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.

(F0201070512) Breakfast Pizza WG Mini Bagel Cheese Bites Bulk	Total Carbohydrate (g)		
	Recipe	2 Pizza Bagels - 1mma,1wg	4 pizza Bagels - 2MMA, 2WG
Breakfast Pizza WG Mini Bagel Cheese Bites Bulk	24.01	11.97	24.01
	24.01	**11.97**	**24.01**

* 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 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.

(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.

(REC050707 3) Turkey Bacon and Cheddar Egg Bites	Total Carbohydrate (g)	
	Recipe	Each
Oil - Canola	0.00	0.00
Spice - Garlic Powder	0.36	0.01
Cheese Cheddar Shredded	1.81	0.06
Potato, Tater Tots RS	177.81	5.56
Turkey Bacon	10.00	0.31
Spice - Salt Flakes Kosher	0.00	0.00
Spice - Paprika Sweet Hungarian	0.27	0.01
Spice - Pepper, black ground	0.32	0.01
Milk 1%	9.60	0.30
Egg, Liquid Pasteurized, Whole Frozen	0.00	0.00
	200.18	**6.26**

* 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

* Total includes one or more missing nutrient data.

(REC0003 1) Yogurt Parfait w/Granola	Total Carbohydrate (g)	
	Recipe	Serving
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 = 12/1/2026, End = 12/31/2026)
Menu Plans	(MS Breakfast 2026-27)
Nutrients	(Total Carbohydrate)