



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	43.4327	43.4327
	65.3648	65.3648

* 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.



(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.

(REC08152004) Beef Hot Dog on a Bun	Total Carbohydrate (g)	
	Recipe	Hot Dog
Bun, Hotdog 144ct	24.1579	24.1579
Beef Franks (hotdogs)	1	1
	25.1579	25.1579

* 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.

(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.

(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.



(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
Crackers - Wheat	30	30
Dressing, Caesar - 1.5oz IW	1	1
Lettuce, Romaine	29.8835	29.8835
Chicken, Strips unseasoned	0	0
	66.5535	66.5535

* 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.

(REC19080123) Chicken Shawarma with Tzatziki Sauce	Total Carbohydrate (g)	
	Recipe	Each
Tomatos, Roma	0.3831	0.3831
Tzatziki Sauce	3.3684	3.3684
Lavash Wrap 8x10	29.8416	29.8416

* Total includes one or more missing nutrient data.



(REC19080123) Chicken Shawarma with Tzatziki Sauce	Total Carbohydrate (g)	
	Recipe	Each
Chicken Shawarma Mix	8.4636	8.4636
Lettuce, Green Leaf #10	0.3255	0.3255
Cucumber	2.0582	2.0582
	44.4404	44.4404

* Total includes one or more missing nutrient data.

(REC19011404) Cold Chicken Salad Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Cold Chicken Salad	18.0431	18.0431
Bread, Parisian Sourdough Baguette - Par baked	39	39
	57.0432	57.0432

* Total includes one or more missing nutrient data.

(REC03080903) Crispy Chicken Sandwich with Spicy Signature Sauce	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.8035 *	41.8035 *
Tomatos, Roma	0.3831 *	0.3831 *
Spicy Signature Sauce	2.3078 *	2.3078 *
Lettuce, Green Leaf #10	0.1627 *	0.1627 *
Pickle chips dill		
Chicken Patty Breaded Crunchy for MS only	19 *	19 *
	63.6572 *	63.6572 *

* 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.

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

* Total includes one or more missing nutrient data.



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

(R8000) Hamburger, Cheese Sliders IW - Sub	Total Carbohydrate (g)	
	Recipe	Each
Hamburger, Cheese Sliders IW - Sub	31.3	31.2977
	31.3	31.2977

* 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.

(REC0020 1) Hummus/Mini Pitas/Carrot Pack	Total Carbohydrate (g)	
	Recipe	Serving
Carrot, Baby IW 2.6oz	6.0736	6.0736
Hummus	31.0157	31.0157
Pita, Mini Dipper 2"	23.8733	23.8733



(REC0020 1) Hummus/Mini Pitas/Carrot Pack	Total Carbohydrate (g)	
	Recipe	Serving
	60.9626	60.9626

* 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.

(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.

(REC0014 1) Orange Chicken w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	53.9999	53.9999
Chicken Mandarin Orange Jr.	19	19

* Total includes one or more missing nutrient data.



(REC0014 1) Orange Chicken w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
	72.9999	72.9999

* 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.

(REC19011404 3) Pork & Turkey Cuban Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Turkey Ham Smked Slice	1.948 *	1.948 *
Cheese - Swiss	0.3062 *	0.3062 *
Mustard, Grey Poupon		
Carnita Taco Filling	0.1816 *	0.1816 *
Bread, Parisian Sourdough Baguette - Par baked	39 *	39 *
Pickle chips dill		
	41.4359 *	41.4359 *

* 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.

(REC0006 1) Soybutter sandwich/Cheese/Crackers Pack	Total Carbohydrate (g)	
	Recipe	Serving
Cracker Honey Graham	17	17
Cheese Mozzarella String Light	1	1
Soybutter & Grape Jelly - Wowbutter - 2.4oz	28	28

* Total includes one or more missing nutrient data.



(REC0006 1) Soybutter sandwich/Cheese/Crackers Pack	Total Carbohydrate (g)	
	Recipe	Serving
	46	46

* 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.

(REC20150621) Tofu Bolognese	Total Carbohydrate (g)	
	Recipe	Servings - 8 oz
Spice - Salt Kosher		

* Total includes one or more missing nutrient data.



(REC20150621) Tofu Bolognese	Total Carbohydrate (g)	
	Recipe	Servings - 8 oz
Tofu Organic Super Firm	341.5297 *	3.0494 *
Spice - Red Chili Flakes		
Spice - Italian Seasoning		
Spice, Thyme dried	3.5812 *	0.032 *
Marinara Sauce Bulk	1161.1955 *	10.3678 *
Penne Dry Pasta	3279.9992 *	29.2857 *
Oil - Vegetable		
	4786.3056 *	42.7349 *

* Total includes one or more missing nutrient data.

(REC0007 2) Turkey Nachos with Chips	Total Carbohydrate (g)	
	Recipe	Serving
Chips Tortilla Rounds	30	30
Turkey Taco Filling	0.0476	0.0476
Cheese Yellow Sauce Pouch	5	5
Beans, Pinto LS	24.0064	24.0064
	59.054	59.054

* 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
Cracker Honey Graham	34	34
Cheese Mozzarella String Light	1	1
Yogurt Vanilla 4oz Danimals NF	28.0987	28.0987
	63.0986	63.0986

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 12/2/2024, End = 12/18/2024)
Menu Plans	(MS Lunch 2024-25)
Nutrients	(Total Carbohydrate)