

Monday

Whole Grain **3**
Cinnamon Toast
Crunch Cereal
Orange

Whole Grain Cereal **10**
Apples

17
NO SCHOOL

24
NO SCHOOL

Tuesday

Whole Grain **4**
French Toast
Turkey Breakfast Sausage
Apples
Fruit Jelly

Whole Grain **11**
Waffles
Turkey Bacon
Cantaloupe
Fruit Jelly

18
NO SCHOOL

Whole Grain Bagels **25**
Cream Cheese
100% Fruit Juice

Wednesday

Whole Grain Apple **5**
Muffin
Pears

Fat Free Yogurt **12**
Granola
Orange

19
NO SCHOOL

Whole Grain **26**
Apple Muffin
Apple Sauce

Thursday

Whole Grain Waffles **6**
Turkey Bacon
Bananas
Fruit Jelly

Whole Grain **13**
Pancakes
Turkey Breakfast Sausage
100% Fruit Juice
Fruit Jelly

20
NO SCHOOL

Whole Grain **27**
French Toast
Turkey Breakfast Sausage
Orange

Friday

Whole Grain Bagels **7**
Cream Cheese
Strawberries

Whole Grain **14**
Banana
Muffins
Fruit Salad

21
NO SCHOOL

Fat Free Yogurt **28**
Granola
Apples

- All menus served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
- Daily fruit offered might change depending on availability.

This institution is an equal opportunity provider

APRIL 2023 VEGETARIAN

Monday

Whole Grain **3**
Cinnamon Toast
Crunch Cereal
Orange

Whole Grain Cereal **10**
Apples

Tuesday

Whole Grain **4**
French Toast
Apples
Fruit Jelly

Whole Grain **11**
Waffles
Cantaloupe
Fruit Jelly

Wednesday

Whole Grain Apple **5**
Muffin
Pears

Fat Free Yogurt **12**
Granola
Orange

Thursday

Whole Grain Waffles **6**
Bananas
Fruit Jelly

Whole Grain **13**
Pancakes
100% Fruit Juice
Fruit Jelly

Friday

Whole Grain Bagels **7**
Cream Cheese
Strawberries

Whole Grain **14**
Banana
Muffins
Fruit Salad

17
NO SCHOOL

18
NO SCHOOL

19
NO SCHOOL

20
NO SCHOOL

21
NO SCHOOL

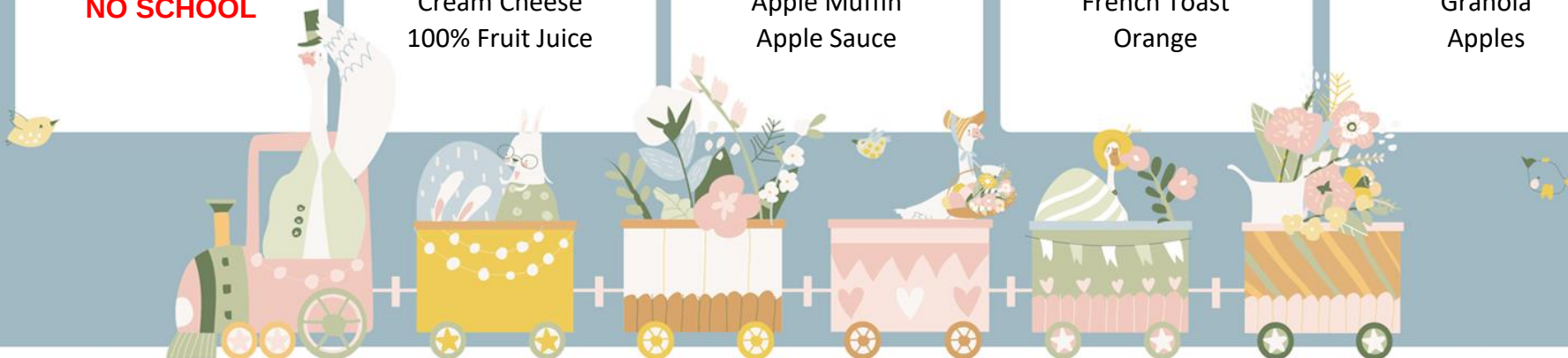
24
NO SCHOOL

Whole Grain Bagels **25**
Cream Cheese
100% Fruit Juice

Whole Grain **26**
Apple Muffin
Apple Sauce

Whole Grain **27**
French Toast
Orange

Fat Free Yogurt **28**
Granola
Apples



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- Menu subject to change.
- Daily fruit offered might change depending on availability.

