



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.



(REC022118 2 1) Beef Burrito Bowl w/Chips	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.1417	0.1417
Chips Tortilla Rounds	30	30
Cilantro Lime Rice	3.8096	3.8096
Cheese Mozzarella Shredded Bulk	0.5	0.5
Beef - Carne Azteca -Gluten Free	3	3
Beans, Pinto LS	18.0048	18.0048
	55.4561	55.4561

* 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.

(REC1601192001 2) Beef Marinara Penne Pasta	Total Carbohydrate (g)	
	Recipe	Serving - 10.66 oz
Spice - Italian Seasoning		
Marinara Sauce Bulk	417.3046 *	10.9817 *
Penne Dry Pasta	1311.9997 *	34.5263 *
Beef Crumble	70.8738 *	1.8651 *
	1800.1781 *	47.3731 *

* 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, Bean, 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.

(REC20151820) Cheese Tortellini with Spaghetti Sauce	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.6699	5.6699
Spaghetti Sauce Bulk	1.2474	1.2474
Tortellini Cheese WG	40	40
	46.9173	46.9173

* 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.

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

* Total includes one or more missing nutrient data.



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

(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.

(REC0012) Hamburger with Fries	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.8035	41.8035
Potato, Fries Crinkle - Gluten Free Seasoned	16.8029	16.8029
Beef Patty USDA	0.8733	0.8733
	59.4797	59.4797

* 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.

(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.



(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
	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.

(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.



(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
	72.9999	72.9999

* 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
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.

(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
Cracker Honey Graham	17	17

* Total includes one or more missing nutrient data.



(REC0006 1) Soybutter sandwich/Cheese/Crackers Pack	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Mozzarella String Light	1	1
Soybutter & Grape Jelly - Wowbutter - 2.4oz	28	28
	46	46

* 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		
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.

(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.



(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 = 1/1/2025, End = 1/31/2025)

**FILTERS**

Name(s)	Value(s)
Menu Plans	(Elementary Lunch 2024-25)
Nutrients	(Total Carbohydrate)