



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.

(REC20010315) 3 Crispy Tacos	Total Carbohydrate (g)	
	Recipe	Serving
Taco - Beef & Cheese Crispups	36.00	36.00
	36.00	36.00

* 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
	0.21	6.07

* 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
	35.00	35.00	70.00

* 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

* Total includes one or more missing nutrient data.



(190101) Bean Salad	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
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
	6182.22	24.24

* 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	297.81	37.23
Pepperoni Pork/Beef Slices	1.52	0.19
	299.32	37.42

* 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
	40.22	40.22

* 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
	25.16	25.16

* 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
	15576.24 *	42.10 *



* 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
	17.00	33.81	50.72	16.91	33.81

* Total includes one or more missing nutrient data.

(REC03080903 2) Buffalo Chicken Sandwich with Coleslaw	Total Carbohydrate (g)	
	Recipe	Serving
Buffalo Wing Sauce	0.15	0.15
Coleslaw Salad	2.62	2.62
Buns Hamburger WG - 144ct	41.80	41.80
Chicken Patty - Breaded	14.97	14.97
	59.54	59.54

* Total includes one or more missing nutrient data.

(REC02211207) Bulgogi Rice Bowl Cold Kit	Total Carbohydrate (g)	
	Recipe	Kit
Gochujang Mayo	3.78	3.78
Cilantro, fresh	0.11	0.11
Cucumber	2.06	2.06
	5.94	5.94

* 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
	37.68	37.68

* Total includes one or more missing nutrient data.



(REC0020) Chicken Caesar Salad with Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.67	5.67
Crackers - Wheat	30.00	30.00
Dressing, Caesar - 1.5oz IW	1.00	1.00
Lettuce, Romaine	29.85	29.85
Chicken, Strips unseasoned	0.00	0.00
	66.52	66.52

* 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
	48.68	48.68

* Total includes one or more missing nutrient data.

(F031501) Chicken Corn Dog	Total Carbohydrate (g)	
	Recipe	Each
Chicken Corn Dog	30.00	30.00
	30.00	30.00

* 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
	52.35	52.35

* Total includes one or more missing nutrient data.



(REC00202 3) Chicken Parmesan Sandwich	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	41.80	1.74
Cheese Shredded Parmesan	22.68	0.94
Marinara Sauce Enhanced Bulk - Sub	65.32	2.72
Sauce - Pesto Mayo Sauce	2.01	0.08
Cheese Mozzarella Shredded Bulk	7.90	0.33
Chicken Patty - Breaded	359.19	14.97
	498.90	20.79

* Total includes one or more missing nutrient data.

(REC000019) Chicken Pesto & Pepper Jack Cheese Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Chicken , diced	0.00	0.00
Bread, Parisian Sourdough Baguette - Par baked	39.00	39.00
Cheese Pepper Jack - USDA	2.00	2.00
Pesto - Basil - Nut Free	1.08	1.08
	42.08	42.08

* Total includes one or more missing nutrient data.

(REC1801130514) Chicken Ramen in Pork Tonkotsu Broth	Total Carbohydrate (g)	
	Recipe	Serving - 1 bowl
Carrots, Shredded	54.32	1.36
Corn, Canned, Drained	207.41	5.19
Onion, Green	9.76	0.24
Noodles, WG Ramen dry	469.79	11.74
Chicken , diced	0.00	0.00
Spinach, Raw	9.88	0.25
Soup, Pork Tonkotsu Style Ramen Base	122.59	3.06
	873.75	21.84

* Total includes one or more missing nutrient data.

(REC19080123) Chicken Shawarma with Tzatziki Sauce	Total Carbohydrate (g)	
	Recipe	Each
Lettuce, Iceberg Shredded	0.84	0.84
Tomatos, Roma	0.38	0.38

* Total includes one or more missing nutrient data.



(REC19080123) Chicken Shawarma with Tzatziki Sauce	Total Carbohydrate (g)	
	Recipe	Each
Tzatziki Sauce	3.37	3.37
Lavash Wrap 8x10	29.84	29.84
Chicken Shawarma Mix	8.46	8.46
Cucumber	1.03	1.03
	43.93	43.93

* 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
	37.70	37.70

* 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
	57.04	57.04

* 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	41.80	41.80
Tomatos, Roma	0.38	0.38
Spicy Signature Sauce	3.46	3.46
Lettuce, Green Leaf #10	0.16	0.16
Pickle chips dill		
Chicken Patty Breaded Crunchy for MS only	19.00	19.00
	64.81 *	64.81 *

* Total includes one or more missing nutrient data.



