



San-Mateo Foster City Elementary SD

(REC01040401) Adda Veggie Ragu	Total Carbohydrate (g)	
	Recipe	Serving 9oz
Carrots, Shredded	95.5991	3.9833
Marinara Sauce Bulk	217.7242	9.0718
Water - AP, DRINKING, BEVERAGES, H2O	0	0
Penne Dry Pasta	737.9998	30.75
Adda Veggie Dry	8.0001	0.3333
Oil - Olive	0	0
	1059.3232	44.1385

* 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
	35	70

* Total includes one or more missing nutrient data.

(190101) Bean Salad	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Garlic Powder	7.0548	0.0277
Corn, Canned, Drained	2198.4924	8.6215
Onion Powder	5.4593	0.0214
Beans, Kidney	673.1311	2.6397
Black Beans	1959.519	7.6844
Vinegar - Red Wine	1.3778	0.0054
Vinegar - Rice	0	0
Red Onion	84.731	0.3323
Beans, Garbanzo	1252.4593	4.9116
Oil - Olive	0	0
Salt, Granulated Iodized	0	0
	6182.2246	24.244

* 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.

(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 Ballpark IW	Total Carbohydrate (g)	
	Recipe	Each
Cheese burgers, Mini Twin Pack Ballpark IW	40	40
	40	40

* Total includes one or more missing nutrient data.

(REC00003 2) Chicken Adobo with Potatoes and Brown Rice	Total Carbohydrate (g)		
	Recipe	Batch	Serving
Rice Prepared	558.267	558.267	17.4458
Vinegar - White Distilled	0	0	0
Chicken , diced	0	0	0
Sugar, brown light	12.5	12.5	0.3906
Pepper, black ground	0.7354	0.7354	0.023
Garlic, Raw	1.5933	1.5933	0.0498
Potato, Raw	863.4124	863.4124	26.9816
	1436.5081	1436.5081	44.8909

* 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
Oil - Olive	0	0
Salt, Granlated Iodized	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
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.

(REC0013) Chicken Nuggets with FF	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Breaded Bites/Chunks	22.9999	22.9999
Potato, Fries Crinkle - Gluten Free Seasoned	29.3501	29.3501
	52.3501	52.3501

* 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

* Total includes one or more missing nutrient data.



(REC19080123) Chicken Shawarma with Tzatziki Sauce	Total Carbohydrate (g)	
	Recipe	Each
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.

(REC16092626 1) Chicken Teriyaki Hawaiian Wrap	Total Carbohydrate (g)	
	Recipe	Wrap
Tomatos, Roma	0.5747	0.5747
Tortilla, Whole Wheat Flour 10" - Sub	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.

(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.

(D41800) Dressing, Buttermilk Ranch, 12 g	Total Carbohydrate (g)	
	Recipe	Package
Dressing, Buttermilk Ranch, 12 g	8.517	1.022
	8.517	1.022

* 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.

(REC0020 1) Hummus/Mini Pitas/Carrot Pack	Total Carbohydrate (g)	
	Recipe	Serving
Carrot, Baby IW 2.6oz	6.0736	6.0736
Hummus	31.0157	31.0157
Pita, Mini Dipper 2"	23.8733	23.8733
	60.9626	60.9626

* 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.

(D1300) Marinara IW	Total Carbohydrate (g)	
	Recipe	Each
Marinara IW	7	7
	7	7

* Total includes one or more missing nutrient data.

(REC160119 2) Marinara Pasta with Chicken Meatballs	Total Carbohydrate (g)	
	Recipe	Serving - 1 cup
Cheese Shredded Parmesan	221.1261	5.6699
Marinara Sauce Enhanced Bulk - Sub	9.5254	0.2442
Chicken Meatballs	5.997	0.1538

* Total includes one or more missing nutrient data.



