



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.

(RECF060707 2) 3 Chicken & Veggie Egg Rolls	Total Carbohydrate (g)	
	Recipe	Serving = 3 Each
Egg Roll, Chicken & Veggie - CC	2.11	2.11
	2.11	2.11

* 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.

(REC02021703082423) BBQ Ranch Chicken Cheddar Wrap	Total Carbohydrate (g)	
	Recipe	1 wrap
BBQ Ranch Dressing	982.73	6.14
Spice - Barbecue Seasoning - No MSG	0.00	0.00
Cheese Cheddar Shredded	34.02	0.21
Cabbage Mix / Coleslaw Mix	526.17	3.29
Lavash Wrap 8x10	4774.65	29.84
Chicken , diced	0.00	0.00
	6317.57	39.48

* 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

* Total includes one or more missing nutrient data.



(F16211621 2) Bean and Cheese Pupusa GF	Total Carbohydrate (g)		
	Recipe	Each	Serving 2 each
	34.01	34.01	68.01

* 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
	6182.22	24.24

* 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
	44.99	44.99

* 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
	68.41 *	68.41 *

* Total includes one or more missing nutrient data.



(REC0205050608181901) Beef Harissa Ragu, Couscous & Green Beans	Total Carbohydrate (g)	
	Recipe	1 bowl
Steamed Pearled Couscous	1794.02	57.87
Beans, Green Frozen	8.40	0.27
Harissa Beef Ragu	519.64	16.76
Spinach, Raw	16.47	0.53
	2338.53	75.44

* 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
	26.12	26.12

* 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.

(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, White, 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
	37.69	37.69

* 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	34.84	34.84
Naan Bread	13.43	13.43
	101.73	101.73

* 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
	40.00	40.00

* Total includes one or more missing nutrient data.

(F03080505) Cheezy Mozzarella Bites	Total Carbohydrate (g)	
	Recipe	Each
Cheezy Mozzarella Bites	28.00	28.00
	28.00	28.00

* 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
	6324.19	70.27

* Total includes one or more missing nutrient data.

(REC0020) Chicken Caesar Salad with Crackers (MS)	Total Carbohydrate (g)	
	Recipe	Serving
Cheese Shredded Parmesan	5.67	5.67
Crackers - Wheat	30.00	30.00

* Total includes one or more missing nutrient data.



(REC0020) Chicken Caesar Salad with Crackers (MS)	Total Carbohydrate (g)	
	Recipe	Serving
Dressing, Caesar - 1.5oz IW	1.00	1.00
Lettuce, Romaine	5.97	5.97
Chicken, Strips unseasoned	0.00	0.00
	42.64	42.64

* 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.

(REC00202 3) Chicken Parmesan Sandwich	Total Carbohydrate (g)	
	Recipe	Serving
Buns Hamburger WG - 144ct	961.48	41.80
Cheese Shredded Parmesan	22.68	0.99
Marinara Sauce Enhanced Bulk - Sub	65.32	2.84
Sauce - Pesto Mayo Sauce	54.42	2.37
Cheese Mozzarella Shredded Bulk	7.90	0.34
Chicken Patty - Breaded	344.22	14.97
	1456.03	63.31

* 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.



(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.

(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 - 1/2 cup	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.

(REC020505060725) Ground Beef Gyro Wrap with Tzatziki	Total Carbohydrate (g)	
	Recipe	1 wrap
Spice, Thyme leaves, dried	0.00	0.00
Lettuce, Iceberg Shredded	161.66	0.87
Spice - Garlic Powder	145.46	0.79
Tomatos, Roma	73.56	0.40
Spice - Onion Powder	158.24	0.86
Spice - Salt Kosher	0.00	0.00
Tzatziki Sauce	940.18	5.08
Spice - Oregano leaves	55.14	0.30
Lavash Wrap 8x10	5520.69	29.84
Spice - Paprika Sweet Hungarian	64.79	0.35
Spice - Allspice Ground	28.85	0.16
Water - AP,DRINKING, BEVERAGES,H2O	0.00	0.00
Red Onion	169.46	0.92
Corn Starch	73.02	0.39
Spice - Parsley, dried	20.26	0.11

* Total includes one or more missing nutrient data.



