



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.

(REC0002 2) Beef Torta	Total Carbohydrate (g)	
	Recipe	Sandwich
Tomatos, Roma	0.7662	0.7662
Beans, Refried	10.9037	10.9037
Pepper Jalapeno	0	0
Beef - Carne Azteca -Gluten Free	3	3
Bread, Parisian Sourdough Baguette - Par baked	39	39
Lettuce, Romaine	1.8677	1.8677
	55.5377	55.5377

* 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.

(REC190103 1 2) Chicken Bahn Mi Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Cabbage Mix / Coleslaw Mix	3.2885	3.2885
Vinegar - White Distilled	0	0
Chicken , diced	0	0
Hoagie 6" - Sub	36	36
Cucumber	3.0873	3.0873

* Total includes one or more missing nutrient data.



(REC190103 1 2) Chicken Bahn Mi Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Sauce, Teriyaki	11.0248	11.0248
	53.4006	53.4006

* 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	15.3246	0.3831
Basil, dried	10.1707	0.2543
Chicken , diced	0	0
Pepper, black ground	7.4182	0.1855
Lettuce, Green Leaf #10	6.509	0.1627
Garlic, Raw	46.8617	1.1715
Bread, Parisian Sourdough Baguette - Par baked	1560.0012	39
Oregano, dried	6.9954	0.1749
Olive Oil	0	0
Salt	0	0
	1653.2809	41.332

* 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.



(REC00003) Chicken Katsu with Rice	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Breaded Bites/Chunks	22.9999	22.9999
Rice - WG Vegetable Fried - Minh	36.6101	36.6101
Katsu Sauce	19.0525	19.0525
	78.6625	78.6625

* 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.

(REC000019) Chicken Pesto w/Pepper Jack Cheese Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Chicken , diced	0	0
Bread, Parisian Sourdough Baguette - Par baked	39	39
Cheese Pepper Jack	2	2
Nut Free Pesto	1.8993	1.8993
	42.8993	42.8993

* Total includes one or more missing nutrient data.

(REC172105) Chicken Quesadillas	Total Carbohydrate (g)	
	Recipe	Quesadilla
Cheese Cheddar Shredded	1.134	1.134
Tortilla, Whole Wheat Flour 10"	33.7544	33.7544
Chicken , diced	0	0
Cheese Mozzarella Shredded Bulk	4	4
Fajita Seasoning - Dry	0	0
	38.8883	38.8883

* 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.

(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
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.

(REC0389129 2) Chili Cheese Fries w/Chips - MS	Total Carbohydrate (g)	
	Recipe	MS Serving
Cheese Cheddar Shredded	0.567	0.567
Chips Tortilla Rounds	30	30

* Total includes one or more missing nutrient data.



(REC0389129 2) Chili Cheese Fries w/Chips - MS	Total Carbohydrate (g)	
	Recipe	MS Serving
Potato, Fries Crinkle - Gluten Free	67.2118	67.2118
Chili Prepared	23.7673	23.7673
	121.546	121.546

* 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.

(REC0012 2) Italian Burger	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.8035	41.8035
Marinara Sauce Enhanced Bulk	2.7216	2.7216
Cheese Mozzarella Shredded Bulk	1	1
Beef Patty USDA	0.8733	0.8733
	46.3983	46.3983

* 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.

(REC190103 3 1) Pork Mollete Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Black Beans	653.173	6.8039

* Total includes one or more missing nutrient data.



(REC190103 3 1) Pork Mollete Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Pork, Pulled USDA	0	0
Cheese Mozzarella Shredded Bulk	196.0001	2.0417
Bread, Parisian Sourdough Baguette - Par baked	39	0.4062
Oil - Vegetable	0	0
Yellow Onion	31.7741	0.331
Salt	0	0
	919.9472	9.5828

* 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
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.



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

* 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.

(REC20080114) Thanksgiving Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Cornbread Stuffing Mix - prepared	20.2497	20.2497
Gravy, Turkey	5	5
Turkey Medallions	2	2
Bread, Parisian Sourdough Baguette - Par baked	39	39
	66.2497	66.2497

* 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	(MS Lunch 2023-24)
Nutrients	(Total Carbohydrate)