



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.

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

\* Total includes one or more missing nutrient data.

(D0116161205) Applesauce Cup	Total Carbohydrate (g)	
	Recipe	Cup
Applesauce Unsweetened Cups - USDA	14.00	14.00
	<b>14.00</b>	<b>14.00</b>

\* 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
	<b>46.60</b>	<b>46.60</b>

\* Total includes one or more missing nutrient data.

(F21800) Banana Bread	Total Carbohydrate (g)	
	Recipe	Each
Bread Banana IW Integrated	50.51	50.51
	<b>50.51</b>	<b>50.51</b>

\* Total includes one or more missing nutrient data.





(F16100) Confetti Mini Pancakes	Total Carbohydrate (g)	
	Recipe	Bag
Pancakes, Confetti IW	36.00	36.00
	<b>36.00</b>	<b>36.00</b>

\* Total includes one or more missing nutrient data.

(REC0024) 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	10.50	10.50
Salsa Bulk	1.96	1.96
Tortilla, Whole Wheat Flour 10" - Do not buy	31.32	31.32
	<b>45.06</b>	<b>45.06</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.

(F2501 1) French Toast Breakfast Bar	Total Carbohydrate (g)	
	Recipe	Bar
Benefit Bar - French Toast	47.00	47.00
	<b>47.00</b>	<b>47.00</b>

\* Total includes one or more missing nutrient data.

(F06180514) French Toast Sticks	Total Carbohydrate (g)	
	Recipe	Each - 2pc
French Toast Sticks IW	38.00	38.03
	<b>38.00</b>	<b>38.03</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
	<b>7.60</b>	<b>15.66</b>

\* 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
	<b>27.94</b>	<b>27.94</b>

\* Total includes one or more missing nutrient data.

(D3501) Honey Scooters Cereal	Total Carbohydrate (g)	
	Recipe	Each
Cereal Honey Scooters LG	44.00	44.55
	<b>44.00</b>	<b>44.55</b>

\* 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
	<b>40.00</b>	<b>40.00</b>

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

\* Total includes one or more missing nutrient data.

(REC13210606 4) Muffin, Banana Chocolate Chip	Total Carbohydrate (g)	
	Recipe	Muffin , 1 serving
Fruit, Banana Slices Frozen	1040.13	10.10
Spice - Salt Kosher	0.00	0.00

\* Total includes one or more missing nutrient data.



(REC13210606 4) Muffin, Banana Chocolate Chip	Total Carbohydrate (g)	
	Recipe	Muffin , 1 serving
Vanilla Extract	6.32	0.06
Sugar, brown light	825.00	8.01
Flour - Whole Wheat	1120.00	10.87
Egg, Liquid Pasteurized, Whole Frozen	0.00	0.00
Chocolate Chips - Mini	462.86	4.49
Butter, Unsalted	0.66	0.01
Baking Soda	0.00	0.00
Baking Powder	20.50	0.20
Flour , Dry All Purpose	1129.33	10.96
	<b>4604.80</b>	<b>44.71</b>

\* Total includes one or more missing nutrient data.

(F2501) Oatmeal Chocolate Chunk Breakfast Bar	Total Carbohydrate (g)	
	Recipe	Bar
Benefit Bar - Oatmeal Chocolate Chunk	46.00	46.00
	<b>46.00</b>	<b>46.00</b>

\* 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
	<b>27.00</b>	<b>27.00</b>

\* Total includes one or more missing nutrient data.

(D180100) Raisins	Total Carbohydrate (g)		
	Recipe	Bag	Each
Raisins	29.00	29.00	29.00
	<b>29.00</b>	<b>29.00</b>	<b>29.00</b>

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



\* Total includes one or more missing nutrient data.

(F192001230205181825) Strawberry Stick	Total Carbohydrate (g)	
	Recipe	Each - 2 g
Strawberry Stick	34.00	34.00
	<b>34.00</b>	<b>34.00</b>

\* Total includes one or more missing nutrient data.

(REC050707 3) Turkey Bacon and Cheddar Egg Bites	Total Carbohydrate (g)	
	Recipe	Each
Oil - Canola	0.00	0.00
Spice - Garlic Powder	0.36	0.01
Cheese Cheddar Shredded	1.81	0.06
Potato, Tater Tots RS	177.81	5.56
Turkey Bacon	10.00	0.31
Spice - Salt Kosher	0.00	0.00
Spice - Paprika Sweet Hungarian	0.27	0.01
Spice - Pepper, black ground	0.00	0.00
Milk 1%	9.60	0.30
Egg, Liquid Pasteurized, Whole Frozen	0.00	0.00
	<b>199.86</b>	<b>6.25</b>

\* 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	10.50	10.50
Tortilla, Whole Wheat Flour 10" - Do not buy	31.32	31.32
Turkey Taco Filling - USDA	12.19	12.19
	<b>55.30</b>	<b>55.30</b>

\* 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

\* Total includes one or more missing nutrient data.

