



## 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	34.01	34.01	68.01
	<b>34.01</b>	<b>34.01</b>	<b>68.01</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 - Blended Oil	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.



(F02211818092015) Bean, Cheese & Rice Burrito IW	Total Carbohydrate (g)	
	Recipe	Burrito - 6.55oz
Bean, Cheese & Rice Burrito IW	44.99	44.99
	<b>44.99</b>	<b>44.99</b>

\* Total includes one or more missing nutrient data.

(REC020505060218) Beef and Broccoli Rice Bowl	Total Carbohydrate (g)	
	Recipe	Bowl
Beef Mix (Beef and Broccoli), sub-recipe	13.25	13.25
Rice, Brown, Prepared Steamed	53.45	53.45
Broccoli - Frozen		
Bell Pepper - Red	1.71	1.71
	<b>68.41 *</b>	<b>68.41 *</b>

\* Total includes one or more missing nutrient data.

(REC0205050603081209) Beef Chili with Tortilla Chips	Total Carbohydrate (g)	
	Recipe	1 serving
Beef Chili - subrecipe	48.33	48.33
Chips Tortilla Rounds	40.50	40.50
	<b>88.83</b>	<b>88.83</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)	1.97	1.97
	<b>26.12</b>	<b>26.12</b>

\* Total includes one or more missing nutrient data.

(REC02050506 3) Beef Stroganoff with Egg Noodles	Total Carbohydrate (g)	
	Recipe	Serving - 13 oz
Sauce, Beef Stroganoff Meat Sauce	5.97	5.97
Egg Noodles with Beef Stroganoff Cream Sauce	48.95	48.95
	<b>54.92</b>	<b>54.92</b>

\* Total includes one or more missing nutrient data.



(F200117) Beef Taquito - Gluten Free	Total Carbohydrate (g)			
	Recipe	Each	Serving, 2 pc	Serving, 3pc, MS
Taquito, Beef Bulk - Gluten Free	27.80	13.90	27.80	41.70
	<b>27.80</b>	<b>13.90</b>	<b>27.80</b>	<b>41.70</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.

(REC0308011401-1) Chana Masala with Rice and Naan	Total Carbohydrate (g)	
	Recipe	1 bowl
Rice, Brown, Prepared Steamed	53.45	53.45
Chana Masala, subrecipe	30.47	30.47
Naan Bread	13.43	13.43
	<b>97.35</b>	<b>97.35</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 & Garlic Toast	Total Carbohydrate (g)	
	Recipe	Serving
Toast Texas - Garlic Bread - IW	14.00	14.00
Cheese Shredded Parmesan	5.67	5.67
Spaghetti Sauce Bulk	1.25	1.25
Tortellini Cheese WG	40.00	40.00
	<b>60.92</b>	<b>60.92</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	510.29	5.67
Chicken , diced	0.00	0.00
Alfredo Sauce RF	765.90	8.51
Milk 1%	128.00	1.42
Penne Dry Pasta	4920.00	54.67
	<b>6324.19</b>	<b>70.27</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	15.24	15.24
Chicken Patty - Breaded	14.97	14.97
	<b>72.01</b>	<b>72.01</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	29.03	29.03

\* Total includes one or more missing nutrient data.



(REC0013) Chicken Nuggets with French Fries	Total Carbohydrate (g)	
	Recipe	Serving
	52.03	52.03

\* Total includes one or more missing nutrient data.

(REC0308090311) Chicken Tikka Masala, Rice & Naan Bread	Total Carbohydrate (g)	
	Recipe	Serving
Rice, Brown, Prepared Steamed	53.45	53.45
Tikka Masala Simmer Sauce	0.16	0.16
Naan Bread	13.43	13.43
Chicken, Strips unseasoned	0.00	0.00
	<b>67.04</b>	<b>67.04</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.

(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 - 1/2 cup	Total Carbohydrate (g)	
	Recipe	Serving - 1/2 cup
Fruit (1/2 cup)	7.60	15.66



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

\* Total includes one or more missing nutrient data.

(REC0308092 8) Greek Lemon Drumstick, Potatoes & Garlic Quinoa	Total Carbohydrate (g)	
	Recipe	Serving
Potatoes, Oven Roasted Medley Frozen	26.27	26.27
Chicken Drumstick - Lemon Greek, sub-recipe	4.44	4.44
Garlic Quinoa	33.35	33.35
	<b>64.06 *</b>	<b>64.06 *</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.

