



San-Mateo Foster City Elementary SD

(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.

(F081501) Beef Hotdog on a WW Bun IW	Total Carbohydrate (g)	
	Recipe	hotdog
Beef Hotdog on a WW Bun IW	41	41
	<b>41</b>	<b>41</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 *
	<b>47.2243 *</b>	<b>47.2243 *</b>

\* 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
	<b>0.2142</b>	<b>6.0736</b>

\* 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

\* Total includes one or more missing nutrient data.



(REC190103 1 1 2) Chicken Bruschetta Sandwich on a Parisian Baguette	Total Carbohydrate (g)	
	Recipe	Sandwich
Bread, Parisian Sourdough Baguette - Par baked	1560.0012	39
Oregano, dried	6.9954	0.1749
Olive Oil	0	0
Salt	0	0
	<b>1653.2809</b>	<b>41.332</b>

\* 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
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
	<b>36.7864</b>	<b>36.7864</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.

(REC172105) Chicken Quesadillas	Total Carbohydrate (g)	
	Recipe	Quesadilla
Cheese Cheddar Shredded	0.567	0.567
Tortilla, Whole Wheat Flour 10"	33.7544	33.7544
Chicken , diced	0	0
Cheese Mozzarella Shredded Bulk	2	2
Fajita Seasoning - Dry	0	0
	<b>36.3214</b>	<b>36.3214</b>

\* 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
	<b>79.9999</b>	<b>79.9999</b>

\* 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
	<b>49.2617</b>	<b>49.2617</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 *
	<b>0 *</b>	<b>0 *</b>

\* 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.

(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
	<b>41.0864</b>	<b>41.0864</b>

\* 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
	<b>61.4564</b>	<b>61.4564</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.

(D1303) Mayonnaise Packets	Total Carbohydrate (g)		
	Recipe	Case	Package
Mayonnaise Packets	0 *	0 *	0 *
	<b>0 *</b>	<b>0 *</b>	<b>0 *</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.

(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.

(F16900) Pizza 16" Cheese Big Daddy	Total Carbohydrate (g)	
	Recipe	Slice
Pizza 16" Cheese Big Daddy	35	37.2258
	<b>35</b>	<b>37.2258</b>

\* 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
	<b>42</b>	<b>42</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

\* Total includes one or more missing nutrient data.



(190101) Salad Bar/ Salad Pack	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
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.

(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
	<b>43.9753</b>	<b>43.9753</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.

(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
	<b>73.6064</b>	<b>73.6064</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
	<b>65.8029</b>	<b>65.8029</b>

\* 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
	<b>68.0987</b>	<b>68.0987</b>

\* 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 Lunch 2023-24)
Nutrients	(Total Carbohydrate)