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.

(REC15012019) Berry Overnight Oats	Total Carbohydrate (g)	
	Recipe	serving- 9oz
Greek Yogurt Plain NF	74.75	2.58
Oats - Old Fashioned Buckeye	575.10	19.83
Milk 1%	128.00	4.41
Blueberries - Frozen - USDA	418.70	14.44
	1196.55	**41.26**

* 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.

(REC0024) Egg, Cheese & Tater Tots Breakfast Burrito	Total Carbohydrate (g)	
	Recipe	Serving
Tortilla, Whole Wheat Flour 10"	35.00	35.00
Cheese Cheddar Shredded	0.28	0.28
Egg Patty 3.5" Bulk - Sub	1.00	1.00
Potato, Tater Tots RS	10.50	10.50
Salsa Bulk	1.96	1.96
	48.74	**48.74**

* 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.

(F06180514) French Toast Sticks	Total Carbohydrate (g)	
	Recipe	Each - 2pc
French Toast Sticks IW	38.00	38.03
	38.00	**38.03**

* 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.

(REC15012019 2) Oats - Fresas con Crema Strawberry Overnight Oats	Total Carbohydrate (g)	
	Recipe	10.3 oz
Fruit -Strawberries fresh	870.90	4.98
Milk- sweetened condensed	641.92	3.67
Oats - Old Fashioned Buckeye	3061.75	17.50
Yogurt Vanilla LF- Producers Dairy	0.00	0.00
Milk 1%	512.00	2.93
	5086.57	**29.07**

* Total includes one or more missing nutrient data.

(F1609262601 4) Pizza - Breakfast Turkey Sausage - SUB	Total Carbohydrate (g)	
	Recipe	Each
Pizza - Breakfast Turkey Sausage - SUB	31.00	31.00
	31.00	**31.00**

* 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.

(REC13210606 1) Pumpkin Muffin w/ Chocolate Chips	Total Carbohydrate (g)	
	Recipe	Serving
Baking Powder	74.79	0.18
Chocolate Chips - Mini	3000.15	7.09
Spice - Salt Flakes Kosher	0.00	0.00
Pumpkin, Puree Canned	984.00	2.33
Spice - Clove Ground	1.31	0.00
Spice - Allspice Ground	1.44	0.00
Flour - Whole Wheat	4158.00	9.83
Egg, Liquid Pasteurized, Whole Frozen	0.00	0.00
Spice - Nutmeg Ground	13.31	0.03
Baking Soda	0.00	0.00
Spice - Cinnamon -Ground - Dry	54.80	0.13
Oil - Vegetable	0.00	0.00
Sugar, white granulated	11340.00	26.81
Spice - Ground Ginger	19.34	0.05
Flour , Dry All Purpose	4416.19	10.44
	24063.33	**56.89**

* Total includes one or more missing nutrient data.

(D180100) Raisins USDA	Total Carbohydrate (g)		
	Recipe	Bag	Each
Raisins USDA	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.

(REC0022 1) Turkey, Egg, Cheese & Tater Tots Breakfast Burrito	Total Carbohydrate (g)	
	Recipe	Serving
Tortilla, Whole Wheat Flour 10"	35.00	35.00
Cheese Cheddar Shredded	0.28	0.28
Egg Patty 3.5" Bulk - Sub	1.00	1.00
Potato, Tater Tots RS	10.50	10.50
Turkey Taco Filling - USDA	12.19	12.19
	58.98	**58.98**

* Total includes one or more missing nutrient data.

(REC0003 1) Yogurt Parfait w/Granola	Total Carbohydrate (g)	
	Recipe	Serving
Fruit (1/2 cup)	15.66	15.66
Granola, Bulk	49.00	49.00
Yogurt Vanilla LF- Producers Dairy	0.00	0.00
	64.66	**64.66**

* 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	(MS Breakfast 2026-27)
Nutrients	(Total Carbohydrate)