



San-Mateo Foster City Elementary SD

(D0116161205) Applesauce Unsweetened Cups	Total Carbohydrate (g)	
	Recipe	Cup
Applesauce Unsweetened Cups	14	14
	14	14

* 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
	46.6	46.6

* Total includes one or more missing nutrient data.

(F21800) Banana Bread	Total Carbohydrate (g)	
	Recipe	Each
Bread Banana IW Integrated	50.51	50.51
	50.51	50.51

* 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.



(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
	27	27

* 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 - Sub	1	1
Potato, Tater Tots RS	11.76	11.76
Tortilla, Whole Wheat Flour 10"	31.3202	31.3202
Turkey Taco Filling - USDA	12.1903	12.1903
	56.554	56.554

* 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.

(F030914) Cinnamon, Mini Cinnis	Total Carbohydrate (g)	
	Recipe	Serving
Cinnamon, Mini Cinnis	40	40
	40	40

* 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.

(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) Go-Gurt & Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Yogurt Go-Gurt	7.9379	7.9379
Cracker Vanilla Bear	20	20
	27.9379	27.9379

* 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.

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

* 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
	39.9999	39.9999

* 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 *
	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.

(REC050707) Scrambled Eggs with Cheddar Cheese, Turkey Sausage, Biscuit	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.2835	0.2835
Sausage Turkey Link - Gluten Free	0	0

* Total includes one or more missing nutrient data.



(REC050707) Scrambled Eggs with Cheddar Cheese, Turkey Sausage, Biscuit	Total Carbohydrate (g)	
	Recipe	Serving
Egg, Liquid Pasteurized, Whole Frozen	0	0
Biscuit Split WG 2.25oz	27	27
	27.2835	27.2835

* 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.

(REC0003 1) Yogurt Parfait w/Granola	Total Carbohydrate (g)	
	Recipe	Serving
Fruit (1/2 cup)	7.5955	7.5955
Granola, Bulk	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 = 9/2/2024, End = 9/30/2024)
Menu Plans	(MS Breakfast 2024-25)
Nutrients	(Total Carbohydrate)