



## 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.

| (REC03080901040215)<br>Adobo Chicken Drumstick<br>with Potatoes and Steamed<br>Rice | Total Carbohydrate (g) |              |
|-------------------------------------------------------------------------------------|------------------------|--------------|
|                                                                                     | Recipe                 | 1 serving    |
| Adobo Sauce, Chicken<br>Drumstick, sub-recipe                                       | 15.57                  | 15.57        |
| Potatoes, Oven Roasted<br>Medley Frozen                                             | 16.42                  | 16.42        |
| Rice, Brown, Prepared<br>Steamed                                                    | 53.45                  | 53.45        |
| Chicken, Ov Roasted<br>Drumsticks                                                   | 3.00                   | 3.00         |
|                                                                                     | <b>88.44</b>           | <b>88.44</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.

| (REC0006 1) BBQ Chicken<br>Meatballs & Mash Potato &<br>Garlic Toast | Total Carbohydrate (g) |              |
|----------------------------------------------------------------------|------------------------|--------------|
|                                                                      | Recipe                 | Serving      |
| Toast Texas - Garlic Bread -<br>IW                                   | 14.00                  | 14.00        |
| Chicken Meatballs                                                    | 6.00                   | 6.00         |
| Potatoes, Mashed Homestyle                                           | 18.62                  | 18.62        |
| BBQ Sauce Bulk                                                       | 2.00                   | 2.00         |
|                                                                      | <b>40.62</b>           | <b>40.62</b> |

\* Total includes one or more missing nutrient data.



| (REC02021703082423) BBQ Ranch Chicken Cheddar Wrap | Total Carbohydrate (g) |              |
|----------------------------------------------------|------------------------|--------------|
|                                                    | Recipe                 | 1 wrap       |
| Lavash Wrap 8x10 1                                 | 24.87                  | 0.16         |
| BBQ Ranch Dressing, subrecipe                      | 754.18                 | 4.71         |
| BBQ Sauce Bulk - Gayles                            | 879.61                 | 5.50         |
| Cheese Cheddar Shredded                            | 34.02                  | 0.21         |
| Cabbage Mix / Coleslaw Mix                         | 526.17                 | 3.29         |
| Chicken , diced                                    | 0.00                   | 0.00         |
|                                                    | <b>2218.85</b>         | <b>13.87</b> |

\* Total includes one or more missing nutrient data.

| (F16211621 2) Bean and Cheese Pupusa | 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.

| (REC02050114172119) Bean and Cheese Quesadilla | Total Carbohydrate (g) |              |
|------------------------------------------------|------------------------|--------------|
|                                                | Recipe                 | 1 quesadilla |
| Tortilla, Whole Wheat Flour 10"                | 2310.13                | 35.00        |
| Cream Cheese - Bulk                            | 142.50                 | 2.16         |
| Beans - Refried Bayo Bulk                      | 404.75                 | 6.13         |
| Cheese Cheddar Shredded                        | 17.24                  | 0.26         |
| Cheese Mozzarella Shredded Bulk                | 60.80                  | 0.92         |
|                                                | <b>2935.42</b>         | <b>44.48</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           | 1298.18                | 5.09              |
| Vinegar - Red Wine    | 1.38                   | 0.01              |
| Vinegar - Rice        | 0.00                   | 0.00              |
| Red Onion             | 84.73                  | 0.33              |

\* Total includes one or more missing nutrient data.



| (190101) Bean Salad      | Total Carbohydrate (g) |                   |
|--------------------------|------------------------|-------------------|
|                          | Recipe                 | Serving - 1/2 cup |
| Beans, Garbanzo          | 1252.46                | 4.91              |
| Oil - Blended Oil        | 0.00                   | 0.00              |
| Salt, Granulated Iodized | 0.00                   | 0.00              |
|                          | <b>5520.89</b>         | <b>21.65</b>      |

\* Total includes one or more missing nutrient data.

| (F02211818092015) Bean, Cheese & Rice Burrito | 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.

| (F0801131) Beef 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.

| (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.

| (REC02050506161225) Beef Philly Cheesesteak Sandwich | Total Carbohydrate (g) |          |
|------------------------------------------------------|------------------------|----------|
|                                                      | Recipe                 | Sandwich |
| Peppers and Onions IQF                               | 960.00                 | 3.56     |
| Cream Cheese - Bulk                                  | 323.86                 | 1.20     |
| Oil - Canola                                         | 0.00                   | 0.00     |
| Spice - Onion Powder                                 | 221.54                 | 0.82     |
| Spice - Salt Kosher                                  | 0.00                   | 0.00     |
| Spice - Paprika Sweet Hungarian                      | 64.79                  | 0.24     |

