



San-Mateo Foster City Elementary SD

| (REC00203 1) Beef Rotini Pasta - Preschool | Total Carbohydrate (g) | |
|--|------------------------|--------------|
| | Recipe | Serving |
| Pasta, WG Beef Rotini with Sauce | 24.12 | 24.12 |
| | 24.12 | 24.12 |

* 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.

| (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 |
| Penne Dry Pasta | 41 | 41 |
| | 53.8502 | 53.8502 |

* Total includes one or more missing nutrient data.

| (REC0015) Chicken Burger with Fries | Total Carbohydrate (g) | |
|-------------------------------------|------------------------|----------------|
| | Recipe | Serving |
| Buns Hamburger WG - 144ct | 41.8035 | 41.8035 |
| Chicken Patty - Breaded | 12 | 12 |
| Potato, Fries Crinkle | 16.8029 | 16.8029 |
| | 70.6064 | 70.6064 |

* 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 * |

* Total includes one or more missing nutrient data.



| (D41800) Dressing, Buttermilk Ranch, 12 g | Total Carbohydrate (g) | |
|---|------------------------|---------|
| | Recipe | Package |
| | 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.

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

* 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.

| (F16211621 1) Pupusa Chicken and Cheese | Total Carbohydrate (g) | |
|---|------------------------|-----------|
| | Recipe | Pupusa |
| Pupusa Chicken and Cheese | 28 | 28 |
| | 28 | 28 |

* 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 |
| Broccoli, Raw | 7.5296 | 2.1513 |
| Carrots, Baby Bulk | 1.2284 | 0.351 |
| Corn, Canned, Drained | 20.7405 | 5.9259 |

* Total includes one or more missing nutrient data.



| (190101) Salad Bar/ Salad Pack | Total Carbohydrate (g) | |
|--------------------------------|------------------------|-------------------|
| | Recipe | Serving - 1/2 cup |
| 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.

| (F1910020) Sandwich Grilled Cheese | Total Carbohydrate (g) | |
|------------------------------------|------------------------|----------------|
| | Recipe | Sandwich |
| Sandwich Grilled Cheese | 41.0001 | 41.0001 |
| | 41.0001 | 41.0001 |

* 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 |
| | 31.87 | 31.87 |

* 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.

| (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.

FILTERS

| Name(s) | Value(s) |
|------------|-------------------------------------|
| Date Range | (Start = 9/1/2023, End = 9/30/2023) |
| Menu Plans | (Preschool Lunch 2023-24) |
| Nutrients | (Total Carbohydrate) |