(REC160119 2) Marinara Pasta with Chicken Meatballs	Total Carbohydrate (g)	
	Recipe	Serving - 1 cup
Penne Dry Pasta	1639.9996	42.0513
	1876.6481	48.1192

* Total includes one or more missing nutrient data.

(D1303) Mayonnaise Packets	Total Carbohydrate (g)		
	Recipe	Case	Package
Mayonnaise Packets	7.6022	0.6842	0.6842
	7.6022	0.6842	0.6842

* 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.

(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.



(REC1601192001) Pasta Salad with Pork/ Beef Pepperoni	Total Carbohydrate (g)			
	Recipe	350 serving batch XXX	Serving - 350 batch XXX	Serving - 1 cup
Carrots, Baby Bulk	60.4729	60.4729	0.1728	0.3456
Dressing, Ranch Buttermilk Bulk	647.9834	647.9834	1.8514	3.7028
Pepperoni Pork/Beef Slices	80.998	80.998	0.2314	0.4628
Pepper, black ground	4.4765	4.4765	0.0128	0.0256
Pasta - Elbow Dry WG	6559.9984	6559.9984	18.7429	37.4857
Cheese Mozzarella Shredded Bulk	80.0001	80.0001	0.2286	0.4571
Cucumber	123.4905	123.4905	0.3528	0.7057
Salt, Granulated Iodized	0	0	0	0
	7557.4199	7557.4199	21.5926	43.1853

* 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.

(REC16151811) Pork Philly Cheese Sandwich	Total Carbohydrate (g)	
	Recipe	Serving
Pork, Pulled USDA	0	0
Hoagie 6" - Sub	36	36
Peppers and Onions	6	6
Cheese Pepper Jack	3	3
	45	45

* Total includes one or more missing nutrient data.



(REC0041) Salad Bar/ Pack Salad	Total Carbohydrate (g)	
	Recipe	Serving
Salad Mix	3.3679	3.3679
Tomatos, Cherry/Grape	1.1028	1.1028
Cucumber	3.0873	3.0873
	7.558	7.558

* 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.

(REC0006 1) Soybutter sandwich/Cheese/Crackers Pack	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Mozzarella String - SUB	0	0
Cracker Honey Graham	17	17
Soybutter & Grape Jelly - Wowbutter - 2.4oz	28	28
	45	45

* 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 Seasoned	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	1.6542	1.6542
Cracker Cheez-Its	14.1748	14.1748
Chicken Patty, Spicy	15	15

* Total includes one or more missing nutrient data.



(REC0021) Spicy Chicken Salad w/Ranch & Crackers	Total Carbohydrate (g)	
	Recipe	Salad
Homemade Ranch Dressing	2.2098	2.2098
Lettuce, Romaine	7.4709	7.4709
Cucumber	6.1745	6.1745
	46.6842	46.6842

* Total includes one or more missing nutrient data.

(190103 1) Turkey & Cheese Sandwich on a Parisian Baguette	Total Carbohydrate (g)	
	Recipe	Sandwich
Cheese American Processed	1.9753	1.9753
Turkey Breast Slice	4.1958	4.1958
Bread, Parisian Sourdough Baguette - Par baked	39	39
	45.1712	45.1712

* Total includes one or more missing nutrient data.

(REC0007 2) Turkey Nachos with Chips	Total Carbohydrate (g)	
	Recipe	Serving
Chips Tortilla Rounds	30	30
Turkey Taco Filling	0.0476	0.0476
Cheese Yellow Sauce Pouch	5	5
Beans, Pinto LS	24.0064	24.0064
	59.054	59.054

* 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 RF	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 Seasoned	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 Seasoned	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 - SUB	0	0
Cracker Honey Graham	17	17
Yogurt Vanilla 4oz Danimals NF	28.0987	28.0987
	45.0987	45.0987

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 8/14/2024, End = 8/30/2024)
Menu Plans	(MS Lunch 2024-25)
Nutrients	(Total Carbohydrate)