\* Total includes one or more missing nutrient data.



| (REC02050506161225) Beef Philly Cheesesteak Sandwich | Total Carbohydrate (g) |              |
|------------------------------------------------------|------------------------|--------------|
|                                                      | Recipe                 | Sandwich     |
| Spice - Pepper, black ground                         | 51.16                  | 0.19         |
| Beef Bouillon Roasted RS Organic                     | 66.67                  | 0.25         |
| Garlic, Raw                                          | 132.24                 | 0.49         |
| Cheese Mozzarella Shredded Bulk                      | 160.00                 | 0.59         |
| Water - AP,DRINKING, BEVERAGES,H2O                   | 0.00                   | 0.00         |
| Worcestershire Sauce                                 | 103.38                 | 0.38         |
| Bread, Parisian Sourdough Baguette - Par baked       | 10530.01               | 39.00        |
| Beef Crumble w/spp                                   | 1133.98                | 4.20         |
|                                                      | <b>13747.62</b>        | <b>50.92</b> |

\* Total includes one or more missing nutrient data.

| (REC02050506 3-1) Beef Stroganoff with Rotini Pasta | Total Carbohydrate (g) |                 |
|-----------------------------------------------------|------------------------|-----------------|
|                                                     | Recipe                 | Serving - 13 oz |
| Rotini with Beef Stroganoff Cream Sauce             | 22.55                  | 22.55           |
| Sauce, Beef Stroganoff Meat Sauce                   | 21.00                  | 21.00           |
|                                                     | <b>43.55</b>           | <b>43.55</b>    |

\* Total includes one or more missing nutrient data.

| (REC03080903 2) Buffalo Chicken Sandwich with Coleslaw | Total Carbohydrate (g) |              |
|--------------------------------------------------------|------------------------|--------------|
|                                                        | Recipe                 | Serving      |
| Buffalo Wing Sauce                                     | 0.14                   | 0.14         |
| Coleslaw Salad                                         | 1.99                   | 1.99         |
| Buns Hamburger WG - 144ct                              | 41.80                  | 41.80        |
| Chicken Patty - Breaded                                | 14.97                  | 14.97        |
|                                                        | <b>58.91</b>           | <b>58.91</b> |

\* Total includes one or more missing nutrient data.

| (REC13012515) Bulgogi Gochujang Mayo Kit | Total Carbohydrate (g) |             |
|------------------------------------------|------------------------|-------------|
|                                          | Recipe                 | Kit         |
| Gochujang Mayo                           | 1.79                   | 1.79        |
| Cilantro, fresh                          | 0.04                   | 0.04        |
| Cucumber                                 | 2.06                   | 2.06        |
|                                          | <b>3.89</b>            | <b>3.89</b> |

\* Total includes one or more missing nutrient data.



| (F3800) Cheese Breadstick  | 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.

| (REC20151820) Cheese Tortellini with Spaghetti Sauce & Garlic Toast | Total Carbohydrate (g) |              |
|---------------------------------------------------------------------|------------------------|--------------|
|                                                                     | Recipe                 | Serving      |
| Spaghetti Sauce Bulk                                                | 1.25                   | 1.25         |
| Toast Texas - Garlic Bread - IW                                     | 14.00                  | 14.00        |
| Cheese Shredded Parmesan                                            | 5.67                   | 5.67         |
| Tortellini Cheese WG                                                | 40.00                  | 40.00        |
|                                                                     | <b>60.92</b>           | <b>60.92</b> |

\* Total includes one or more missing nutrient data.

