



San-Mateo Foster City Elementary SD

(R13900) 1% White Milk	Total Carbohydrate (g)	
	Recipe	Carton
Milk 1%	16.00	16.00
	<b>16.00</b>	<b>16.00</b>

\* Total includes one or more missing nutrient data.

(R3100) Baby carrots	Total Carbohydrate (g)	
	Recipe	Bag 2.6oz
Carrot, Baby IW 2.6oz	0.21	6.07
	<b>0.21</b>	<b>6.07</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	35.00	35.00	70.00
	<b>35.00</b>	<b>35.00</b>	<b>70.00</b>

\* Total includes one or more missing nutrient data.

(190101) Bean Salad	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Spice - Garlic Powder	7.05	0.03
Corn, Canned, Drained	2198.49	8.62
Spice - Onion Powder	5.46	0.02
Beans, Kidney	673.13	2.64
Black Beans	1959.52	7.68
Vinegar - Red Wine	1.38	0.01
Vinegar - Rice	0.00	0.00
Red Onion	84.73	0.33
Beans, Garbanzo	1252.46	4.91
Oil - Olive	0.00	0.00
Salt, Granulated Iodized	0.00	0.00
	<b>6182.22</b>	<b>24.24</b>

\* Total includes one or more missing nutrient data.



(REC0205050602) Beef Bulgogi with Rice	Total Carbohydrate (g)	
	Recipe	Serving
Edamame and Carrot Mix	6.54	6.54
Beef Bulgogi Mix	9.56	9.56
Rice Prepared	24.12	24.12
	<b>40.22</b>	<b>40.22</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	24.16	24.16
Beef Franks (hotdogs)	1.00	1.00
	<b>25.16</b>	<b>25.16</b>

\* 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	27.80	13.90	27.80
	<b>27.80</b>	<b>13.90</b>	<b>27.80</b>

\* Total includes one or more missing nutrient data.

(REC022118) Beef, Bean, Rice & Cheese Burrito	Total Carbohydrate (g)	
	Recipe	Burrito
Cheese Cheddar Shredded	45.36	0.12
Tortilla, Whole Wheat Flour 10" - Sub	12489.11	33.75
Black Beans	2612.69	7.06
Beef Unstuffed Bell Peppers	429.08	1.16
	<b>15576.24 *</b>	<b>42.10 *</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	17.00	33.81	50.72	16.91	33.81
	<b>17.00</b>	<b>33.81</b>	<b>50.72</b>	<b>16.91</b>	<b>33.81</b>

\* Total includes one or more missing nutrient data.



(REC0308090311 2) Butter Chicken, Rice & Naan Bread	Total Carbohydrate (g)	
	Recipe	Serving
Rice Prepared	24.12	24.12
Butter Simmer Sauce	0.14	0.14
Naan Bread	13.43	13.43
Chicken, Strips unseasoned	0.00	0.00
	<b>37.68</b>	<b>37.68</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	40.00	40.00
	<b>40.00</b>	<b>40.00</b>

\* Total includes one or more missing nutrient data.

(REC20151820) Cheese Tortellini with Spaghetti Sauce	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.67	5.67
Spaghetti Sauce Bulk	1.25	1.25
Tortellini Cheese WG	40.00	40.00
	<b>46.92</b>	<b>46.92</b>

\* Total includes one or more missing nutrient data.

(F03080505) Cheezy Mozzarella Bites	Total Carbohydrate (g)	
	Recipe	Each
Cheezy Mozzarella Bites	28.00	28.00
	<b>28.00</b>	<b>28.00</b>

\* Total includes one or more missing nutrient data.

(REC0008) Chicken Alfredo Pasta	Total Carbohydrate (g)	
	Recipe	Serving - 10.66oz
Cheese Shredded Parmesan	4422.52	5.67
Chicken , diced	0.00	0.00
Alfredo Sauce RF	2297.70	2.95
Milk 1%	768.00	0.98
Penne Dry Pasta	39359.99	50.46

\* Total includes one or more missing nutrient data.



