



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.

(F16211621 2) Bean and Cheese Pupusa GF	Total Carbohydrate (g)		
	Recipe	Each	Serving 2 each
Bean and Cheese Pupusa GF	35	35	70
	35	35	70

* Total includes one or more missing nutrient data.

(190101) Bean Salad	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Spice - 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.



(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.

(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.

(REC0308090311 2) Butter Chicken, Rice & Naan Bread	Total Carbohydrate (g)	
	Recipe	Serving
Rice Prepared	24.1151	24.1151
Butter Simmer Sauce	0.14	0.14
Naan Bread	13.4287	13.4287
Chicken, Strips unseasoned	0	0
	37.6838	37.6838

* Total includes one or more missing nutrient data.



(F0801131) Cheese burger Sliders	Total Carbohydrate (g)	
	Recipe	Each
Cheese burgers, Mini Twin Pack Ballpark IW	40	40
	40	40

* 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.

(F03080505) Cheezy Mozzarella Bites	Total Carbohydrate (g)	
	Recipe	Each
Cheezy Mozzarella Bites	28	28
	28	28

* 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.

(REC0015) 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 - Breaded	14.9662	14.9662

* Total includes one or more missing nutrient data.



(REC0015) Chicken Burger with French Fries	Total Carbohydrate (g)	
	Recipe	Serving
	73.5726	73.5726

* Total includes one or more missing nutrient data.

(REC0030501) Chicken Ceasar Wrap	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.6699	5.6699
Tortilla, Whole Wheat Flour 10"	31.3202	31.3202
Chicken , diced	0	0
Dressing, Caesar - 1.5oz IW	0.5	0.5
Lettuce, Romaine	11.2063	11.2063
	48.6964	48.6964

* 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.

(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.

(REC0308090311) Chicken Tikka Masala, Rice & Naan Bread	Total Carbohydrate (g)	
	Recipe	Serving
Rice Prepared	24.1151	24.1151
Tikka Simmer Sauce	0.16	0.16
Naan Bread	13.4287	13.4287
Chicken, Strips unseasoned	0	0
	37.7038	37.7038

* 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.

(REC022118 1) Fajita Chicken Burrito Bowl w/Chips	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.1417	0.1417
Chips Tortilla Rounds	30	30
Mexican Red Rice	13.9146	13.9146
Chicken, Fajita Strips	0	0
Cheese Mozzarella Shredded Bulk	0.5	0.5
Beans, Pinto LS	18.0048	18.0048
	62.5611	62.5611

* 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	15.6603
	7.5955	15.6603

* 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.

(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.

(REC030809 7) Pollo Loco Chicken Drumstick w/Spanish Rice & Corn	Total Carbohydrate (g)	
	Recipe	Serving
Corn, Canned, Drained	41.481	41.481
Spanish Rice	56.732	56.732
Chicken Drumstick - Pollo Loco	4.1127	4.1127
	102.3257	102.3257

* 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
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.

(REC030809 8) Vegetarian Chili with Cheese and Chips	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Cheddar Shredded	0.7541	0.7541
Chips Tortilla Rounds	30	30
Chili 3 Bean Vegetarian	30.8381	30.8381
	61.5922	61.5922

* Total includes one or more missing nutrient data.

(REC00011) 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.

(REC00010) 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 = 3/1/2025, End = 3/31/2025)
Menu Plans	(Elementary Lunch 2024-25)
Nutrients	(Total Carbohydrate)