



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.

(D030518050112) Cereal - Cocoa Puffs - RS	Total Carbohydrate (g)	
	Recipe	Serving - 2oz
Cereal - Cocoa Puffs - RS	47.00	47.00
	47.00	47.00

* Total includes one or more missing nutrient data.



(F23010606) Chocolate Chip Waffle	Total Carbohydrate (g)	
	Recipe	Each
Waffle - Chocolate Chip WG IW	36.00	36.00
	36.00	36.00

* Total includes one or more missing nutrient data.

(D3504) Cinnamon Toasters Cereal	Total Carbohydrate (g)	
	Recipe	Each
Cinnamon Toasters	43.00	43.54
	43.00	43.54

* 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.

(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	38.03
	38.00	38.03

* 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.

(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	44.00	44.55
	44.00	44.55

* 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.

(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
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

* Total includes one or more missing nutrient data.



(REC13210606 4) Muffin, Banana Chocolate Chip	Total Carbohydrate (g)	
	Recipe	Muffin , 1 serving
Baking Powder	20.50	0.20
Flour , Dry All Purpose	1129.33	10.96
	4604.80	44.71

* 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
	46.00	46.00

* 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.

(F192001230205181825) Strawberry Stick	Total Carbohydrate (g)	
	Recipe	Each - 2 g
Strawberry Stick	34.00	34.00
	34.00	34.00

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 6/1/2026, End = 6/11/2026)
Menu Plans	(Elementary Breakfast 2025-26)
Nutrients	(Total Carbohydrate)