(REC0008) Chicken Alfredo Pasta	Total Carbohydrate (g)	
	Recipe	Serving - 10.66oz
	<b>46848.21</b>	<b>60.06</b>

\* Total includes one or more missing nutrient data.

(REC0015) Chicken Burger with French Fries	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.80	41.80
Potato, Fries Crinkle - Gluten Free Seasoned	16.80	16.80
Chicken Patty - Breaded	14.97	14.97
	<b>73.57</b>	<b>73.57</b>

\* Total includes one or more missing nutrient data.

(REC0030501) Chicken Caesar Wrap	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.67	5.67
Tortilla, Whole Wheat Flour 10" - Buy SUB	31.32	31.32
Chicken , diced	0.00	0.00
Dressing, Caesar - 1.5oz IW	0.50	0.50
Lettuce, Romaine	11.19	11.19
	<b>48.68</b>	<b>48.68</b>

\* Total includes one or more missing nutrient data.

(F031501) Chicken Corn Dog	Total Carbohydrate (g)	
	Recipe	Each
Chicken Corn Dog	30.00	30.00
	<b>30.00</b>	<b>30.00</b>

\* Total includes one or more missing nutrient data.

(REC0013) Chicken Nuggets with French Fries	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Breaded Bites/Chunks	23.00	23.00
Potato, Fries Crinkle - Gluten Free Seasoned	29.35	29.35
	<b>52.35</b>	<b>52.35</b>

\* Total includes one or more missing nutrient data.



(REC0308090311) Chicken Tikka Masala, Rice & Naan Bread	Total Carbohydrate (g)	
	Recipe	Serving
Rice Prepared	24.12	24.12
Tikka Simmer Sauce	0.16	0.16
Naan Bread	13.43	13.43
Chicken, Strips unseasoned	0.00	0.00
	<b>37.70</b>	<b>37.70</b>

\* Total includes one or more missing nutrient data.

(REC19011404) Cold Chicken Salad Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Cold Chicken Salad	18.04	18.04
Bread, Parisian Sourdough Baguette - Par baked	39.00	39.00
	<b>57.04</b>	<b>57.04</b>

\* 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	36.00	36.60
	<b>36.00</b>	<b>36.60</b>

\* 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	36.00	36.00
	<b>36.00</b>	<b>36.00</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	8.52	1.02
	<b>8.52</b>	<b>1.02</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	0.14	0.14
Chips Tortilla Rounds	30.00	30.00
Mexican Red Rice	13.91	13.91
Chicken, Fajita Strips	0.00	0.00
Cheese Mozzarella Shredded Bulk	0.50	0.50
Beans, Pinto LS	18.00	18.00
	<b>62.56</b>	<b>62.56</b>

\* Total includes one or more missing nutrient data.

(R13901) Fat Free Chocolate Milk	Total Carbohydrate (g)	
	Recipe	Carton
Milk Chocolate FF	21.00	21.00
	<b>21.00</b>	<b>21.00</b>

\* Total includes one or more missing nutrient data.

(R3002) Fruit	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Fruit (1/2 cup)	7.60	15.66
	<b>7.60</b>	<b>15.66</b>

\* Total includes one or more missing nutrient data.

(F1910020) Grilled Cheese Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Sandwich Grilled Cheese	41.00	41.00
	<b>41.00</b>	<b>41.00</b>

\* Total includes one or more missing nutrient data.

(D1150) Ketchup Packets	Total Carbohydrate (g)	
	Recipe	Each
Ketchup Packets	3.00	4.00
	<b>3.00</b>	<b>4.00</b>

\* Total includes one or more missing nutrient data.



(REC130103) Macaroni & Cheese	Total Carbohydrate (g)	
	Recipe	Serving(s) - 1 cup
Cheese Cheddar Shredded	8.50	0.28
Alfredo Sauce RF	191.47	6.38
Pasta - Elbow Dry WG	820.00	27.33
Cheese Yellow Sauce Pouch	176.67	5.89
	<b>1196.65</b>	<b>39.89</b>

\* Total includes one or more missing nutrient data.

