



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.

(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
Salsa Bulk	1.9552	1.9552
Tortilla, Whole Wheat Flour 10" - SUB	35	35
Turkey Taco Filling	3.5437	3.5437
	57.4623	57.4623

* 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.

(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.

(F13210606) Muffin, Blueberry - Sub - Sky Blue	Total Carbohydrate (g)	
	Recipe	Each
Muffin, Blueberry - Sub - Sky Blue	43	40.1877
	43	40.1877

* 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.

(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 = 6/3/2024, End = 6/11/2024)
Menu Plans	(MS Breakfast 2023-24)
Nutrients	(Total Carbohydrate)