



San-Mateo Foster City Elementary SD

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

* Total includes one or more missing nutrient data.

(F2501 1) Benefit Bar - French Toast	Total Carbohydrate (g)	
	Recipe	Bar
Benefit Bar - French Toast	47	47
	47	47

* 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 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.

(REC02190114) Breakfast Sandwich - Egg/Cheese on English Muffin	Total Carbohydrate (g)	
	Recipe	Serving
Cheese American Processed	2	2
Egg Patty 3.5" Bulk	1	1
English Muffin 3.5"	24	24
	27	27

* 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.

(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.

(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.

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

* 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.

(F031815 01) Croissant - Pork Ham & Swiss Cheese Breakfast IW	Total Carbohydrate (g)	
	Recipe	Each
Croissant - Pork Ham & Swiss Cheese Breakfast IW	27	27
	27	27

* 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.

(F06180514) French Toast Sticks IW	Total Carbohydrate (g)	
	Recipe	Each - 2pc
French Toast Sticks IW	38	38.0217
	38	38.0217

* 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.

(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.

(D1001) Juice, Apple 4.23 Oz - 40ct	Total Carbohydrate (g)	
	Recipe	Carton
Juice, Apple 4.23 Oz - 40ct	14	14
	14	14

* 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.

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

* Total includes one or more missing nutrient data.

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

* 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.

(REC131515 2) Moo Shu Chicken with Vegetable Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	53.9999	53.9999
Moo Shu Chicken	17.3427	17.3427
	71.3426	71.3426

* 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.

(F132103) Muffin, Choc Chocolate Chip 3oz - Daves	Total Carbohydrate (g)	
	Recipe	Each
Muffin, Choc Chocolate Chip 3oz - Daves	39.9999	39.9999
	39.9999	39.9999

* Total includes one or more missing nutrient data.

(REC00013) Muffin, Cinnamon Apple	Total Carbohydrate (g)	
	Recipe	Muffin , 1 serving
Applesauce Unsweetened Can Bulk	0 *	0 *
Cinnamon -Ground - Dry	17.1351 *	0.2115 *
Muffin Mix Dry WG	5034.8753 *	62.159 *
	5052.0105 *	62.3705 *

* Total includes one or more missing nutrient data.

(REC13210606) Muffin, Pumpkin with Cream Cheese Icing	Total Carbohydrate (g)	
	Recipe	Serving
Pumpkin, Puree Canned	492.6294	6.0818
Cinnamon -Ground - Dry	17.1351	0.2115
Muffin Mix Dry WG	5034.8753	62.159
	5544.6398	68.4523

* 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.



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

* 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.

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

* Total includes one or more missing nutrient data.

(F021806) Raspberry Breakfast Square WG	Total Carbohydrate (g)	
	Recipe	Square
Raspberry Breakfast Square WG	36	36
	36	36

* 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

* 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	0.351
Corn, Canned, Drained	20.7405	5.9259
Tomatos, Cherry/Grape	1.1028	0.3151
Spinach, Raw	3.0873	0.8821
Beans, Garbanzo	8.0286	2.2939
	43.4011	12.4003

* 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.

(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.

(REC160119) Vegetarian Florentine Pasta	Total Carbohydrate (g)	
	Recipe	Serving - 1 cup
Cheese Shredded Parmesan	221.1261	5.6699
Alfredo Sauce	191.4748	4.9096
Spinach, Raw	41.1635	1.0555
Penne Dry Pasta	1639.9996	42.0513
Spaghetti Sauce Bulk	261.9494	6.7167
	2355.7134	60.4029



* 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.

(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.

(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 = 3/1/2024, End = 3/29/2024)

**FILTERS**

Name(s)	Value(s)
Menu Plans	(Elementary Breakfast 2023-24)
Nutrients	(Total Carbohydrate)