



San-Mateo Foster City Elementary SD

(D0116161205) Applesauce Unsweetened Cups	Total Carbohydrate (g)	
	Recipe	Cup
Applesauce Unsweetened Cups	14	14
	<b>14</b>	<b>14</b>

\* Total includes one or more missing nutrient data.

(REC0002) Bagel and Cream Cheese	Total Carbohydrate (g)	
	Recipe	Serving
Cream Cheese - SUB	2	2
Bagel IW - 3oz	44.5999	44.5999
	<b>46.6</b>	<b>46.6</b>

\* Total includes one or more missing nutrient data.

(F21800) Banana Bread	Total Carbohydrate (g)	
	Recipe	Each
Bread Banana IW Integrated	50.51	50.51
	<b>50.51</b>	<b>50.51</b>

\* 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
	<b>47</b>	<b>47</b>

\* 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
	<b>47</b>	<b>47</b>

\* 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 - Sub	1	1
English Muffin 3.5" - Do not buy	24	24
	<b>27</b>	<b>27</b>

\* Total includes one or more missing nutrient data.

(D3501) Cereal Honey Scooters LG	Total Carbohydrate (g)	
	Recipe	Each
Cereal Honey Scooters LG	46	46
	<b>46</b>	<b>46</b>

\* Total includes one or more missing nutrient data.

(D3504) Cinnamon Toasters	Total Carbohydrate (g)	
	Recipe	Each
Cinnamon Toasters	44	44
	<b>44</b>	<b>44</b>

\* Total includes one or more missing nutrient data.

(F030914) Cinnamon, Mini Cinnis	Total Carbohydrate (g)	
	Recipe	Serving
Cinnamon, Mini Cinnis	40	40
	<b>40</b>	<b>40</b>

\* Total includes one or more missing nutrient data.

(F3150) Concha	Total Carbohydrate (g)	
	Recipe	Each
Concha	34	34
	<b>34</b>	<b>34</b>

\* 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
	<b>27</b>	<b>27</b>

\* 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
	<b>38</b>	<b>38.0217</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.

(REC0001) Go-Gurt & Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Yogurt Go-Gurt	7.9379	7.9379
Cracker Vanilla Bear	20	20
	<b>27.9379</b>	<b>27.9379</b>

\* 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
	<b>14</b>	<b>14</b>

\* Total includes one or more missing nutrient data.

(D3502) Marshmallow Mateys	Total Carbohydrate (g)	
	Recipe	Each
Marshmallow Mateys	47	47
	<b>47</b>	<b>47</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.

(F132101) Muffin, Blueberry 3oz - Elsa	Total Carbohydrate (g)	
	Recipe	Each
Muffin, Blueberry 3oz - Elsa	38	38
	<b>38</b>	<b>38</b>

\* 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
	<b>39.9999</b>	<b>39.9999</b>

\* 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 *
Egg, Liquid Pasteurized, Whole Frozen	0 *	0 *
Water - AP,DRINKING, BEVERAGES,H2O	0 *	0 *
Cinnamon -Ground - Dry	17.1351 *	0.2115 *
Oil - Vegetable	0 *	0 *
Muffin Mix Dry WG	5034.8753 *	62.159 *

\* Total includes one or more missing nutrient data.



(REC00013) Muffin, Cinnamon Apple	Total Carbohydrate (g)	
	Recipe	Muffin , 1 serving
	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.

(F23010606) Waffle - Chocolate Chip WG IW	Total Carbohydrate (g)	
	Recipe	Each
Waffle - Chocolate Chip WG IW	36	36
	36	36

\* 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.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 9/2/2024, End = 9/30/2024)
Menu Plans	(Elementary Breakfast 2024-25)
Nutrients	(Total Carbohydrate)