



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.

(REC20010315) 3 Crispy Tacos	Total Carbohydrate (g)	
	Recipe	Serving
Taco - Beef & Cheese Crispups	36	36
	36	36

* 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

* Total includes one or more missing nutrient data.



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

(REC16092626 6) Beef & Pork Pepperoni Pizza	Total Carbohydrate (g)	
	Recipe	Slice(s)
Pizza 16" Cheese Big Daddy	297.8062	37.2258
Pepperoni Pork/Beef Slices	1.5187	0.1898
	299.3249	37.4156

* 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.

(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 *

* Total includes one or more missing nutrient data.



(REC022118) Beef, Rice & Cheese Burrito	Total Carbohydrate (g)	
	Recipe	Burrito
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.

(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.

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

* 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.

(REC190103 1 1 2 1) Chicken & Cheese Meatball Sandwich on a Parisian Baguette	Total Carbohydrate (g)	
	Recipe	Sandwich
Marinara IW	7	7
Chicken Meatballs	5.997	5.997
Marinara Sauce Bulk	1.134	1.134
Cheese Mozzarella Shredded Bulk	0.9877	0.9877
Bread, Parisian Sourdough Baguette - Par baked	39	39
	54.1187	54.1187

* 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.

(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
Crackers - Wheat	30	30
Chicken , diced	0	0
Lettuce, Romaine	14.9418	14.9418
	52.6117	52.6117

* Total includes one or more missing nutrient data.



(REC16092626 5) Chicken Chipotle Wrap	Total Carbohydrate (g)	
	Recipe	Wrap
Tomatos, Roma	9.1948	0.2138
Tortilla, Whole Wheat Flour 10" - Sub	1451.4375	33.7544
Chicken , diced	0	0
Lettuce, Romaine	89.6506	2.0849
Chipotle Ranch Dressing	124.182	2.888
	1674.4649	38.941

* 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.

(REC0009 2 1) Chicken Tamale with Cilantro Lime Rice	Total Carbohydrate (g)	
	Recipe	Serving
Cilantro Lime Rice	14.2861	14.2861
Tamale Chicken in Red Sauce	26	26
	40.2862	40.2862

* 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

* Total includes one or more missing nutrient data.



(REC022118 2) Fajita Chicken Burrito Bowl w/Chips	Total Carbohydrate (g)	
	Recipe	Serving
Chicken, Fajita Strips	0	0
Cheese Mozzarella Shredded Bulk	0.5	0.5
Beans, Pinto LS	18.0048	18.0048
	64.4602	64.4602

* Total includes one or more missing nutrient data.

(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.

(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.



(REC00020) Hummus Wrap - Vegetarian	Total Carbohydrate (g)	
	Recipe	Wrap
Carrots, Shredded	317.7582	2.648
Tomatos, Roma	5.7467	0.0479
Tortilla, Whole Wheat Flour 10"	3758.4245	31.3202
Hummus	2679.7557	22.3313
Spinach, Raw	98.7924	0.8233
Cucumber	32.9308	0.2744
	6893.4083	57.4451

* 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.

(REC130103) Macaroni & Cheese	Total Carbohydrate (g)	
	Recipe	Serving(s) - 1 cup
Cheese Cheddar Shredded	8.5049	0.2835
Alfredo Sauce RF	191.4748	6.3825
Pasta - Elbow Dry WG	819.9998	27.3333
Cheese Yellow Sauce Pouch	176.6667	5.8889
	1196.6462	39.8882

* 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.

(D1321) Mustard Packets	Total Carbohydrate (g)	
	Recipe	Package
Mustard Packets	4	0.22
	4	0.22

* 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.

(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.

(REC01040401) Plant Based Pasta Ragù	Total Carbohydrate (g)	
	Recipe	Serving 9oz
Carrots, Shredded	95.5991	3.9833
Marinara Sauce Bulk	217.7242	9.0718

* Total includes one or more missing nutrient data.



(REC01040401) Plant Based Pasta Ragu	Total Carbohydrate (g)	
	Recipe	Serving 9oz
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.

(REC19011404 3) Pork & Turkey Cuban Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Turkey Ham Smked Slice	1.948 *	1.948 *
Mustard, Grey Poupon	0 *	0 *
Carnita Taco Filling	0.1816 *	0.1816 *
Bread, Parisian Sourdough Baguette - Par baked	39 *	39 *
Pickle chips dill	0 *	0 *
	41.1297 *	41.1297 *

* 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.

(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
	43.9753	43.9753

* 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 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
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
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.

(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.



(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

* 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 = 10/1/2024, End = 10/31/2024)
Menu Plans	(MS Lunch 2024-25)
Nutrients	(Total Carbohydrate)