Parisian Baguette	Total Carbohydrate (g)	
	Recipe	Sandwich
Tomatos, Roma	0.7662 *	0.7662 *
Cream Cheese IW	3.78 *	3.78 *
Lettuce, Green Leaf #10	0 *	0 *
Bread, Parisian Sourdough Baguette - Par baked	39 *	39 *
Cucumber	8.2327 *	8.2327 *
	51.7789 *	51.7789 *

* 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
Crackers - Wheat	30	30
Vegetarian Nuggets, Vegan Soy Morningstar	19	19
	65.8029	65.8029

* 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)
Date Range	(Start = 7/3/2023, End = 7/28/2023)
Menu Plans	(MS Lunch 2023-24)
Nutrients	(Total Carbohydrate)