



San-Mateo Foster City Elementary SD

(R13900) 1% White Milk	Total Carbohydrate (g)	
	Recipe	Carton
Milk 1%	16.00	16.00
	16.00	16.00

* Total includes one or more missing nutrient data.

(D1001) Apple Juice	Total Carbohydrate (g)	
	Recipe	Carton
Juice, Apple 4.23 Oz - 40ct	14.00	14.00
	14.00	14.00

* Total includes one or more missing nutrient data.

(D0116161205) Applesauce Cup	Total Carbohydrate (g)	
	Recipe	Cup
Applesauce Unsweetened Cups - USDA	14.00	14.00
	14.00	14.00

* Total includes one or more missing nutrient data.

(REC0002) Bagel and Cream Cheese	Total Carbohydrate (g)	
	Recipe	Serving
Cream Cheese - SUB	2.00	2.00
Bagel IW - 3oz	44.60	44.60
	46.60	46.60

* Total includes one or more missing nutrient data.

(F132101) Blueberry Muffin	Total Carbohydrate (g)	
	Recipe	Each
Muffin, Blueberry 3oz - Elsa	38.00	38.00
	38.00	38.00

* 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	1.00	1.00
Egg Patty 3.5" Bulk - Sub	1.00	1.00
English Muffin 3.5" - Do not buy	24.00	24.00
	26.00	26.00

* Total includes one or more missing nutrient data.

(F132103) Chocolate Chip Muffin	Total Carbohydrate (g)	
	Recipe	Each
Muffin, Choc Chocolate Chip 3oz - Daves	40.00	40.00
	40.00	40.00

* Total includes one or more missing nutrient data.

(REC00013) Cinnamon Apple Muffin	Total Carbohydrate (g)	
	Recipe	Muffin , 1 serving
Applesauce Unsweetened Can Bulk	383.40	3.69
Egg, Liquid Pasteurized, Whole Frozen	0.00	0.00
Water - AP,DRINKING, BEVERAGES,H2O	0.00	0.00
Cinnamon -Ground - Dry	62.83	0.60
Oil - Vegetable	0.00	0.00
Sugar, white granulated	56.70	0.55
Muffin Mix Dry WG	5034.88	48.41
	5537.80	53.25

* Total includes one or more missing nutrient data.

(D3504) Cinnamon Toasters Cereal	Total Carbohydrate (g)	
	Recipe	Each
Cinnamon Toasters	44.00	44.00
	44.00	44.00

* Total includes one or more missing nutrient data.



(F3150) Concha	Total Carbohydrate (g)	
	Recipe	Each
Concha	34.00	34.00
	34.00	34.00

* Total includes one or more missing nutrient data.

(F16100) Confetti Mini Pancakes	Total Carbohydrate (g)	
	Recipe	Bag
Pancakes, Confetti IW	36.00	36.00
	36.00	36.00

* 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
	21.00	21.00

* Total includes one or more missing nutrient data.

(F2501 1) French Toast Breakfast Bar	Total Carbohydrate (g)	
	Recipe	Bar
Benefit Bar - French Toast	47.00	47.00
	47.00	47.00

* Total includes one or more missing nutrient data.

(F06180514) French Toast Sticks	Total Carbohydrate (g)	
	Recipe	Each - 2pc
French Toast Sticks IW	38.00	38.02
	38.00	38.02

* 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
	7.60	15.66

* Total includes one or more missing nutrient data.



(REC0001) Go-Gurt & Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Yogurt Go-Gurt	7.94	7.94
Cracker Vanilla Bear	20.00	20.00
	27.94	27.94

* Total includes one or more missing nutrient data.

(D3501) Honey Scooters Cereal	Total Carbohydrate (g)	
	Recipe	Each
Cereal Honey Scooters LG	46.00	46.00
	46.00	46.00

* Total includes one or more missing nutrient data.

(D3502) Marshmallow Mateys Cereal	Total Carbohydrate (g)	
	Recipe	Each
Marshmallow Mateys	47.00	47.00
	47.00	47.00

* Total includes one or more missing nutrient data.

(F030914) Mini Cinnamon Rolls	Total Carbohydrate (g)	
	Recipe	Serving
Cinnamon Roll, Mini Cinnis	40.00	40.00
	40.00	40.00

* Total includes one or more missing nutrient data.

(F23101) Mini Maple Waffles	Total Carbohydrate (g)	
	Recipe	Bag
Waffles - IW - Mini Maple	36.00	36.00
	36.00	36.00

* 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	42.00	42.17

* Total includes one or more missing nutrient data.



(F132106060914) Muffin, Breakfast Crumble Zucchini Carrots Pineapple IW	Total Carbohydrate (g)	
	Recipe	Each - 1pc
	42.00	42.17

* Total includes one or more missing nutrient data.

(F2501) Oatmeal Chocolate Chunk Breakfast Bar	Total Carbohydrate (g)	
	Recipe	Bar
Benefit Bar - Oatmeal Chocolate Chunk	47.00	47.00
	47.00	47.00

* 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	27.00	27.00
	27.00	27.00

* Total includes one or more missing nutrient data.

(D180100) Raisins	Total Carbohydrate (g)		
	Recipe	Bag	Each
Raisins	29.00	29.00	29.00
	29.00	29.00	29.00

* Total includes one or more missing nutrient data.

(F021806) Raspberry Breakfast Square	Total Carbohydrate (g)	
	Recipe	Square
Raspberry Breakfast Square WG	36.00	36.00
	36.00	36.00

* 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	0.28	0.28
Sausage Turkey Link - Gluten Free	0.00	0.00

* 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	0.00	0.00
Biscuit Split WG 2.25oz	27.00	27.00
	27.28	27.28

* 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	0.28	0.28
Egg Patty 3.5" Bulk - Sub	1.00	1.00
Potato, Tater Tots RS	11.76	11.76
Tortilla, Whole Wheat Flour 10" - Buy SUB	31.32	31.32
Turkey Taco Filling - USDA	12.19	12.19
	56.55	56.55

* Total includes one or more missing nutrient data.

(REC0003 1) Yogurt Parfait w/Granola	Total Carbohydrate (g)	
	Recipe	Serving
Fruit (1/2 cup)	15.66	15.66
Granola, Bulk	42.77	42.77
Yogurt Vanilla LF- Producers Dairy	0.00	0.00
	58.43	58.43

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