



## 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.

(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	62.8289	0.6041
Oil - Vegetable	0	0
Sugar, white granulated	56.699	0.5452

\* Total includes one or more missing nutrient data.



(REC00013) Cinnamon Apple Muffin	Total Carbohydrate (g)	
	Recipe	Muffin , 1 serving
Muffin Mix Dry WG	5034.8753	48.4123
	<b>5537.8018</b>	<b>53.2481</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.

(F3150) Concha	Total Carbohydrate (g)	
	Recipe	Each
Concha	34	34
	<b>34</b>	<b>34</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.

(F06180514) French Toast Sticks	Total Carbohydrate (g)	
	Recipe	Each - 2pc
French Toast Sticks IW	38	38.0217
	<b>38</b>	<b>38.0217</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	15.6603
	<b>7.5955</b>	<b>15.6603</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.

(F132106060914) Muffin, Breakfast Crumble Zucchini Carrots Pineapple IW	Total Carbohydrate (g)	
	Recipe	Each - 1pc
Muffin, Breakfast Crumble Zucchini Carrots Pineapple IW	42	42.1699
	<b>42</b>	<b>42.1699</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

\* Total includes one or more missing nutrient data.



(F021806) Raspberry Breakfast Square	Total Carbohydrate (g)	
	Recipe	Square
	36	36

\* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 3/1/2025, End = 3/31/2025)
Menu Plans	(Elementary Breakfast 2024-25)
Nutrients	(Total Carbohydrate)