



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.

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

* Total includes one or more missing nutrient data.

(D0116161205) Applesauce Cup	Total Carbohydrate (g)	
	Recipe	Cup
Applesauce Unsweetened Cups - USDA	14	14
	14	14

* 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
	46.6	46.6

* Total includes one or more missing nutrient data.

(F21800) Banana Bread	Total Carbohydrate (g)	
	Recipe	Each
Bread Banana IW Integrated	50.51	50.51
	50.51	50.51

* Total includes one or more missing nutrient data.



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

* 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
	26	26

* 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
	39.9999	39.9999

* 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
Muffin Mix Dry WG	5034.8753	48.4123
	5537.8018	53.2481

* Total includes one or more missing nutrient data.



(D3504) Cinnamon Toasters Cereal	Total Carbohydrate (g)	
	Recipe	Each
Cinnamon Toasters	44	44
	44	44

* Total includes one or more missing nutrient data.

(F3150) Concha	Total Carbohydrate (g)	
	Recipe	Each
Concha	34	34
	34	34

* 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.

(F2501 1) French Toast Breakfast Bar	Total Carbohydrate (g)	
	Recipe	Bar
Benefit Bar - French Toast	47	47
	47	47

* 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
	38	38.0217

* 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.



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

* 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
	47	47

* 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
	27	27

* Total includes one or more missing nutrient data.

(D180100) Raisins	Total Carbohydrate (g)		
	Recipe	Bag	Each
Raisins	29	29	29
	29	29	29

* Total includes one or more missing nutrient data.

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

* 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

* Total includes one or more missing nutrient data.



(REC050707) Scrambled Eggs, Cheddar Cheese, Turkey Sausage on a Biscuit	Total Carbohydrate (g)	
	Recipe	Serving
Egg, Liquid Pasteurized, Whole Frozen	0	0
Biscuit Split WG 2.25oz	27	27
	27.2835	27.2835

* 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
	56.554	56.554

* Total includes one or more missing nutrient data.

(REC0003 1) Yogurt Parfait w/Granola	Total Carbohydrate (g)	
	Recipe	Serving
Fruit (1/2 cup)	15.6603	15.6603
Granola, Bulk	42.7729	42.7729
Yogurt Vanilla LF- Producers Dairy	0	0
	58.4332	58.4332

* 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	(MS Breakfast 2024-25)
Nutrients	(Total Carbohydrate)