| (REC190103 1 1 2) Chicken Bruschetta Sandwich on a Parisian Baguette | Total Carbohydrate (g) |              |
|----------------------------------------------------------------------|------------------------|--------------|
|                                                                      | Recipe                 | Sandwich     |
| Spice, Basil, dried                                                  | 32.55                  | 0.12         |
| Tomatos, Roma                                                        | 103.44                 | 0.38         |
| Chicken , diced                                                      | 0.00                   | 0.00         |
| Spice - Pepper, black ground                                         | 17.91                  | 0.07         |
| Lettuce, Green Leaf #10                                              | 87.87                  | 0.33         |
| Garlic, Raw                                                          | 187.45                 | 0.69         |
| Bread, Parisian Sourdough Baguette - Par baked                       | 10530.01               | 39.00        |
| Oregano, dried                                                       | 25.14                  | 0.09         |
| Oil - Blended Oil                                                    | 0.00                   | 0.00         |
| Salt, Granlated Iodized                                              | 0.00                   | 0.00         |
|                                                                      | <b>10984.36</b>        | <b>40.68</b> |

\* Total includes one or more missing nutrient data.

| (REC0020) Chicken Caesar Salad with Crackers | Total Carbohydrate (g) |         |
|----------------------------------------------|------------------------|---------|
|                                              | Recipe                 | Serving |
| Cheese Shredded Parmesan                     | 5.67                   | 5.67    |
| Crackers - Wheat                             | 30.00                  | 30.00   |
| Dressing, Caesar - 1.5oz IW                  | 1.00                   | 1.00    |
| Lettuce, Romaine                             | 5.97                   | 5.97    |

\* Total includes one or more missing nutrient data.



| (REC0020) Chicken Caesar Salad with Crackers | Total Carbohydrate (g) |              |
|----------------------------------------------|------------------------|--------------|
|                                              | Recipe                 | Serving      |
| Chicken, Strips unseasoned                   | 0.00                   | 0.00         |
|                                              | <b>42.64</b>           | <b>42.64</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        |
|                                              | <b>52.03</b>           | <b>52.03</b> |

\* 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.

| (REC03080924) Chicken Tinga Rice Bowl | Total Carbohydrate (g) |              |
|---------------------------------------|------------------------|--------------|
|                                       | Recipe                 | 1 bowl       |
| Rice, Brown, Prepared Steamed         | 53.45                  | 53.45        |
| Tinga Chicken, sub recipe             | 11.89                  | 11.89        |
|                                       | <b>65.34</b>           | <b>65.34</b> |

\* Total includes one or more missing nutrient data.



| (REC03230225) Cowboy Burger         | Total Carbohydrate (g) |              |
|-------------------------------------|------------------------|--------------|
|                                     | Recipe                 | 1 burger     |
| Cheese Provolone                    | 0.00                   | 0.00         |
| Roasted Sliced Mushrooms, subrecipe | 72.29                  | 3.01         |
| Onion Rings - WG                    | 287.99                 | 12.00        |
| BBQ Sauce Bulk - Gayles             | 82.46                  | 3.44         |
| Buns Hamburger WG - 144ct           | 1003.28                | 41.80        |
| Beef Patty USDA                     | 20.96                  | 0.87         |
|                                     | <b>1466.99</b>         | <b>61.12</b> |

\* 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                                            | 0.74                   | 0.74           |
| Lettuce, Green Leaf #10                                          | 0.16                   | 0.16           |
| Pickle chips dill                                                |                        |                |
| Chicken Patty Breaded Crunchy for MS only                        | 19.00                  | 19.00          |
|                                                                  | <b>62.09 *</b>         | <b>62.09 *</b> |

\* Total includes one or more missing nutrient data.

| (D41800 1) Dressing, Buttermilk Ranch, 12 g | Total Carbohydrate (g) |             |
|---------------------------------------------|------------------------|-------------|
|                                             | Recipe                 | Package     |
| Dressing, Buttermilk Ranch, 12 g            | 5.96                   | 0.72        |
|                                             | <b>5.96</b>            | <b>0.72</b> |

\* Total includes one or more missing nutrient data.

| (D41800) Dressing, Buttermilk Ranch, 12 g SUB | Total Carbohydrate (g) |             |
|-----------------------------------------------|------------------------|-------------|
|                                               | Recipe                 | Package     |
| Dressing, Buttermilk Ranch, 12 g SUB          | 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.

| (R1609262601) Fresh Cheese Pizza Slice | Total Carbohydrate (g) |              |
|----------------------------------------|------------------------|--------------|
|                                        | Recipe                 | Slice=1      |
| Pizza - Cheese Fresh                   | 36.01                  | 39.32        |
|                                        | <b>36.01</b>           | <b>39.32</b> |

\* Total includes one or more missing nutrient data.