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Top Spanish Cafe & Catering

Apr 3, 2023 thru Apr 7, 2023

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/03/2023															
K-8 Breakfast	Total														
Cer/CinnamonToast Cruch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	0.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		376	7	453	11.42	3.88	463.6	1615	99.38	37	11.49	76.50	6.43	0.73	0.00
% of Calories										39.5%	12.2%	81.4%	15.4%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 04/04/2023															
K-8 Breakfast	Total														
Whole Grain French Toast 3oz	3 oz	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
Apples	1 cup	144	0	3	6.62	0.33	16.6	149	12.7	29	0.72	38.12	0.47	0.08	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Gluten Free Pancake (1)	1.5 oz	100	0	135	0.50	0.50	15.0	0	0.0	1	1.5	19.5	2.0	0.00	0.00
Weighted Daily Average		567	46	470	8.57	1.32	298.6	743	13.83	60	19.96	96.89	12.34	2.71	0.00
% of Calories										42.1%	14.1%	68.4%	19.6%	4.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 04/05/2023															
K-8 Breakfast	Total														
Whole Grain Apple Muffin 2oz	2 oz	150	15	120	1.00	1.00	27.0	*N/A*	*N/A*	13	2.0	27.0	4.5	0.50	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios	1 oz	100	0	140	3.00	9.00	80.0	300	3.6	1	4.0	21.0	2.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		349	22	253	6.60	1.65	321.9	*689	*8.94	42	10.77	66.86	5.83	1.23	0.00
% of Calories										48.0%	12.4%	76.7%	15.0%	3.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Apr 3, 2023 thru Apr 7, 2023

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/06/2023															
K-8 Breakfast	Total														
Whole Grain Waffles 1.3oz	1 oz	90	4	135	1.00	1.00	12.0	0	0.0	2	2.0	14.0	3.0	0.00	0.00
Turkey Bacon.2s	0.25 oz	42	12	219	0.00	0.13	0.0	0	0.0	0	3.54	0.35	2.83	0.71	0.00
Banana2	1 C	210	0	2	6.14	0.61	11.8	151	20.53	29	2.57	53.9	0.78	0.26	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Gluten Free Waffle (1)	1.3 oz	100	0	110	2.50	0.50	25.0	0	0.0	2	1.0	17.0	3.5	0.25	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		476	23	479	7.20	1.72	301.2	782	21.68	51	16.00	90.37	7.73	1.67	0.00
% of Calories										43.0%	13.4%	75.9%	14.6%	3.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 04/07/2023															
K-8 Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
STRAWBERRIES,FRESH	1 CUP	46	0	1	2.88	0.59	23.0	17	84.67	7	0.96	11.06	0.43	0.02	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		346	27	483	4.89	2.26	660.3	652	85.84	24	15.03	52.28	8.12	4.73	0.00
% of Calories										27.8%	17.4%	60.4%	21.1%	12.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		423	25	427	7.73	2.16	409.1	*896	*45.93	43	14.65	76.58	8.09	2.22	0.00
										91.1%	13.9%	72.5%	17.2%	4.7%	0.0%

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Top Spanish Cafe & Catering

Apr 3, 2023 thru Apr 7, 2023

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

		Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	423		400 - 500	100%												
Cholesterol (mg)	25															
Sodium 1 (mg)	427		540													
Sodium 2 (mg)	427		485													
Fiber (g)	7.73															
Iron (mg)	2.16															
Calcium (mg)	409.1															
Vitamin A (IU)	896				Missing											
Sugars (g)	43	40.47%														
Vitamin C (mg)	45.93				Missing											
Protein (g)	14.65	13.86%														
Carbohydrate (g)	76.58	72.45%														
Total Fat (g)	8.09	17.22%														
Saturated Fat (g)	2.22	4.72%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 10, 2023 thru Apr 14, 2023

