



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.

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

* 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.

(REC0006 1) BBQ Chicken Meatballs & Mash Potato & Garlic Toast	Total Carbohydrate (g)	
	Recipe	Serving
Toast Texas - Garlic Bread - 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
	40.62	40.62

* 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
	34.01	34.01	68.01

* 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
	2935.42	44.48

* 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
Beans, Garbanzo	1252.46	4.91
Oil - Blended Oil	0.00	0.00
Salt, Granulated Iodized	0.00	0.00
	5520.89	21.65

* 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
	44.99	44.99

* 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
	43.55	43.55

* Total includes one or more missing nutrient data.

(F200117) Beef Taquito	Total Carbohydrate (g)			
	Recipe	Each	Serving, 2 pc	Serving, 3pc, MS
Taquito, Beef Bulk - Gluten Free	32.00	16.02	32.03	48.05
	32.00	16.02	32.03	48.05

* Total includes one or more missing nutrient data.

(REC20150621 4 1) Butter Tofu with Rice and Naan	Total Carbohydrate (g)	
	Recipe	1 serving
Tofu tossed in Butter Sauce, sub-recipe	5.30	5.30
Rice, Brown, Prepared Steamed	53.45	53.45
Butter Simmer Sauce	0.11	0.11
Naan Bread	13.43	13.43
	72.29	72.29

* 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
	17.00	33.81	50.72	16.91	33.81

* Total includes one or more missing nutrient data.

(REC190103 4) Cheese Enchiladas in Chile Verde Sauce	Total Carbohydrate (g)	
	Recipe	Serving - 2 ench
Sauce, Enchilada Green (Chile Verde)	2.44	2.44
Corn enchilada bulk	24.46	24.46

* Total includes one or more missing nutrient data.



(REC190103 4) Cheese Enchiladas in Chile Verde Sauce	Total Carbohydrate (g)	
	Recipe	Serving - 2 ench
Cheese Mozzarella Shredded Bulk	1.00	1.00
	27.90	27.90

* 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 2) Chicken Alfredo Pasta	Total Carbohydrate (g)	
	Recipe	Serving - 8oz
Cheese Shredded Parmesan	652.04	5.67
Chicken , diced	0.00	0.00
Alfredo Sauce RF	765.90	6.66
Milk 1%	128.00	1.11
Penne Dry Pasta	4920.00	42.78
	6465.94	56.23

* Total includes one or more missing nutrient data.

(REC0015) 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 - Breaded	14.97	14.97
	72.01	72.01

* 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.



(Copy of REC0013) Chicken Nuggets/FF and crackers	Total Carbohydrate (g)	
	Recipe	Serving
Chicken Breaded Bites/Chunks	23.00	23.00
Potato, Fries Crinkle - Gluten Free Seasoned	29.03	29.03
Cracker Cheez-Its	14.17	14.17
	66.20	66.20

* 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
	67.04	67.04

* 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
	65.34	65.34

* Total includes one or more missing nutrient data.

(REC20151820031825) Creamy Tomato Curry Tortellini with Texas Toast	Total Carbohydrate (g)	
	Recipe	Serving
Creamy Tomato Curry Sauce	10.88	10.88
Toast Texas - Garlic Bread - IW	14.00	14.00
Tortellini Cheese WG	40.00	40.00
	64.88	64.88

* Total includes one or more missing nutrient data.



(F16902 2) Deep dish Round Cheese Pizza	Total Carbohydrate (g)	
	Recipe	Each
Pizza 5" Cheese Deep dish IW	36.00	36.00
	36.00	36.00

* Total includes one or more missing nutrient data.

(D41800 1) Dressing, Buttermilk Ranch	Total Carbohydrate (g)	
	Recipe	Package
Dressing, Buttermilk Ranch, 12 g	5.96	0.72
	5.96	0.72

* Total includes one or more missing nutrient data.

(R13901) Fat Free Chocolate Milk	Total Carbohydrate (g)	
	Recipe	Carton
Milk Chocolate FF	19.36	21.00
	19.36	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.

(F1910020) Grilled Cheese Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Sandwich Grilled Cheese	41.00	41.00
	41.00	41.00

* 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

* Total includes one or more missing nutrient data.



(Copy of REC0020 1) Hummus, Cucumber and Pita Chips	Total Carbohydrate (g)	
	Recipe	Serving
Snack - Pita Chips	27.98	27.98
	63.99	63.99

* 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.

(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
	2018.35	56.07

* 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.

(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.

(REC030809 8 2) Pollo Loco Chicken Drumstick w/ Cilantro Rice & Corn	Total Carbohydrate (g)	
	Recipe	Serving
Rice, Cilantro Lime (cilantro puree)	53.93	53.93
Corn, Canned, Drained	41.48	41.48
Chicken Drumstick - Pollo Loco	1.65	1.65
	97.06	97.06

* 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.

(D190112) Salsa Cups - Gluten Free	Total Carbohydrate (g)	
	Recipe	Each
Salsa Cups IW - Gluten Free	5.00	4.17
	5.00	4.17

* 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

* Total includes one or more missing nutrient data.



(REC0006 1) Soybuter sandwich/Cheese/Cheez-it Pack	Total Carbohydrate (g)	
	Recipe	Serving
	40.17	40.17

* 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
	113.77	113.77

* 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
	67.55	67.55

* Total includes one or more missing nutrient data.

(F16092626 3) Turkey Pepperoni Pizza	Total Carbohydrate (g)	
	Recipe	Pizza
Pizza -Turkey Pepperoni IW boxed	33.01	33.01
	33.01	33.01

* 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
	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
Cheese Mozzarella String RF-Bongards	0.00	0.00
Yogurt NF Strawberry Banana Upstate	15.05	15.05
Belvida Blueberry Biscuits	36.08	36.08
	51.12	51.12

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 9/1/2026, End = 9/30/2026)
Menu Plans	(Elementary Lunch 2026-27)
Nutrients	(Total Carbohydrate)