



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.

(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.

(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.

(REC190103 3) Cheese Enchiladas in Red Sauce	Total Carbohydrate (g)	
	Recipe	Serving - 2 ench
Corn enchilada bulk	24.46	24.46
Cheese Mozzarella Shredded Bulk	1	1
Sauce, Enchilada Bulk	2.3039	2.3039
	27.7639	27.7639

* 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 - Sub	12	12
Potato, Fries Crinkle - Gluten Free	16.8029	16.8029
	70.6064	70.6064

* Total includes one or more missing nutrient data.

(REC00003) Chicken Katsu with Rice	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Breaded Bites/Chunks	22.9999	22.9999
Rice Prepared	17.4458	17.4458
Katsu Sauce	19.0525	19.0525
	59.4983	59.4983

* 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 - Gluten Free	29.3501	29.3501
	52.3501	52.3501

* Total includes one or more missing nutrient data.



(REC00018) Chicken Rice Pilaf	Total Carbohydrate (g)	
	Recipe	Serving
Peas & Carrots Frozen	68.8553	6.8855
Chicken , diced	0	0
Pepper, black ground	1.4708	0.1471
Garlic, Raw	9.3723	0.9372
Butter, Unsalted	0.0341	0.0034
RICE, LONG GRAIN, BROWN, QUICK-COOKING, DRY	169.846	16.9846
Parsley, dried	1.7945	0.1794
Chicken Broth, Prepared	2	0.2
Yellow Onion	21.1827	2.1183
Salt	0	0
	274.5558	27.4556

* Total includes one or more missing nutrient data.

(REC0389129) Chili Cheese Fries w/Chips	Total Carbohydrate (g)	
	Recipe	Elementary Serving
Cheese Cheddar Shredded	0.567	0.567
Chips Tortilla Rounds	30	30
Potato, Fries Crinkle - Gluten Free	33.6059	33.6059
Chili Prepared	23.7673	23.7673
	87.9401	87.9401

* 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.



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

* 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.

(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.

(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.

(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.

(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.

(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.

(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.

(REC0005) Teriyaki 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
Sauce, Teriyaki	5.5124	5.5124
	73.3829	73.3829

* Total includes one or more missing nutrient data.

(F31052) Turkey Mini Corn dogs	Total Carbohydrate (g)	
	Recipe	Serving - 6 pcs
Turkey Mini Corn dogs	34.99	34.99
	34.99	34.99



* 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 - Gluten Free	16.8029	16.8029
Veggie Burger Patty Bulk	6	6
	64.6064	64.6064

* Total includes one or more missing nutrient data.

(REC0010) Veggie Nuggets with FF and Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Potato, Fries Crinkle - Gluten Free	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 = 1/1/2024, End = 1/31/2024)
Menu Plans	(Elementary Lunch 2023-24)
Nutrients	(Total Carbohydrate)