| (R1609262601 2) Fresh Pizza Pepperoni Pizza Slice | Total Carbohydrate (g) |              |
|---------------------------------------------------|------------------------|--------------|
|                                                   | Recipe                 | Slice=1      |
| Pizza - Beef Pepperoni Fresh                      | 37.01                  | 37.01        |
|                                                   | <b>37.01</b>           | <b>37.01</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.

| (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.

| (REC020505060725) Ground Beef Gyro Wrap with Tzatziki | Total Carbohydrate (g) |        |
|-------------------------------------------------------|------------------------|--------|
|                                                       | Recipe                 | 1 wrap |
| Lavash Wrap 8x10 1                                    | 4600.61                | 24.87  |
| Spice, Thyme leaves, dried                            | 4.89                   | 0.03   |
| Lettuce, Iceberg Shredded                             | 161.66                 | 0.87   |

\* Total includes one or more missing nutrient data.



| (REC020505060725) Ground Beef Gyro Wrap with Tzatziki | Total Carbohydrate (g) |              |
|-------------------------------------------------------|------------------------|--------------|
|                                                       | Recipe                 | 1 wrap       |
| 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                                        | 549.13                 | 2.97         |
| Spice - Oregano leaves                                | 55.14                  | 0.30         |
| 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                                           | 910.00                 | 4.92         |
| Spice - Parsley, dried                                | 20.26                  | 0.11         |
| 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         |
|                                                       | <b>8156.07</b>         | <b>44.09</b> |

\* Total includes one or more missing nutrient data.

| (REC16092626) Hawaiian Pizza | Total Carbohydrate (g) |              |
|------------------------------|------------------------|--------------|
|                              | Recipe                 | Slice        |
| Pineapple chunks             | 3.97                   | 3.97         |
| Turkey Ham Smked Slice       | 0.49                   | 0.49         |
| Pizza 16" Cheese Big Daddy   | 37.23                  | 37.23        |
|                              | <b>41.68</b>           | <b>41.68</b> |

\* Total includes one or more missing nutrient data.

| (Copy of REC0020 1) Hummus, Cucumber and Pita Chips | Total Carbohydrate (g) |              |
|-----------------------------------------------------|------------------------|--------------|
|                                                     | Recipe                 | Serving      |
| Hummus                                              | 30.86                  | 30.86        |
| Cucumber                                            | 5.15                   | 5.15         |
| Snack - Pita Chips                                  | 27.98                  | 27.98        |
|                                                     | <b>63.99</b>           | <b>63.99</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 Pasta | Total Carbohydrate (g) |                    |
|-------------------------------------|------------------------|--------------------|
|                                     | Recipe                 | Serving(s) - 1 cup |
| Cheese Cheddar Shredded             | 10.21                  | 0.28               |
| Alfredo Sauce RF                    | 191.47                 | 5.32               |
| Pasta - Elbow Dry WG                | 1640.00                | 45.56              |
| Cheese Yellow Sauce Pouch           | 176.67                 | 4.91               |
|                                     | <b>2018.35</b>         | <b>56.07</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.

| (D1303 1) Mayonnaise Packets | Total Carbohydrate (g) |             |             |
|------------------------------|------------------------|-------------|-------------|
|                              | Recipe                 | Case        | packet      |
| Mayonnaise Packets           | 7.60                   | 0.68        | 0.68        |
|                              | <b>7.60</b>            | <b>0.68</b> | <b>0.68</b> |

\* Total includes one or more missing nutrient data.

| (D1303) Mayonnaise Packets SUB | Total Carbohydrate (g) |             |             |
|--------------------------------|------------------------|-------------|-------------|
|                                | Recipe                 | Case        | packet      |
| Mayonnaise Packets SUB         | 7.60                   | 0.68        | 0.68        |
|                                | <b>7.60</b>            | <b>0.68</b> | <b>0.68</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.

| (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.

| (REC-200) Smoked Turkey & Cheese Sandwich on a Parisian Roll | Total Carbohydrate (g) |              |
|--------------------------------------------------------------|------------------------|--------------|
|                                                              | Recipe                 | Sandwich     |
| Turkey Ham Smked Slice                                       | 3.00                   | 3.00         |
| Cheese American Processed - USDA                             | 1.98                   | 1.98         |
| Bread, Parisian Sourdough Baguette - Par baked               | 39.00                  | 39.00        |
|                                                              | <b>43.98</b>           | <b>43.98</b> |