(REC0205050608181901) Harissa Beef Ragu with Couscous	Total Carbohydrate (g)	
	Recipe	1 bowl
Steamed Pearled Couscous	1794.02	57.87
Harissa Beef Ragu	519.64	16.76
Spinach, Raw	16.47	0.53
	<b>2330.12</b>	<b>75.17</b>

\* Total includes one or more missing nutrient data.

(REC0321181825) Japanese Chicken Curry With Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice, Brown, Prepared Steamed	4009.06	16.70
Potatoes, Yukon Creamers	3069.91	12.79
Japanese Curry Sauce, subrecipe	934.40	3.89
Oil - Canola	0.00	0.00
Carrots, Baby Bulk	257.01	1.07
Spice - Salt Kosher	0.00	0.00

\* Total includes one or more missing nutrient data.



(REC0321181825) Japanese Chicken Curry With Rice	Total Carbohydrate (g)	
	Recipe	Serving
Yellow Onion	783.76	3.27
Chicken, Strips unseasoned	0.00	0.00
	<b>9054.14</b>	<b>37.73</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	77.00	77.00
Chicken Mandarin Orange Jr.	19.00	19.00
	<b>96.00</b>	<b>96.00</b>

\* Total includes one or more missing nutrient data.

(REC0041) Salad Bar/ Pack Salad	Total Carbohydrate (g)	
	Recipe	Serving
Tomatos, Cherry/Grape	1.10	1.10
Lettuce, Romaine	1.49	1.49
Cucumber	3.09	3.09
	<b>5.68</b>	<b>5.68</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/Cheez-it Pack	Total Carbohydrate (g)	
	Recipe	Serving
Cracker Cheez-Its	14.17	14.17
Cheese Mozzarella String Light	1.00	1.00
Soybutter & Strawberry Jelly - Wowbutter - 2.4oz	25.00	25.00
	<b>40.17</b>	<b>40.17</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	77.00	77.00
Dumplings - Chicken and Vegetable	31.26	31.26
Sauce, Teriyaki	5.51	5.51

\* Total includes one or more missing nutrient data.



(REC0005) Teriyaki Chicken & Veggie Dumplings w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
	113.77	113.77

\* Total includes one or more missing nutrient data.

(REC2015062120) Teriyaki Tofu Rice Bowl	Total Carbohydrate (g)	
	Recipe	1 bowl
Teriyaki Tofu, subrecipe	1399.91	14.58
Steamed Rice with Furikake	3231.00	33.66
Pineapple Carrot Slaw	303.23	3.16
Broccoli - Frozen		
Sauce, Teriyaki	1058.38	11.02
	<b>5992.53 *</b>	<b>62.42 *</b>

\* Total includes one or more missing nutrient data.

(REC20150621 3) Tofu Tikka Masala with Rice and Naan	Total Carbohydrate (g)	
	Recipe	1 serving
Tofu tossed in Tikka Masala, sub-recipe	4.44	4.44
Rice, Brown, Prepared Steamed	53.45	53.45
Tikka Masala Simmer Sauce	0.12	0.12
Naan Bread	13.43	13.43
	<b>71.45</b>	<b>71.45</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	40.50	40.50
Turkey Taco Filling	0.05	0.05
Cheese Yellow Sauce Pouch	5.00	5.00
Beans, Pinto LS	24.01	24.01

\* Total includes one or more missing nutrient data.



(REC0007 2) Turkey Nachos with Chips	Total Carbohydrate (g)	
	Recipe	Serving
	69.55	69.55

\* 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	15.24	15.24
Veggie Burger Patty Bulk	6.00	6.00
	<b>63.04</b>	<b>63.04</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	15.24	15.24
Crackers - Wheat	30.00	30.00
Vegetarian Nuggets, Vegan Soy Morningstar	19.00	19.00
	<b>64.24</b>	<b>64.24</b>

\* Total includes one or more missing nutrient data.

(REC0005 1) Yogurt/Cheese/Biscuit Pack	Total Carbohydrate (g)	
	Recipe	Serving
Yogurt NF Strawberry Banana GF	15.05	15.05
Belvida Blueberry Biscuits	36.08	36.08
Cheese Mozzarella String Light	1.00	1.00
	<b>52.12</b>	<b>52.12</b>

\* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 2/1/2026, End = 2/28/2026)
Menu Plans	(Elementary Lunch 2025-26)
Nutrients	(Total Carbohydrate)