(REC06091908 2) Crispy Fish Fillet Sandwich with side of Cajun Slaw	Total Carbohydrate (g)	
	Recipe	Serving
Cajun Slaw	3.03	3.03
Fish, WG Breaded Pollock Squares	18.93	18.93
Buns Hamburger WG - 144ct	41.80	41.80
	63.77 *	63.77 *

* 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	3.26	3.26
Fish, WG Breaded Pollock Squares	18.93	18.93
Buns Hamburger WG - 144ct	41.80	41.80
	63.99	63.99

* 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
	8.52	1.02

* 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
	62.56	62.56

* 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.

(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.

(F1910020) Grilled Cheese Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Sandwich Grilled Cheese	41.00	41.00
	41.00	41.00

* Total includes one or more missing nutrient data.

(REC16092626) Hawaiian Pizza	Total Carbohydrate (g)	
	Recipe	Slice
Turkey Ham Smked Slice	0.49	0.49
Pizza 16" Cheese Big Daddy	37.23	37.23
Pineapple chunks	3.37	3.37
	41.09	41.09

* Total includes one or more missing nutrient data.

(D1150) Ketchup Packets	Total Carbohydrate (g)	
	Recipe	Each
Ketchup Packets	3.00	4.00
	3.00	4.00

* 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

* Total includes one or more missing nutrient data.



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

* Total includes one or more missing nutrient data.

(D1300) Marinara Sauce	Total Carbohydrate (g)	
	Recipe	Each
Marinara IW	7.00	7.00
	7.00	7.00

* Total includes one or more missing nutrient data.

(D1303) Mayonnaise Packets	Total Carbohydrate (g)		
	Recipe	Case	Package
Mayonnaise Packets	7.60	0.68	0.68
	7.60	0.68	0.68

* Total includes one or more missing nutrient data.

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

* 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	22.01	22.01
Chicken Drumstick - Pollo Loco	4.11	4.11
Mexican Red Rice	13.91	13.91
	40.03	40.03

* 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
	7.56	7.56

* 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
	5.00	4.17

* 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
	46.00	46.00

* 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	41.80	41.80
Potato, Fries Crinkle - Gluten Free Seasoned	16.80	16.80

* Total includes one or more missing nutrient data.



(REC0013 1) Spicy Chicken Burger with French Fries	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Patty, Spicy	15.00	15.00
	73.61	73.61

* Total includes one or more missing nutrient data.

(REC0021) Spicy Chicken Salad w/Ranch & Crackers	Total Carbohydrate (g)	
	Recipe	Salad
Tomatos, Cherry/Grape	1.65	1.65
Cracker Cheez-Its	14.17	14.17
Chicken Patty, Spicy	15.00	15.00
Homemade Ranch Dressing	2.21	2.21
Lettuce, Romaine	7.46	7.46
Cucumber	6.17	6.17
	46.67	46.67

* 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		
	4788.09 *	42.75 *

* Total includes one or more missing nutrient data.

(REC20211401 1) Tuna Salad on Parisian Bread	Total Carbohydrate (g)	
	Recipe	Sandwich
Tuna Salad	3.54	3.54
Lettuce, Green Leaf #10	0.16	0.16
Bread, Parisian Sourdough Baguette - Par baked	39.00	39.00
	42.71	42.71

* Total includes one or more missing nutrient data.



(190103 1) Turkey & Cheese Sandwich on a Parisian Baguette	Total Carbohydrate (g)	
	Recipe	Sandwich
Cheese American Processed	1.98	1.98
Turkey Breast Slice	4.20	4.20
Bread, Parisian Sourdough Baguette - Par baked	39.00	39.00
	45.17	45.17

* 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
	59.05	59.05

* 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
	61.59	61.59

* 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
	64.61	64.61

* 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
Vegetarian Nuggets, Vegan Soy Morningstar	19.00	19.00
	65.80	65.80

* 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
	63.10	63.10

* 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 Lunch 2024-25)
Nutrients	(Total Carbohydrate)