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.

(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
	2218.85	**13.87**

* 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

* 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, Granlated 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.

(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 Flakes Kosher	0.00	0.00
Spice - Paprika Sweet Hungarian	64.79	0.24
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
	13747.62	**50.92**

* 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.

(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
	58.91	**58.91**

* 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
	3.89	**3.89**

* Total includes one or more missing nutrient data.

(REC02211207) Bulgogi Rice Bowl Cold Kit	Total Carbohydrate (g)	
	Recipe	Kit
Gochujang Mayo	1.79	1.79
Cilantro, fresh	0.11	0.11
Cucumber	2.06	2.06
	3.96	**3.96**

* 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

* Total includes one or more missing nutrient data.

(REC20150621 4 1) Butter Tofu with Rice and Naan	Total Carbohydrate (g)	
	Recipe	1 serving
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
Cheese Mozzarella Shredded Bulk	1.00	1.00
	27.90	**27.90**

* 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
	60.92	**60.92**

* 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.

(RECF060707 2) Chicken & Veggie Egg Rolls	Total Carbohydrate (g)	
	Recipe	Serving = 3 Each
Egg Roll, Chicken & Veggie - CC	2.11	2.11
	2.11	**2.11**

* Total includes one or more missing nutrient data.

(REC0008) Chicken Alfredo Pasta	Total Carbohydrate (g)	
	Recipe	Serving - 10.66oz
Cheese Shredded Parmesan	510.29	5.67
Chicken , diced	0.00	0.00
Alfredo Sauce RF	765.90	8.51
Milk 1%	128.00	1.42
Penne Dry Pasta	4920.00	54.67
	6324.19	**70.27**

* 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	38.20	0.12
Tomatos, Roma	122.60	0.38
Chicken , diced	0.00	0.00
Spice - Pepper, black ground	17.27	0.05
Lettuce, Green Leaf #10	104.14	0.33
Garlic, Raw	206.62	0.65
Bread, Parisian Sourdough Baguette - Par baked	12480.01	39.00
Oregano, dried	20.68	0.06
Oil - Blended Oil	0.00	0.00
Salt, Granlated Iodized	0.00	0.00
	12989.52	**40.59**

* 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

* Total includes one or more missing nutrient data.

(REC0020) Chicken Caesar Salad with Crackers	Total Carbohydrate (g)	
	Recipe	Serving
Lettuce, Romaine	5.97	5.97
Chicken, Strips unseasoned	0.00	0.00
	42.64	**42.64**

* 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.

(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
	1466.99	**61.12**

* 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
	62.09 *	**62.09** *

* Total includes one or more missing nutrient data.

(REC20010315) Crispy Tacos	Total Carbohydrate (g)	
	Recipe	Serving
Taco - Beef & Cheese Crispups	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.

(D41800) Dressing, Buttermilk Ranch, 12 g SUB	Total Carbohydrate (g)	
	Recipe	Package
Dressing, Buttermilk Ranch, 12 g SUB	8.52	1.02
	8.52	**1.02**

* 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.

(R1609262601) Fresh Cheese Pizza Slice	Total Carbohydrate (g)	
	Recipe	Slice=1
Pizza - Cheese Fresh	36.01	39.32
	36.01	**39.32**

* 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
	37.01	**37.01**

* 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.

(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
Spice - Garlic Powder	145.46	0.79
Tomatos, Roma	73.56	0.40
Spice - Onion Powder	158.24	0.86
Spice - Salt Flakes 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
	8156.07	**44.09**

* 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
	41.68	**41.68**

* 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
	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.

(D1303 1) Mayonnaise Packets	Total Carbohydrate (g)		
	Recipe	Case	packet
Mayonnaise Packets	7.60	0.68	0.68
	7.60	**0.68**	**0.68**

* 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
	7.60	**0.68**	**0.68**

* 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.

(REC1901120104) Salad - Asian Noodle Salad	Total Carbohydrate (g)	
	Recipe	Serving - 4oz
Edamame, shelled Thawed	60.62	0.63
Dressing - Asian Sesame Bulk	680.39	7.09
Sesame Seeds Whole White - Not toasted	15.96	0.17
Carrots, Shredded	47.80	0.50
Spice - Salt Flakes Kosher	0.00	0.00
Cabbage Mix / Coleslaw Mix	28.94	0.30
Noodles, WG Ramen dry SUB	1652.26	17.21
Spice - Pepper, black ground	1.92	0.02
Bell Pepper - Red	41.03	0.43
	2528.91	**26.34**

* 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.

(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
	43.98	**43.98**

* 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
	67.99	**67.99**

* 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
	40.17	**40.17**

* 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
	72.04	**72.04**

* 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	0.83	0.83
Lettuce, Romaine	1.49	1.49
Cucumber	6.17	6.17
	39.32	**39.32**

* 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.

(REC2015062120-1) Teriyaki Tofu Rice Bowl	Total Carbohydrate (g)	
	Recipe	1 bowl
Broccoli Carrot Mix	162.73	2.71
Teriyaki Tofu, subrecipe	1226.07	20.43
Rice, Brown, Prepared Steamed	3207.24	53.45
Sauce, Teriyaki	661.49	11.02
	5257.53	**87.63**

* Total includes one or more missing nutrient data.

(REC1901140423) Turkey Bacon Club Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Bread - Sliced Sourdough Wheat	44.76	44.76
Turkey Smoked Sliced	1.51	1.51
Cheese American Processed - USDA	1.98	1.98
Mayonnaise Packets SUB	0.68	0.68
Tomatos, Roma	0.38	0.38
Turkey Bacon	0.60	0.60
Lettuce, Green Leaf #10	0.33	0.33
	50.24	**50.24**

* 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.

(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

* Total includes one or more missing nutrient data.

(REC160119) Vegetarian Florentine Pasta	Total Carbohydrate (g)	
	Recipe	Serving - 1 cup
	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	(MS Lunch 2026-27)
Nutrients	(Total Carbohydrate)