



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.

(D1001) Apple Juice	Total Carbohydrate (g)	
	Recipe	Carton
Juice, Apple 4.23 Oz - 40ct	14	14
	14	14

* Total includes one or more missing nutrient data.

(D0116161205) Applesauce Cup	Total Carbohydrate (g)	
	Recipe	Cup
Applesauce Unsweetened Cups - USDA	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.



(F132103) Chocolate Chip Muffin	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.

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

* Total includes one or more missing nutrient data.

(REC00013) Cinnamon Apple Muffin	Total Carbohydrate (g)	
	Recipe	Muffin , 1 serving
Applesauce Unsweetened Can Bulk	383.3986	3.6865
Egg, Liquid Pasteurized, Whole Frozen	0	0
Water - AP,DRINKING, BEVERAGES,H2O	0	0
Cinnamon -Ground - Dry	17.1351	0.1648
Oil - Vegetable	0	0
Muffin Mix Dry WG	5034.8753	48.4123
	5435.4091	52.2635

* Total includes one or more missing nutrient data.

(D3504) Cinnamon Toasters Cereal	Total Carbohydrate (g)	
	Recipe	Each
Cinnamon Toasters	44	44
	44	44

* 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.



(F16100) Confetti Mini Pancakes	Total Carbohydrate (g)	
	Recipe	Bag
Pancakes, Confetti IW	36	36
	36	36

* Total includes one or more missing nutrient data.

(REC02190114) 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.

(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.

(F2501 1) French Toast Breakfast Bar	Total Carbohydrate (g)	
	Recipe	Bar
Benefit Bar - French Toast	47	47
	47	47

* 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.



(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.

(D3501) Honey Scooters Cereal	Total Carbohydrate (g)	
	Recipe	Each
Cereal Honey Scooters LG	46	46
	46	46

* Total includes one or more missing nutrient data.

(D3502) Marshmallow Mateys Cereal	Total Carbohydrate (g)	
	Recipe	Each
Marshmallow Mateys	47	47
	47	47

* Total includes one or more missing nutrient data.

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

* Total includes one or more missing nutrient data.

(F2501) Oatmeal Chocolate Chunk Breakfast Bar	Total Carbohydrate (g)	
	Recipe	Bar
Benefit Bar - Oatmeal Chocolate Chunk	47	47
	47	47

* Total includes one or more missing nutrient data.

(F031815 01) Pork Ham & Swiss Cheese on a Croissant	Total Carbohydrate (g)	
	Recipe	Each
Croissant - Pork Ham & Swiss Cheese Breakfast IW	27	27

* Total includes one or more missing nutrient data.



(F031815 01) Pork Ham & Swiss Cheese on a Croissant	Total Carbohydrate (g)	
	Recipe	Each
	27	27

* Total includes one or more missing nutrient data.

(REC13210606 1) Pumpkin Muffin w/ Chocolate Chips	Total Carbohydrate (g)	
	Recipe	Serving
Spice - Salt Kosher	0	0
Pumpkin, Puree Canned	829.9159	2.5149
Spice - Clove Ground	1.2287	0.0037
Spice - Allspice Ground	1.3523	0.0041
Flour - Whole Wheat	2100	6.3636
Egg, Liquid Pasteurized, Whole Frozen	0	0
Chocolate Chips	2410.7138	7.3052
Spice - Nutmeg Ground	11.0902	0.0336
Baking Soda	0	0
Baking Powder	62.325	0.1889
Cinnamon -Ground - Dry	45.3319	0.1374
Oil - Vegetable	0	0
Sugar, white granulated	10500	31.8182
Spice - Ground Ginger	16.1145	0.0488
Flour , Dry All Purpose	4949.9977	15
	20928.0699	63.4184

* 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.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 11/1/2024, End = 11/29/2024)
Menu Plans	(Elementary Breakfast 2024-25)
Nutrients	(Total Carbohydrate)