



## San-Mateo Foster City Elementary SD

(R13900) 1% White Milk	Total Carbohydrate (g)	
	Recipe	Carton
Milk 1%	16	16
	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.

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

\* Total includes one or more missing nutrient data.

(D0116161205) Applesauce Cup	Total Carbohydrate (g)	
	Recipe	Cup
Applesauce Unsweetened Cups - USDA	14	14
	<b>14</b>	<b>14</b>

\* 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
	<b>46.6</b>	<b>46.6</b>

\* Total includes one or more missing nutrient data.

(F21800) Banana Bread	Total Carbohydrate (g)	
	Recipe	Each
Bread Banana IW Integrated	50.51	50.51
	<b>50.51</b>	<b>50.51</b>

\* Total includes one or more missing nutrient data.



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

\* Total includes one or more missing nutrient data.

(REC02190114 3) Breakfast Sandwich - Egg/Chicken Sausage on English Muffin	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Sausage Patty	1	1
Egg Patty 3.5" Bulk - Sub	1	1
English Muffin 3.5" - Do not buy	24	24
	<b>26</b>	<b>26</b>

\* 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
	<b>39.9999</b>	<b>39.9999</b>

\* Total includes one or more missing nutrient data.

(F23010606) Chocolate Chip Waffle	Total Carbohydrate (g)	
	Recipe	Each
Waffle - Chocolate Chip WG IW	36	36
	<b>36</b>	<b>36</b>

\* Total includes one or more missing nutrient data.

(D3504) Cinnamon Toasters Cereal	Total Carbohydrate (g)	
	Recipe	Each
Cinnamon Toasters	44	44
	<b>44</b>	<b>44</b>

\* Total includes one or more missing nutrient data.



(F16100) Confetti Mini Pancakes	Total Carbohydrate (g)	
	Recipe	Bag
Pancakes, Confetti IW	36	36
	<b>36</b>	<b>36</b>

\* 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
	<b>20.9999</b>	<b>20.9999</b>

\* 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
	<b>47</b>	<b>47</b>

\* 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
	<b>7.5955</b>	<b>7.5955</b>

\* 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
	<b>27.9379</b>	<b>27.9379</b>

\* Total includes one or more missing nutrient data.

(D3501) Honey Scooters Cereal	Total Carbohydrate (g)	
	Recipe	Each
Cereal Honey Scooters LG	46	46
	<b>46</b>	<b>46</b>

\* Total includes one or more missing nutrient data.



(D3502) Marshmallow Mateys Cereal	Total Carbohydrate (g)	
	Recipe	Each
Marshmallow Mateys	47	47
	<b>47</b>	<b>47</b>

\* Total includes one or more missing nutrient data.

(F030914) Mini Cinnamon Rolls	Total Carbohydrate (g)	
	Recipe	Serving
Cinnamon Roll, Mini Cinnis	40	40
	<b>40</b>	<b>40</b>

\* Total includes one or more missing nutrient data.

(F23101) Mini Maple Waffles	Total Carbohydrate (g)	
	Recipe	Bag
Waffles - IW - Mini Maple	36	36
	<b>36</b>	<b>36</b>

\* Total includes one or more missing nutrient data.

(REC13210606 2) Muffin, Cinnamon Crumble	Total Carbohydrate (g)	
	Recipe	Muffin , 1 serving
Sour Cream	37.5	0.1415
Vanilla Extract	28.6897	0.1083
Sugar, brown light	9400	35.4717
Flour - Whole Wheat	1400	5.283
Egg, Liquid Pasteurized, Whole Frozen	0	0
Butter, Unsalted	2.3976	0.009
Buttermilk 1% Lowfat Cultured	270.0011	1.0189
Baking Powder	124.65	0.4704
Cinnamon -Ground - Dry	58.0248	0.219
Oil - Vegetable	0	0
Flour , Dry All Purpose	4399.998	16.6038
Salt, Granulated Iodized	0	0
	<b>15721.2612</b>	<b>59.3255</b>

\* 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
	<b>47</b>	<b>47</b>

\* 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
	<b>27</b>	<b>27</b>

\* Total includes one or more missing nutrient data.

(D180100) Raisins	Total Carbohydrate (g)		
	Recipe	Bag	Each
Raisins	29	29	29
	<b>29</b>	<b>29</b>	<b>29</b>

\* Total includes one or more missing nutrient data.

(F021806) Raspberry Breakfast Square	Total Carbohydrate (g)	
	Recipe	Square
Raspberry Breakfast Square WG	36	36
	<b>36</b>	<b>36</b>

\* Total includes one or more missing nutrient data.

(REC050707) Scrambled Eggs, Cheddar Cheese, Turkey Sausage on a Biscuit	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.2835	0.2835
Sausage Turkey Link - Gluten Free	0	0
Egg, Liquid Pasteurized, Whole Frozen	0	0
Biscuit Split WG 2.25oz	27	27
	<b>27.2835</b>	<b>27.2835</b>

\* Total includes one or more missing nutrient data.



(REC0022 1) Turkey, Egg, Cheese & Tater Tots Breakfast Burrito	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
	<b>56.554</b>	<b>56.554</b>

\* 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
	<b>50.3684</b>	<b>50.3684</b>

\* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 1/1/2025, End = 1/31/2025)
Menu Plans	(MS Breakfast 2024-25)
Nutrients	(Total Carbohydrate)