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.

| (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.

| (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 |

* Total includes one or more missing nutrient data.

| (190101) Bean Salad | Total Carbohydrate (g) | |
|---|---|---|
| | Recipe | Serving - 1/2 cup |
| 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, 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.

| (F0801131) Beef Cheese burger Sliders | Total Carbohydrate (g) | |
|---|---|---|
| | Recipe | Each |
| Cheese burgers, Mini Twin Pack Ballpark IW | 40.00 | 40.00 |
| | **40.00** | **40.00** |

* Total includes one or more missing nutrient data.

| (REC0205050603081209) Beef Chili with Tortilla Chips | Total Carbohydrate (g) | |
|---|---|---|
| | Recipe | 1 serving |
| Chips Tortilla Rounds | 38.48 | 38.48 |
| Beef Chili, subrecipe | 51.87 | 51.87 |
| | **90.35** | **90.35** |

* 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 |

* Total includes one or more missing nutrient data.

| (REC08152004) Beef Hot Dog on a Bun | Total Carbohydrate (g) | |
|---|---|---|
| | Recipe | Hot Dog |
| | **26.12** | **26.12** |

* 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.

| (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.

| (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.

| (REC0013) Chicken Nuggets with French Fries | Total Carbohydrate (g) | |
|---|---|---|
| | Recipe | Serving |
| Chicken Breaded Bites/Chunks | 23.00 | 23.00 |

* Total includes one or more missing nutrient data.

| (REC0013) Chicken Nuggets with French Fries | Total Carbohydrate (g) | |
|---|---|---|
| | Recipe | Serving |
| Potato, Fries Crinkle - Gluten Free Seasoned | 29.03 | 29.03 |
| | **52.03** | **52.03** |

* 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.

| (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.

| (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 |
| 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 |

* Total includes one or more missing nutrient data.

| (REC130103) Macaroni & Cheese Pasta | Total Carbohydrate (g) | |
|---|---|---|
| | Recipe | Serving(s) - 1 cup |
| 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.

| (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.

| (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.

| (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.

| (REC00308090311) Teriyaki Chicken w/Rice & Broccoli | Total Carbohydrate (g) | |
|---|---|---|
| | Recipe | Serving |
| Broccoli - Frozen | 5.42 | 5.42 |
| Rice, White, Prepared | 24.12 | 24.12 |
| Chicken , diced | 0.00 | 0.00 |
| Sauce, Teriyaki | 11.02 | 11.02 |
| | **40.56** | **40.56** |

* Total includes one or more missing nutrient data.

| (REC00021) Turkey Medallions, Gravy, Mash Potatoes & Aloha Roll | Total Carbohydrate (g) | |
|---|---|---|
| | Recipe | Serving |
| Roll, Aloha | | |
| Potatoes, Mashed Homestyle | 18.62 | 18.62 |
| Gravy, Turkey | 4.00 | 4.00 |
| Turkey Medallions | 2.00 | 2.00 |
| | **24.62** * | **24.62** * |

* 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.

| (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.

| (REC0005 1) Yogurt/Cheese/Biscuit Pack | Total Carbohydrate (g) | |
|---|---|---|
| | Recipe | Serving |
| Cheese Mozzarella String RF-Bongards | 0.00 | 0.00 |
| Yogurt NF Strawberry 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 = 11/1/2026, End = 11/30/2026) |
| Menu Plans | (Elementary Lunch 2026-27) |
| Nutrients | (Total Carbohydrate) |