



## 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.

(REC20010315) 3 Crispy Tacos	Total Carbohydrate (g)	
	Recipe	Serving
Taco - Beef & Cheese Crispups	36	36
	<b>36</b>	<b>36</b>

\* 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
	<b>0.2142</b>	<b>6.0736</b>

\* 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
	<b>35</b>	<b>35</b>	<b>70</b>

\* 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

\* Total includes one or more missing nutrient data.



(190101) Bean Salad	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Red Onion	84.731	0.3323
Beans, Garbanzo	1252.4593	4.9116
Oil - Olive	0	0
Salt, Granulated Iodized	0	0
	<b>6182.2246</b>	<b>24.244</b>

\* Total includes one or more missing nutrient data.

(REC16092626 6) Beef & Pork Pepperoni Pizza	Total Carbohydrate (g)	
	Recipe	Slice(s)
Pizza 16" Cheese Big Daddy	297.8062	37.2258
Pepperoni Pork/Beef Slices	1.5187	0.1898
	<b>299.3249</b>	<b>37.4156</b>

\* 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
	<b>25.1579</b>	<b>25.1579</b>

\* 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 *
	<b>1800.1781 *</b>	<b>47.3731 *</b>

\* 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
	<b>17</b>	<b>33.815</b>	<b>50.7225</b>	<b>16.9075</b>	<b>33.815</b>

\* Total includes one or more missing nutrient data.



(REC03080903 2) Buffalo Chicken Sandwich with Coleslaw	Total Carbohydrate (g)	
	Recipe	Serving
Buffalo Wing Sauce	0.1464	0.1464
Coleslaw Salad	2.6202	2.6202
Buns Hamburger WG - 144ct	41.8035	41.8035
Chicken Patty - Breaded	14.9662	14.9662
	<b>59.5362</b>	<b>59.5362</b>

\* 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
	<b>37.6838</b>	<b>37.6838</b>

\* 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
	<b>40</b>	<b>40</b>

\* Total includes one or more missing nutrient data.

(F16900) Cheese Pizza	Total Carbohydrate (g)	
	Recipe	Slice
Pizza 16" Cheese Big Daddy	35	37.2258
	<b>35</b>	<b>37.2258</b>

\* 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

\* Total includes one or more missing nutrient data.



(REC20151820) Cheese Tortellini with Spaghetti Sauce	Total Carbohydrate (g)	
	Recipe	Serving
Tortellini Cheese WG	40	40
	<b>46.9173</b>	<b>46.9173</b>

\* Total includes one or more missing nutrient data.

(F03080505) Cheezy Mozzarella Bites	Total Carbohydrate (g)	
	Recipe	Each
Cheezy Mozzarella Bites	28	28
	<b>28</b>	<b>28</b>

\* 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
	<b>46848.2103</b>	<b>60.0618</b>

\* Total includes one or more missing nutrient data.

(REC0020) Chicken Caesar Salad with Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.6699	5.6699
Crackers - Wheat	30	30
Dressing, Caesar - 1.5oz IW	1	1
Lettuce, Romaine	29.8835	29.8835
Chicken, Strips unseasoned	0	0
	<b>66.5535</b>	<b>66.5535</b>

\* 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

\* Total includes one or more missing nutrient data.



(REC0030501) Chicken Ceasar Wrap	Total Carbohydrate (g)	
	Recipe	Serving
Dressing, Caesar - 1.5oz IW	0.5	0.5
Lettuce, Romaine	11.2063	11.2063
	<b>48.6964</b>	<b>48.6964</b>

\* Total includes one or more missing nutrient data.

(F031501) Chicken Corn Dog	Total Carbohydrate (g)	
	Recipe	Each
Chicken Corn Dog	30	30
	<b>30</b>	<b>30</b>

\* 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
	<b>52.3501</b>	<b>52.3501</b>

\* Total includes one or more missing nutrient data.

(REC00202 3) Chicken Parmesan Sandwich	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.8035	1.7418
Cheese Shredded Parmesan	22.6796	0.945
Marinara Sauce Enhanced Bulk - Sub	65.3173	2.7216
Sauce - Pesto Mayo Sauce	2.0139	0.0839
Cheese Mozzarella Shredded Bulk	7.9014	0.3292
Chicken Patty - Breaded	359.1894	14.9662
	<b>498.905</b>	<b>20.7877</b>

\* Total includes one or more missing nutrient data.