(D1300) Marinara Sauce	Total Carbohydrate (g)	
	Recipe	Each
Marinara IW	7.00	7.00
	<b>7.00</b>	<b>7.00</b>

\* Total includes one or more missing nutrient data.

(D1321) Mustard Packets	Total Carbohydrate (g)	
	Recipe	Package
Mustard Packets	4.00	0.22
	<b>4.00</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	54.00	54.00
Chicken Mandarin Orange Jr.	19.00	19.00
	<b>73.00</b>	<b>73.00</b>

\* 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	41.48	41.48
Chicken Drumstick - Pollo Loco	4.11	4.11
Mexican Red Rice	13.91	13.91
	<b>59.51</b>	<b>59.51</b>

\* Total includes one or more missing nutrient data.



(REC0041) Salad Bar/ Pack Salad	Total Carbohydrate (g)	
	Recipe	Serving
Salad Mix	3.37	3.37
Tomatos, Cherry/Grape	1.10	1.10
Cucumber	3.09	3.09
	<b>7.56</b>	<b>7.56</b>

\* Total includes one or more missing nutrient data.

(D190112) Salsa Cups - Gluten Free	Total Carbohydrate (g)	
	Recipe	Each
Salsa Cups IW - Gluten Free	5.00	4.17
	<b>5.00</b>	<b>4.17</b>

\* Total includes one or more missing nutrient data.

(REC0006 1) Soybutter sandwich/Cheese/Crackers Pack	Total Carbohydrate (g)	
	Recipe	Serving
Cracker Honey Graham	17.00	17.00
Cheese Mozzarella String Light	1.00	1.00
Soybutter & Grape Jelly - Wowbutter - 2.4oz	28.00	28.00
	<b>46.00</b>	<b>46.00</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	341.53	3.05
Spice - Red Chili Flakes	1.79	0.02
Spice - Italian Seasoning		
Spice, Thyme dried	3.58	0.03
Marinara Sauce Bulk	1161.20	10.37
Penne Dry Pasta	3280.00	29.29
Oil - Vegetable		
	<b>4788.09 *</b>	<b>42.75 *</b>

\* 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	31.00	31.00
	<b>31.00</b>	<b>31.00</b>

\* Total includes one or more missing nutrient data.

(REC0007 2) Turkey Nachos with Chips	Total Carbohydrate (g)	
	Recipe	Serving
Chips Tortilla Rounds	30.00	30.00
Turkey Taco Filling	0.05	0.05
Cheese Yellow Sauce Pouch	5.00	5.00
Beans, Pinto LS	24.01	24.01
	<b>59.05</b>	<b>59.05</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	0.75	0.75
Chips Tortilla Rounds	30.00	30.00
Chili 3 Bean Vegetarian	30.84	30.84
	<b>61.59</b>	<b>61.59</b>

\* Total includes one or more missing nutrient data.

(REC0011) Veggie Burger and French Fries	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.80	41.80
Potato, Fries Crinkle - Gluten Free Seasoned	16.80	16.80
Veggie Burger Patty Bulk	6.00	6.00
	<b>64.61</b>	<b>64.61</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	16.80	16.80
Crackers - Wheat	30.00	30.00

\* Total includes one or more missing nutrient data.



(REC0010) Veggie Nuggets with French Fries and Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Vegetarian Nuggets, Vegan Soy Morningstar	19.00	19.00
	<b>65.80</b>	<b>65.80</b>

\* Total includes one or more missing nutrient data.

(REC0005 1) Yogurt/Cheese/Crackers Pack	Total Carbohydrate (g)	
	Recipe	Serving
Cracker Honey Graham	34.00	34.00
Cheese Mozzarella String Light	1.00	1.00
Yogurt Vanilla 4oz Danimals NF	28.10	28.10
	<b>63.10</b>	<b>63.10</b>

\* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 4/1/2025, End = 4/30/2025)
Menu Plans	(Elementary Lunch 2024-25)
Nutrients	(Total Carbohydrate)