



## San-Mateo Foster City Elementary SD

(REC06180919) Animal Fries with Tortilla Chips	Total Carbohydrate (g)	
	Recipe	Serving
Cheese American Processed	47.4083 *	3.9507 *
Chips Tortilla Rounds	359.9996 *	30 *
Potato, Fries Crinkle - Gluten Free	201.6354 *	16.803 *
Sugar, brown	3.9236 *	0.327 *
Water - AP,DRINKING, BEVERAGES,H2O	0 *	0 *
Butter, Unsalted	0.0057 *	0.0005 *
Animal Fries Sauce	9.2559 *	0.7713 *
Yellow Onion	31.7741 *	2.6478 *
Salt	0 *	0 *
	<b>654.0025 *</b>	<b>54.5002 *</b>

\* Total includes one or more missing nutrient data.

(F16211621 2) Bean and Cheese Pupusa GF	Total Carbohydrate (g)	
	Recipe	Serving 2 each
Bean and Cheese Pupusa GF	35	70
	<b>35</b>	<b>70</b>

\* Total includes one or more missing nutrient data.

(REC08152004) Beef Hot Dog on a WW Bun	Total Carbohydrate (g)	
	Recipe	Hot Dog
Bun, Hotdog 144ct	24.1579	24.1579
Beef Franks (hotdogs) CC	0	0
	<b>24.1579</b>	<b>24.1579</b>

\* Total includes one or more missing nutrient data.

(REC02050506 1) Beef Unstuffed Bell Peppers, Rice and Tortillas	Total Carbohydrate (g)	
	Recipe	Serving
Beef Unstuffed Bell Peppers	22.2243 *	22.2243 *
Tortilla, Corn White WG 4.5"	25 *	25 *

\* Total includes one or more missing nutrient data.



(REC02050506 1) Beef Unstuffed Bell Peppers, Rice and Tortillas	Total Carbohydrate (g)	
	Recipe	Serving
	47.2243 *	47.2243 *

\* 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.

(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

\* Total includes one or more missing nutrient data.



(REC0015) Chicken Burger with Fries	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Patty - Breaded - Sub	12	12
Potato, Fries Crinkle - Gluten Free	16.8029	16.8029
	<b>70.6064</b>	<b>70.6064</b>

\* 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
	<b>52.3501</b>	<b>52.3501</b>

\* Total includes one or more missing nutrient data.

(REC19080123) Chicken Shawarma with Tzatziki Sauce	Total Carbohydrate (g)	
	Recipe	Each
Tomatos, Roma	0.3831	0.3831
Tzatziki Sauce	3.3684	3.3684
Lavash Wrap 8x10	29.8416	29.8416
Chicken Shawarma Mix	8.4636	8.4636
Lettuce, Green Leaf #10	0.3255	0.3255
Cucumber	2.0582	2.0582
	<b>44.4404</b>	<b>44.4404</b>

\* Total includes one or more missing nutrient data.

(REC038912) Chili Prepared	Total Carbohydrate (g)		
	Recipe	1 Cup Serving	1/2 cup serving
Corn, Canned, Drained	274.8115	9.8147	5.0891
Salsa Bulk	192.8562	6.8877	3.5714
Chili Seasoning	142.6334	5.094	2.6414
Beans, Kidney	673.1311	24.0404	12.4654
	<b>1283.4322</b>	<b>45.8369</b>	<b>23.7673</b>

\* 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
	<b>7.5955</b>	<b>7.5955</b>

\* 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
	<b>59.4797</b>	<b>59.4797</b>

\* Total includes one or more missing nutrient data.

(D1150) Ketchup Packets	Total Carbohydrate (g)	
	Recipe	Each
Ketchup Packets	3	4
	<b>3</b>	<b>4</b>

\* 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
Spaghetti Sauce Bulk	12.4738	12.4738
	<b>55.2589</b>	<b>55.2589</b>

\* Total includes one or more missing nutrient data.



(REC030809 3) Lemon Rosemary Chicken, Mash Potatoes, Garlic Bread	Total Carbohydrate (g)	
	Recipe	Serving
Toast Texas - Garlic Bread - Bulk	14	14
Chicken, Lemon Rosemary	1.2606	1.2606
Potatoes, Mashed Homestyle	18.6206	18.6206
	<b>33.8813</b>	<b>33.8813</b>

\* Total includes one or more missing nutrient data.

(D1300) Marinara IW	Total Carbohydrate (g)	
	Recipe	Each
Marinara IW	7	7
	<b>7</b>	<b>7</b>

\* Total includes one or more missing nutrient data.

(R13900) Milk 1%	Total Carbohydrate (g)	
	Recipe	Carton
Milk 1%	16	16
	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.

(R13901) Milk Chocolate FF	Total Carbohydrate (g)	
	Recipe	Carton
Milk Chocolate FF	20.9999	20.9999
	<b>20.9999</b>	<b>20.9999</b>

\* 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
	<b>71.3426</b>	<b>71.3426</b>

\* Total includes one or more missing nutrient data.



(D1321) Mustard Packets	Total Carbohydrate (g)	
	Recipe	Package
Mustard Packets	4	0.22
	<b>4</b>	<b>0.22</b>

\* 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
	<b>72.9999</b>	<b>72.9999</b>

\* Total includes one or more missing nutrient data.

(F16902) Pizza Galaxy Cheese IW	Total Carbohydrate (g)	
	Recipe	Each
Pizza Galaxy Cheese IW	26	26
	<b>26</b>	<b>26</b>

\* 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
	<b>31</b>	<b>31</b>

\* 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, Raw	3.0873	0.8821
Beans, Garbanzo	8.0286	2.2939
	<b>43.4011</b>	<b>12.4003</b>

\* Total includes one or more missing nutrient data.



(F1910020) Sandwich Grilled Cheese	Total Carbohydrate (g)	
	Recipe	Sandwich
Sandwich Grilled Cheese	41.0001	41.0001
	<b>41.0001</b>	<b>41.0001</b>

\* 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
	<b>65</b>	<b>65</b>

\* Total includes one or more missing nutrient data.

(REC13050120) Swedish Meatballs, Mash Potato and Garlic Bread	Total Carbohydrate (g)	
	Recipe	Serving
Toast Texas - Garlic Bread - IW	14	14
Swedish Meatball Gravy	1.2868	1.2868
Chicken Meatballs	5.997	5.997
Potatoes, Mashed Homestyle	18.6206	18.6206
	<b>39.9045</b>	<b>39.9045</b>

\* 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
	<b>73.3829</b>	<b>73.3829</b>

\* 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

\* Total includes one or more missing nutrient data.



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

\* 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
	<b>60.385</b>	<b>60.385</b>

\* 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
	<b>2355.7134</b>	<b>60.4029</b>

\* 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
	<b>64.6064</b>	<b>64.6064</b>

\* 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





(REC0010) Veggie Nuggets with FF and Crackers	Total Carbohydrate (g)	
	Recipe	Serving
	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 = 4/8/2024, End = 5/3/2024)
Menu Plans	(Elementary Lunch 2023-24)
Nutrients	(Total Carbohydrate)