



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.

(F21800) Banana Bread	Total Carbohydrate (g)	
	Recipe	Each
Bread Banana IW Integrated	50.51	50.51
	50.51	50.51

* 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.

(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.



(REC0022 1) Burrito Turkey, Egg, Cheese, Tater Tot Breakfast	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.2835	0.2835
Egg Patty 3.5" Bulk	1	1
Potato, Tater Tots RS	15.68	15.68
Tortilla, Whole Wheat Flour 10" - SUB	35	35
Turkey Taco Filling	3.5437	3.5437
	55.5071	55.5071

* 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.

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

* Total includes one or more missing nutrient data.

(F030914) Cinnamon, Mini Cinnis	Total Carbohydrate (g)	
	Recipe	Serving
Cinnamon, Mini Cinnis	40	40
	40	40

* 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.

(REC0024) Egg, Cheese, Tater Tot Breakfast Burrito	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.2835	0.2835
Egg Patty 3.5" Bulk	1	1
Potato, Tater Tots RS	15.68	15.68
Salsa Bulk	1.9552	1.9552
Tortilla, Whole Wheat Flour 10" - SUB	35	35
	53.9186	53.9186

* 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.

(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.

(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.

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

* 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.

(REC19180113) Vegetable Egg Scramble with Tortillas	Total Carbohydrate (g)	
	Recipe	Serving - 1 cup
Cheese Cheddar Shredded	6.8039	0.2268
Potato, Tater Tots RS	497.7768	16.5926
Tomatos, Roma	3.0649	0.1022
Mushrooms	13.8629	0.4621
Pepper, black ground	2.2063	0.0735
Bell Pepper - Green sweet	8.12	0.2707

* Total includes one or more missing nutrient data.



(REC19180113) Vegetable Egg Scramble with Tortillas	Total Carbohydrate (g)	
	Recipe	Serving - 1 cup
Spinach, Raw	3.0873	0.1029
Tortilla, Corn White WG 4.5"	750.0001	25
Bell Pepper - Yellow sweet	8.12	0.2707
Red Onion	21.1827	0.7061
Bell Pepper - Red	10.5525	0.3518
Salt	0	0
	1324.7774	44.1592

* Total includes one or more missing nutrient data.

(F23105) Waffle - Dutch	Total Carbohydrate (g)	
	Recipe	waffle
Waffle - Dutch	43	43
	43	43

* 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.

(REC0003 1) Yogurt Parfait w/Granola	Total Carbohydrate (g)	
	Recipe	Serving
Fruit (1/2 cup)	7.5955	7.5955
Granola, Bulk - SUB	42.7729	42.7729
Yogurt Vanilla LF- Producers Dairy	0	0
	50.3684	50.3684

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