(REC000019) Chicken Pesto & Pepper Jack Cheese Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Chicken , diced	0	0

\* Total includes one or more missing nutrient data.



(REC00019) Chicken Pesto & Pepper Jack Cheese Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Bread, Parisian Sourdough Baguette - Par baked	39	39
Cheese Pepper Jack	2	2
Pesto - Basil - Nut Free	1.0826	1.0826
	<b>42.0826</b>	<b>42.0826</b>

\* Total includes one or more missing nutrient data.

(REC1801130514) Chicken Ramen in Pork Tonkotsu Broth	Total Carbohydrate (g)	
	Recipe	Serving - 1 bowl
Carrots, Shredded	54.3177	1.3579
Corn, Canned, Drained	207.4051	5.1851
Onion, Green	9.7636	0.2441
Noodles, WG Ramen dry	469.792	11.7448
Chicken , diced	0	0
Spinach, Raw	9.8792	0.247
Soup, Pork Tonkotsu Style Ramen Base	122.5924	3.0648
	<b>873.75</b>	<b>21.8438</b>

\* Total includes one or more missing nutrient data.

(REC19080123) Chicken Shawarma with Tzatziki Sauce	Total Carbohydrate (g)	
	Recipe	Each
Lettuce, Iceberg Shredded	0.842	0.842
Tomatos, Roma	0.3831	0.3831
Tzatziki Sauce	3.3684	3.3684
Lavash Wrap 8x10	29.8416	29.8416
Chicken Shawarma Mix	8.4636	8.4636
Cucumber	1.0291	1.0291
	<b>43.9278</b>	<b>43.9278</b>

\* Total includes one or more missing nutrient data.

(REC0009 2 1) Chicken Tamale with Cilantro Lime Rice	Total Carbohydrate (g)	
	Recipe	Serving
Cilantro Lime Rice	12.3602	12.3602
Tamale Chicken in Red Sauce	26	26
	<b>38.3602</b>	<b>38.3602</b>

\* 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
	<b>37.7038</b>	<b>37.7038</b>

\* Total includes one or more missing nutrient data.

(REC19011404) Cold Chicken Salad Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Cold Chicken Salad	18.0431	18.0431
Bread, Parisian Sourdough Baguette - Par baked	39	39
	<b>57.0432</b>	<b>57.0432</b>

\* Total includes one or more missing nutrient data.

(REC03080903) Crispy Chicken Sandwich with Spicy Signature Sauce	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.8035 *	41.8035 *
Tomatos, Roma	0.3831 *	0.3831 *
Spicy Signature Sauce	2.3078 *	2.3078 *
Lettuce, Green Leaf #10	0.1627 *	0.1627 *
Pickle chips dill		
Chicken Patty Breaded Crunchy for MS only	19 *	19 *
	<b>63.6572 *</b>	<b>63.6572 *</b>

\* Total includes one or more missing nutrient data.

(REC06091908) Crispy Fish Fillet Sandwich with side of Tartar Sauce	Total Carbohydrate (g)	
	Recipe	Serving
Tartar Sauce	3.2581	3.2581
Fish, WG Breaded Pollock Squares	18.9333	18.9333
Buns Hamburger WG - 144ct	41.8035	41.8035
	<b>63.9949</b>	<b>63.9949</b>

\* 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
	<b>8.517</b>	<b>1.022</b>

\* 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
	<b>62.5611</b>	<b>62.5611</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.

(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.

(F1910020) Grilled Cheese Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Sandwich Grilled Cheese	41.0001	41.0001
	<b>41.0001</b>	<b>41.0001</b>

\* Total includes one or more missing nutrient data.





(REC16092626) Hawaiian Pizza	Total Carbohydrate (g)	
	Recipe	Slice
Turkey Ham Smked Slice	0.487	0.487
Pizza 16" Cheese Big Daddy	37.2258	37.2258
Pineapple chunks	3.3736	3.3736
	<b>41.0864</b>	<b>41.0864</b>

\* Total includes one or more missing nutrient data.