\* Total includes one or more missing nutrient data.

| (REC1901120104 2) Southwest Fiesta Chicken Salad | Total Carbohydrate (g) |              |
|--------------------------------------------------|------------------------|--------------|
|                                                  | Recipe                 | Salad        |
| Chips Tortilla Rounds                            | 38.48                  | 38.48        |
| Corn, Flame Roasted Sweet Cut                    | 8.03                   | 8.03         |
| Black Beans Seasoned, subrecipe                  | 12.73                  | 12.73        |
| Chicken diced w/ Fajita Seasoning                | 0.11                   | 0.11         |
| Cheese Cheddar Shredded                          | 0.28                   | 0.28         |
| Tomatos, Cherry/Grape                            | 1.10                   | 1.10         |
| Lettuce, Romaine                                 | 5.97                   | 5.97         |
| Chipotle Ranch Dressing                          | 1.30                   | 1.30         |
|                                                  | <b>67.99</b>           | <b>67.99</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- Sub                 | 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.

| (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        |
|                                                    | <b>72.04</b>           | <b>72.04</b> |

\* Total includes one or more missing nutrient data.

| (REC0021) Spicy Chicken Salad w/Ranch & Crackers | Total Carbohydrate (g) |              |
|--------------------------------------------------|------------------------|--------------|
|                                                  | Recipe                 | Salad        |
| Tomatos, Cherry/Grape                            | 1.65                   | 1.65         |
| Cracker Cheez-Its                                | 14.17                  | 14.17        |
| Chicken Patty, Spicy                             | 15.00                  | 15.00        |
| Homemade Ranch Dressing                          | 0.85                   | 0.85         |
| Lettuce, Romaine                                 | 1.49                   | 1.49         |
| Cucumber                                         | 6.17                   | 6.17         |
|                                                  | <b>39.35</b>           | <b>39.35</b> |

\* Total includes one or more missing nutrient data.

| (REC190112010419) Spinach, Apple & Chicken Salad & Crackers | Total Carbohydrate (g) |                |
|-------------------------------------------------------------|------------------------|----------------|
|                                                             | Recipe                 | salad          |
| Dressing Italian 1.5 oz                                     | 1.00                   | 1.00           |
| Apple Slices, Canned                                        |                        |                |
| Carrots, Shredded                                           | 2.04                   | 2.04           |
| Cracker Cheez-Its                                           | 14.17                  | 14.17          |
| Spinach, Raw                                                | 2.06                   | 2.06           |
| Chicken, Strips unseasoned                                  |                        |                |
|                                                             | <b>19.27 *</b>         | <b>19.27 *</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          |
|                                                                   | <b>113.77</b>          | <b>113.77</b> |

\* Total includes one or more missing nutrient data.

| (REC0007 2) Turkey Nachos with Chips | Total Carbohydrate (g) |              |
|--------------------------------------|------------------------|--------------|
|                                      | Recipe                 | Serving      |
| Chips Tortilla Rounds                | 38.48                  | 38.48        |
| Turkey Taco Filling                  | 0.07                   | 0.07         |
| Cheese Yellow Sauce Pouch            | 5.00                   | 5.00         |
| Beans, Pinto LS                      | 24.01                  | 24.01        |
|                                      | <b>67.55</b>           | <b>67.55</b> |

\* Total includes one or more missing nutrient data.

| (REC160119) Vegetarian Florentine Pasta | Total Carbohydrate (g) |                 |
|-----------------------------------------|------------------------|-----------------|
|                                         | Recipe                 | Serving - 1 cup |
| Spaghetti Sauce Bulk                    | 1571.70                | 8.19            |
| 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           |
|                                         | <b>10430.91</b>        | <b>54.33</b>    |

\* 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.



| (REC0005 1)<br>Yogurt/Cheese/Biscuit Pack | Total Carbohydrate (g) |              |
|-------------------------------------------|------------------------|--------------|
|                                           | Recipe                 | Serving      |
| Cheese Mozzarella String RF               | 0.00                   | 0.00         |
| Yogurt NF Strawberry Banana Upstate       | 15.05                  | 15.05        |
| Belvida Blueberry Biscuits                | 36.08                  | 36.08        |
|                                           | <b>51.12</b>           | <b>51.12</b> |

\* 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 | (MS Lunch 2026-27)                  |
| Nutrients  | (Total Carbohydrate)                |