(REC020505060725) Ground Beef Gyro Wrap with Tzatziki	Total Carbohydrate (g)	
	Recipe	1 wrap
Beef Crumble w/spp	1133.98	6.13
Dill, dried	44.66	0.24
Oil - Blended Oil	0.00	0.00
Spice - Cumin Ground	35.39	0.19
	8625.32	46.62

* 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.

(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	packet
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	77.00	77.00
Chicken Mandarin Orange Jr.	19.00	19.00
	96.00	96.00

* Total includes one or more missing nutrient data.

(R1609262601 2) Pizza - Beef Pepperoni Fresh	Total Carbohydrate (g)	
	Recipe	Slice=1
Pizza - Beef Pepperoni Fresh	37.01	37.01
	37.01	37.01

* Total includes one or more missing nutrient data.

(R1609262601) Pizza - Cheese Fresh	Total Carbohydrate (g)	
	Recipe	Slice=1
Pizza - Cheese Fresh	36.01	39.32
	36.01	39.32

* Total includes one or more missing nutrient data.

(REC030809 8 2) Pollo Loco Chicken Drumstick w/ Cilantro Rice & Corn	Total Carbohydrate (g)	
	Recipe	Serving
Cilantro Lime Rice (cilantro puree)	47.30	47.30
Corn, Canned, Drained	41.48	41.48
Chicken Drumstick - Pollo Loco	1.53	1.53
	90.31	90.31

* Total includes one or more missing nutrient data.

(REC1901120104 2) Salad - Southwest Fiesta Chicken	Total Carbohydrate (g)	
	Recipe	Salad
Corn, Flame Roasted Sweet Cut	8.03	8.03
Black Beans Seasoned, subrecipe	6.72	6.72
Chicken diced w/ Fajita Seasoning	0.11	0.11
Cheese Cheddar Shredded	0.28	0.28
Chips Tortilla Rounds	40.50	40.50

* Total includes one or more missing nutrient data.



(REC1901120104 2) Salad - Southwest Fiesta Chicken	Total Carbohydrate (g)	
	Recipe	Salad
Tomatos, Cherry/Grape	1.10	1.10
Lettuce, Romaine	5.97	5.97
Chipotle Ranch Dressing	1.83	1.83
	64.55	64.55

* 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
	5.68	5.68

* 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
	40.17	40.17

* 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	15.24	15.24
Chicken Patty, Spicy	15.00	15.00
	72.04	72.04

* 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

* Total includes one or more missing nutrient data.



(REC0005) Teriyaki Chicken & Veggie Dumplings w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Dumplings - Chicken and Vegetable	31.26	31.26
Sauce, Teriyaki	5.51	5.51
	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	1223.52	20.39
Rice, Brown, Prepared Steamed	3207.24	53.45
Pineapple Carrot Slaw	189.52	3.16
Broccoli - Frozen		
Sauce, Teriyaki	661.49	11.02
	5281.77 *	88.03 *

* 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	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
	69.55	69.55

* Total includes one or more missing nutrient data.



(REC160119) Vegetarian Florentine Pasta	Total Carbohydrate (g)	
	Recipe	Serving - 1 cup
Cheese Shredded Parmesan	1088.62	5.67
Alfredo Sauce RF	1148.85	5.98
Spinach, Raw	61.75	0.32
Penne Dry Pasta	6560.00	34.17
Spaghetti Sauce Bulk	1571.70	8.19
	10430.91	54.33

* 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
	63.04	63.04

* 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
	64.24	64.24

* 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
	52.12	52.12

* Total includes one or more missing nutrient data.

**FILTERS**

Name(s)	Value(s)
Date Range	(Start = 4/1/2026, End = 4/30/2026)
Menu Plans	(MS Lunch 2025-26)
Nutrients	(Total Carbohydrate)