



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	9.7621 *	0.8135 *
Yellow Onion	31.7741 *	2.6478 *
Salt	0 *	0 *
	654.5087 *	54.5424 *

* Total includes one or more missing nutrient data.

(REC030809 5) BBQ Chicken Drumstick w/Mash Potatoes & Garlic Bread	Total Carbohydrate (g)	
	Recipe	Serving
Toast Texas - Garlic Bread - Bulk	14	14
Potatoes, Mashed Homestyle	18.6206	18.6206
BBQ Sauce Bulk	0.7662	0.7662
Chicken, Glazed Drumsticks	2.5453	2.5453
	35.9321	35.9321

* 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.

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

* Total includes one or more missing nutrient data.



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

* Total includes one or more missing nutrient data.

(F081501) Beef Hotdog on a WW Bun IW	Total Carbohydrate (g)	
	Recipe	hotdog
Beef Hotdog on a WW Bun IW	41	41
	41	41

* 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 *
	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.



(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 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

* Total includes one or more missing nutrient data.



(REC0020) Chicken Caesar Salad with Crackers	Total Carbohydrate (g)	
	Recipe	Serving
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.

(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	0.567	0.567

* Total includes one or more missing nutrient data.



(REC172105) Chicken Quesadillas	Total Carbohydrate (g)	
	Recipe	Quesadilla
Tortilla, Whole Wheat Flour 10"	33.7544	33.7544
Chicken , diced	0	0
Cheese Mozzarella Shredded Bulk	2	2
Fajita Seasoning - Dry	0	0
	36.3214	36.3214

* 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
	44.4404	44.4404

* 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.

(REC16092626 1) Chicken Teriyaki Hawaiian Wrap	Total Carbohydrate (g)	
	Recipe	Wrap
Tomatos, Roma	0.5747	0.5747
Tortilla, Whole Wheat Flour 10"	33.7544	33.7544
Chicken , diced	0	0
Red Onion	0.5296	0.5296
Pineapple chunks	3.3736	3.3736
Lettuce, Romaine	1.4008	1.4008
Cucumber	4.1163	4.1163
Sauce, Teriyaki	5.5124	5.5124
	49.2617	49.2617



* 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
	1283.4322	45.8369	23.7673

* Total includes one or more missing nutrient data.

(F030809) Chimichanga, Beef and Cheese IW	Total Carbohydrate (g)	
	Recipe	Each
Chimichanga, Beef and Cheese IW	43	43
	43	43

* Total includes one or more missing nutrient data.

(REC19011404) Cold Chicken Salad Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Cold Chicken Salad	18.0431	18.0431
Bread, Parisian Sourdough Baguette - Par baked	39	39
	57.0432	57.0432

* Total includes one or more missing nutrient data.

(REC03080903) Crispy Chicken Sandwich with Spicy Signature Sauce	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.8035 *	41.8035 *
Tomatos, Roma	0.3831 *	0.3831 *
Spicy Signature Sauce	2.3078 *	2.3078 *
Lettuce, Green Leaf #10	0.1627 *	0.1627 *
Pickle chips dill	0 *	0 *
Chicken Patty Breaded Crunchy for MS only	19 *	19 *
	63.6572 *	63.6572 *

* 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.

(Copy of REC0020 1) Hummus, Carrots and Pita Chips	Total Carbohydrate (g)	
	Recipe	Serving
Carrots, Baby Bulk	2.4567	2.4567
Hummus	31.0157	31.0157
Pita Chips	27.984	27.984
	61.4564	61.4564

* 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
Marinara Sauce Enhanced Bulk	10.8862	10.8862
Lasagna Rollup WG	28.7852	28.7852
	53.6714	53.6714

* 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.



(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.

(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.

(REC19051920) Pesto Pasta, Creamy Nut-Free w/ Mushrooms	Total Carbohydrate (g)	
	Recipe	Serving - 1 cup
Cheese Shredded Parmesan	453.592	5.6699
Penne Dry Pasta	3279.9963	41
Pesto Sauce, Creamy Nut-Free w/ Mushrooms	7.6095	0.0951
	3741.1978	46.765

* 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.

(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
	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.

(REC-200) Smoked Turkey & Cheese Sandwich on a Parisian Roll	Total Carbohydrate (g)	
	Recipe	Sandwich
Turkey Ham Smked Slice	3	3
Cheese American Processed	1.9753	1.9753
Bread, Parisian Sourdough Baguette - Par baked	39	39
	43.9753	43.9753

* 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

* Total includes one or more missing nutrient data.



(REC0006 1) Soybutter sandwich/Cheese/Crackers Pack	Total Carbohydrate (g)	
	Recipe	Serving
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
Potato, Fries Crinkle - Gluten Free	16.8029	16.8029
Chicken Patty, Spicy	15	15
	73.6064	73.6064

* Total includes one or more missing nutrient data.

(REC0021) Spicy Chicken Salad w/Ranch & Crackers	Total Carbohydrate (g)	
	Recipe	Salad
Tomatos, Cherry/Grape	2.2056	2.2056
Cracker Cheez-Its	14.1748	14.1748
Chicken Patty, Spicy	15	15
Homemade Ranch Dressing	2.913	2.913
Lettuce, Romaine	7.4709	7.4709
Cucumber	6.1745	6.1745
	47.9387	47.9387

* 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.



(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.

(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.



(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 = 5/1/2024, End = 5/31/2024)
Menu Plans	(MS Lunch 2023-24)
Nutrients	(Total Carbohydrate)