(D1150) Ketchup Packets	Total Carbohydrate (g)	
	Recipe	Each
Ketchup Packets	3	4
	<b>3</b>	<b>4</b>

\* 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
	<b>1196.6462</b>	<b>39.8882</b>

\* Total includes one or more missing nutrient data.

(D1300) Marinara Sauce	Total Carbohydrate (g)	
	Recipe	Each
Marinara IW	7	7
	<b>7</b>	<b>7</b>

\* Total includes one or more missing nutrient data.

(D1303) Mayonnaise Packets	Total Carbohydrate (g)		
	Recipe	Case	Package
Mayonnaise Packets	7.6022	0.6842	0.6842
	<b>7.6022</b>	<b>0.6842</b>	<b>0.6842</b>

\* Total includes one or more missing nutrient data.



(D1321) Mustard Packets	Total Carbohydrate (g)	
	Recipe	Package
Mustard Packets	4	0.22
	<b>4</b>	<b>0.22</b>

\* 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
	<b>72.9999</b>	<b>72.9999</b>

\* Total includes one or more missing nutrient data.

(REC030809 6) Pollo Loco Chicken Drumstick w/Spanish Rice & Spicy Corn	Total Carbohydrate (g)	
	Recipe	Serving
Corn - Flame Roasted Corn & Jalapeno Blend	22.0065	22.0065
Spanish Rice	56.732	56.732
Chicken Drumstick - Pollo Loco	4.1127	4.1127
	<b>82.8512</b>	<b>82.8512</b>

\* Total includes one or more missing nutrient data.

(REC190103 3 1) Pork Mollete Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Spice - Salt Kosher	0	0
Black Beans	653.173	8.709
Chiles in Adobo Sauce	2.1	0.028
Cheese Mozzarella Shredded Bulk	150.4002	2.0053
Pork Mollete Mix	5.1585	0.0688
Bread, Parisian Sourdough Baguette - Par baked	2925.0022	39
Oil - Vegetable	0	0
Yellow Onion	13.2392	0.1765
	<b>3749.0731</b>	<b>49.9876</b>

\* 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
	<b>7.558</b>	<b>7.558</b>

\* 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
	<b>5</b>	<b>4.1667</b>

\* 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
	<b>46</b>	<b>46</b>

\* Total includes one or more missing nutrient data.

(REC0013 1) Spicy 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, Spicy	15	15
	<b>73.6064</b>	<b>73.6064</b>

\* Total includes one or more missing nutrient data.

(REC0021) Spicy Chicken Salad w/Ranch & Crackers	Total Carbohydrate (g)	
	Recipe	Salad
Tomatos, Cherry/Grape	1.6542	1.6542
Cracker Cheez-Its	14.1748	14.1748
Chicken Patty, Spicy	15	15

\* Total includes one or more missing nutrient data.



(REC0021) Spicy Chicken Salad w/Ranch & Crackers	Total Carbohydrate (g)	
	Recipe	Salad
Homemade Ranch Dressing	2.2098	2.2098
Lettuce, Romaine	7.4709	7.4709
Cucumber	6.1745	6.1745
	<b>46.6842</b>	<b>46.6842</b>

\* 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
	<b>73.3829</b>	<b>73.3829</b>

\* 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		
	<b>4786.3056 *</b>	<b>42.7349 *</b>

\* Total includes one or more missing nutrient data.

(REC20211401 1) Tuna Salad on Parisian Bread	Total Carbohydrate (g)	
	Recipe	Sandwich
Tuna Salad	3.5435	3.5435
Lettuce, Green Leaf #10	0.1627	0.1627
Bread, Parisian Sourdough Baguette - Par baked	39	39
	<b>42.7062</b>	<b>42.7062</b>

\* 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
	<b>59.054</b>	<b>59.054</b>

\* 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
	<b>61.5922</b>	<b>61.5922</b>

\* 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
	<b>64.6064</b>	<b>64.6064</b>

\* 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
	<b>65.8029</b>	<b>65.8029</b>

\* 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
	<b>63.0986</b>	<b>63.0986</b>

\* 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 Lunch 2024-25)
Nutrients	(Total Carbohydrate)