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.

(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 Marzetti	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.

(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, Granlated Iodized	0.00	0.00
	5520.89	**21.65**

* 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.

(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.

(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.

(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

* Total includes one or more missing nutrient data.

(REC190103 1 1 2) Chicken Bruschetta Sandwich on a Parisian Baguette	Total Carbohydrate (g)	
	Recipe	Sandwich
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
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.

(REC000019) Chicken Pesto & Pepper Jack Cheese Sandwich	Total Carbohydrate (g)	
	Recipe	Sandwich
Chicken , diced	0.00	0.00
Bread, Parisian Sourdough Baguette - Par baked	5850.00	39.00
Cheese Pepper Jack - USDA	112.00	0.75
Pesto - Basil - Nut Free	646.14	4.31
	6608.14	**44.05**

* 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 - 3oz	0.09	0.00
	1446.12	**60.26**

* 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.

(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

* Total includes one or more missing nutrient data.

(REC03080903) Crispy Chicken Sandwich with Spicy Signature Sauce	Total Carbohydrate (g)	
	Recipe	Serving
	62.09 *	**62.09 ***

* 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.

(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.

(REC0308092 8) Greek Lemon Drumstick, Potatoes & Garlic Quinoa	Total Carbohydrate (g)	
	Recipe	Serving
Potatoes, Oven Roasted Medley Frozen	26.27	26.27
Chicken Drumstick - Lemon Greek, sub-recipe	4.63	4.63
Garlic Quinoa	33.35	33.35
	64.25 *	**64.25 ***

* 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

* Total includes one or more missing nutrient data.

(REC16092626) Hawaiian Pizza	Total Carbohydrate (g)	
	Recipe	Slice
Pizza 16" Cheese Big Daddy	37.23	37.23
	41.68	**41.68**

* 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.

(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.

(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.

(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	1.70	1.70
	68.39	**68.39**

* 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

* Total includes one or more missing nutrient data.

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

(REC0005) Teriyaki Chicken & Veggie Dumplings w/Veggie Fried Rice	Total Carbohydrate (g)	
	Recipe	Serving
Rice - WG Vegetable Fried - Minh	36.84	36.84
Dumplings - Chicken and Vegetable	31.26	31.26
Sauce, Teriyaki	5.51	5.51
	73.62	**73.62**

* Total includes one or more missing nutrient data.

(190103 1) Turkey & Cheese Sandwich on a Parisian Baguette	Total Carbohydrate (g)	
	Recipe	Sandwich
Cheese American Processed - USDA	1.98	1.98
Turkey Breast Slice	4.20	4.20
Bread, Parisian Sourdough Baguette - Par baked	39.00	39.00
	45.17	**45.17**

* 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
	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.

(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 = 12/1/2026, End = 12/31/2026)
Menu Plans	(MS Lunch 2026-27)
Nutrients	(Total Carbohydrate)