



San-Mateo Foster City Elementary SD

(R13900) 1% White Milk	Total Carbohydrate (g)	
	Recipe	Carton
Milk 1%	16	16
	16	16

* Total includes one or more missing nutrient data.

(R3100) Baby carrots	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.

(REC030809 5) BBQ Chicken Drumstick w/Mash Potatoes & Corn Bread	Total Carbohydrate (g)	
	Recipe	Serving
Potatoes, Mashed Homestyle	18.6206	18.6206
BBQ Sauce Bulk	0.7662	0.7662
Chicken, Glazed Drumsticks	2.5453	2.5453
Cornbread	38.0036	38.0036
	59.9357	59.9357

* 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.



(F030809) Beef and Cheese Chimichanga	Total Carbohydrate (g)	
	Recipe	Each
Chimichanga, Beef and Cheese IW	43	43
	43	43

* Total includes one or more missing nutrient data.

(REC08152004) Beef Hot Dog on a Bun	Total Carbohydrate (g)	
	Recipe	Hot Dog
Bun, Hotdog 144ct	24.1579	24.1579
Beef Franks (hotdogs) CC	0	0
	24.1579	24.1579

* Total includes one or more missing nutrient data.

(F200117) Beef Taquito - Gluten Free	Total Carbohydrate (g)		
	Recipe	Each	Serving, 2 pc
Taquito, Beef Bulk - Gluten Free	27.7999	13.9	27.7999
	27.7999	13.9	27.7999

* Total includes one or more missing nutrient data.

(REC022118) Beef, Rice & Cheese Burrito	Total Carbohydrate (g)	
	Recipe	Burrito
Cheese Cheddar Shredded	45.3592 *	0.1226 *
Tortilla, Whole Wheat Flour 10" - Sub	12489.1132 *	33.7544 *
Black Beans	2612.6921 *	7.0613 *
Beef Unstuffed Bell Peppers	444.4852 *	1.2013 *
	15591.6497 *	42.1396 *

* Total includes one or more missing nutrient data.

(F3800) Bread Cheese Stick	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.



(F0801131) Cheese burger Sliders	Total Carbohydrate (g)	
	Recipe	Each
Cheese burgers, Mini Twin Pack Ballpark IW	40	40
	40	40

* Total includes one or more missing nutrient data.

(REC20151820) Cheese Tortellini with Spaghetti Sauce	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.6699	5.6699
Spaghetti Sauce Bulk	2.4948	2.4948
Tortellini Cheese WG	40	40
	48.1647	48.1647

* Total includes one or more missing nutrient data.

(REC0008) Chicken Alfredo Pasta	Total Carbohydrate (g)	
	Recipe	Serving - 10.66oz
Cheese Shredded Parmesan	4422.522	5.6699
Chicken , diced	0	0
Alfredo Sauce RF	2297.6975	2.9458
Milk 1%	768.0002	0.9846
Penne Dry Pasta	39359.9906	50.4615
	46848.2103	60.0618

* Total includes one or more missing nutrient data.

(REC0015) Chicken Burger with French Fries	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.8035	41.8035
Chicken Patty - Breaded - Sub	12	12
Potato, Fries Crinkle - Gluten Free Seasoned	16.8029	16.8029
	70.6064	70.6064

* Total includes one or more missing nutrient data.

(REC0020 1 1) Chicken Caesar Salad w/Garlic Bread	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.6699	5.6699

* Total includes one or more missing nutrient data.



(REC0020 1 1) Chicken Caesar Salad w/Garlic Bread	Total Carbohydrate (g)	
	Recipe	Serving
Dressing, Royal Caesar - 1.5oz IW - SUB	2	2
Toast Texas - Garlic Bread - Bulk	14	14
Chicken , diced	0	0
Lettuce, Romaine	7.4709	7.4709
	29.1408	29.1408

* Total includes one or more missing nutrient data.

(F031501) Chicken Corn Dog	Total Carbohydrate (g)	
	Recipe	Each
Chicken Corn Dog	30	30
	30	30

* Total includes one or more missing nutrient data.

(REC0013) Chicken Nuggets with French Fries	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.

(F16092626 2) Deep Dish Beef Pepperoni Pizza	Total Carbohydrate (g)	
	Recipe	Each
Pizza - Beef Pepperoni Round 5" IW	35.9999	36.5979
	35.9999	36.5979

* Total includes one or more missing nutrient data.

(F16902 2) Deep dish Cheese Pizza	Total Carbohydrate (g)	
	Recipe	Each
Pizza 5" Cheese Deep dish IW	36	36
	36	36

* 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.

(REC022118 2) Fajita Chicken Burrito Bowl w/Chips	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.1417	0.1417
Chips Tortilla Rounds	30	30
Mexican Red Rice	15.8137	15.8137
Chicken, Fajita Strips	0	0
Cheese Mozzarella Shredded Bulk	0.5	0.5
Beans, Pinto LS	18.0048	18.0048
	64.4602	64.4602

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(R13901) Fat Free Chocolate Milk	Total Carbohydrate (g)	
	Recipe	Carton
Milk Chocolate FF	20.9999	20.9999
	20.9999	20.9999

* Total includes one or more missing nutrient data.

(R3002) Fruit	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.

(F1910020) Grilled Cheese Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Sandwich Grilled Cheese	41.0001	41.0001
	41.0001	41.0001

* 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
Snack - Pita Chips	27.984	27.984
	61.4564	61.4564

* 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.

(REC120119) Lasagna with Garlic Bread	Total Carbohydrate (g)	
	Recipe	Serving - Elementary
Toast Texas - Garlic Bread - IW	14	14
Marinara Sauce Enhanced Bulk - Sub	10.8862	10.8862
Lasagna Rollup WG	28.7852	28.7852
	53.6714	53.6714

* Total includes one or more missing nutrient data.

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

* 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.



(REC01040401) Plant Based Pasta 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

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(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.

(D190112) Salsa Cups - Gluten Free	Total Carbohydrate (g)	
	Recipe	Each
Salsa Cups IW - Gluten Free	5	4.1667
	5	4.1667

* 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.



(REC0005) Teriyaki Chicken & Veggie Dumplings w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	36.6101	36.6101
Dumplings - Chicken and Vegetable	31.2604	31.2604
Sauce, Teriyaki	5.5124	5.5124
	73.3829	73.3829

* Total includes one or more missing nutrient data.

(F191005) Turkey Beef Pepperoni Pizza Sandwich	Total Carbohydrate (g)	
	Recipe	Each
Pizza Sandwich Turkey Beef Pepperoni IW	31	31
	31	31

* Total includes one or more missing nutrient data.

(REC0011) Veggie Burger and French 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 French Fries 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

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(REC0005 1) Yogurt/Cheese/Crackers Pack	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Mozzarella String - SUB	0	0

* Total includes one or more missing nutrient data.

