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 IW	2.14	2.14
Bagel IW - 3oz	44.60	44.60
	46.74	**46.74**

* Total includes one or more missing nutrient data.

(REC13210606 4) Banana Chocolate Chip Muffin	Total Carbohydrate (g)	
	Recipe	Muffin , 1 serving
Vanilla Extract	0.00	0.00
Baking Powder	20.50	0.20
Chocolate Chips - Mini	480.02	4.66
Fruit, Banana Slices Frozen	1040.13	10.10
Spice - Salt Kosher	0.00	0.00
Sugar, brown light	825.00	8.01

* Total includes one or more missing nutrient data.

(REC13210606 4) Banana Chocolate Chip Muffin	Total Carbohydrate (g)	
	Recipe	Muffin , 1 serving
Flour - Whole Wheat	1120.00	10.87
Egg, Liquid Pasteurized, Whole Frozen	0.00	0.00
Butter, Unsalted	0.00	0.00
Baking Soda	0.00	0.00
Flour , Dry All Purpose	1180.72	11.46
	4666.37	**45.30**

* Total includes one or more missing nutrient data.

(F19100201) Breakfast Chicken Sandwich on Biscuit	Total Carbohydrate (g)	
	Recipe	Sandwich
Breakfast Chicken Sandwich on Biscuit	35.00	35.00
	35.00	**35.00**

* Total includes one or more missing nutrient data.

(REC02190115) Breakfast Snack n' Rounds - Chocolate Chip	Total Carbohydrate (g)	
	Recipe	Muffin , 1 serving
Breakfast Snack n' Rounds-Chocolate chip	38.00	38.00
	38.00	**38.00**

* Total includes one or more missing nutrient data.

(REC02190116) Breakfast Snack n' Rounds - Cinnamon	Total Carbohydrate (g)	
	Recipe	Muffin , 1 serving
Breakfast Snack n' Rounds-Cinnamon	39.00	39.00
	39.00	**39.00**

* Total includes one or more missing nutrient data.

(Copy of F031815 03) Chicken Sausage and Cheese on a Croissant	Total Carbohydrate (g)	
	Recipe	empenada
Croissant - Chicken Sausage and Cheese	18.00	18.00
	18.00	**18.00**

* 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.

(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.

(F031815 02) Mozzarella and American Cheese on a Croissant	Total Carbohydrate (g)	
	Recipe	Sandwich
Croissant - Mozz American Cheese IW	29.02	29.02
	29.02	**29.02**

* 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
	27.00	**27.00**

* 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.

(D030518050112) Reduced Sugar Cocoa Puffs Cereal	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.

(F192001230205181825 1) 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.

(F31001) Turkey Sausage Breakfast Pizza	Total Carbohydrate (g)	
	Recipe	Each
Breakfast pizza turkey sausage	22.00	22.00
	22.00	**22.00**

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	**Value(s)**
Date Range	(Start = 8/1/2026, End = 8/31/2026)
Menu Plans	(Elementary Breakfast 2026-27)
Nutrients	(Total Carbohydrate)