K-8 Breakfast

Generated on: 4/6/2023 8:49:20 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/10/2023															
K-8 Breakfast	Total														
Cereal, Cinnamon Toast Cruch	1 oz	100	0	160	4.00	1.80	60.0	300	3.6	6	1.0	22.0	2.5	0.00	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex	1 oz	100	0	200	1.00	7.20	60.0	300	3.6	3	2.0	24.0	0.5	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		272	7	292	7.32	2.00	345.2	1008	11.10	32	9.42	54.17	3.92	0.75	0.00
% of Calories										47.6%	13.9%	79.8%	13.0%	2.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 04/11/2023															
K-8 Breakfast	Total														
Whole Grain Waffles 2.6oz	2 oz	180	8	270	2.00	2.00	24.0	0	0.0	4	4.0	28.0	6.0	0.00	0.00
Turkey Bacon.2s	0.25 oz	42	12	219	0.00	0.13	0.0	0	0.0	0	3.54	0.35	2.83	0.71	0.00
Cantaloupe Melon BF 1C	1 cup	53	0	25	1.40	0.33	14.0	5276	57.25	12	1.31	12.73	0.3	0.08	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Gluten Free Waffles	2.6 oz	200	0	220	5.00	1.00	50.0	0	0.0	3	2.0	34.0	7.0	0.50	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average		410	27	635	3.53	2.41	314.1	5901	58.45	37	16.65	63.32	10.33	1.53	0.00
% of Calories										35.7%	16.2%	61.8%	22.7%	3.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 04/12/2023															
K-8 Breakfast	Total														
Fat Free Yogurt	4 oz	100	5	70	0.00	0.00	100.4	502	0.0	13	4.01	17.06	2.01	1.00	0.00
Granola Bar.	0.89 oz	90	0	55	1.00	0.50	110.0	0	0.0	6	2.0	19.0	1.5	0.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex	1 oz	100	0	200	1.00	7.20	60.0	300	3.6	3	2.0	24.0	0.5	0.00	0.00
Weighted Daily Average		363	12	260	4.40	0.98	546.4	1499	92.36	44	15.27	68.05	4.88	1.74	0.00
% of Calories										48.0%	16.8%	75.0%	12.1%	4.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Apr 10, 2023 thru Apr 14, 2023

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/13/2023															
K-8 Breakfast	Total														
Whole Grain Pancakes 2.6oz	2 oz	180	8	220	2.00	1.40	60.0	0	0.0	10	4.0	30.0	4.0	0.00	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
100% Apple Juice (Ardmore)	1 C	120	0	30	0.00	0.00	0.0	0	0.0	26	0.0	28.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Gluten Free Pancakes	3 oz	200	0	260	2.00	1.00	25.0	0	0.0	3	3.0	38.0	4.0	0.00	0.00
Weighted Daily Average		496	46	471	2.01	1.80	335.1	625	1.20	56	18.01	80.15	9.26	1.75	0.00
% of Calories										45.2%	14.5%	64.7%	16.8%	3.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 04/14/2023															
K-8 Breakfast	Total														
Whole Grain Banana Muffin 3.6	3.6 oz	280	30	180	2.00	2.00	26.0	0	0.0	26	5.0	51.0	7.0	1.00	0.00
FRUIT SALAD: 1C (MAG)	1 C	160	0	20	2.00	0.80	0.0	0	0.0	40	0.0	42.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		536	36	334	4.16	3.46	308.2	656	1.43	77	13.17	105.63	8.06	1.67	0.00
% of Calories										57.5%	9.8%	78.8%	13.5%	2.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average															
		415	26	399	4.28	2.13	369.8	1938	32.91	49	14.50	74.26	7.29	1.49	0.00
										106.4%	14.0%	71.5%	15.8%	3.2%	0.0%

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Top Spanish Cafe & Catering

Apr 10, 2023 thru Apr 14, 2023

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

		Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	415		400 - 500	100%												
Cholesterol (mg)	26															
Sodium 1 (mg)	399		540													
Sodium 2 (mg)	399		485													
Fiber (g)	4.28															
Iron (mg)	2.13															
Calcium (mg)	369.8															
Vitamin A (IU)	1938															
Sugars (g)	49	47.29%														
Vitamin C (mg)	32.91															
Protein (g)	14.50	13.97%														
Carbohydrate (g)	74.26	71.53%														
Total Fat (g)	7.29	15.80%														
Saturated Fat (g)	1.49	3.22%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 24, 2023 thru Apr 28, 2023

K-8 Breakfast

Generated on: 4/6/2023 8:50:04 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/24/2023															
K-8 Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 04/25/2023															
K-8 Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		400	27	512	2.01	1.67	637.2	635	85.17	37	16.07	65.22	7.69	4.71	0.00
% of Calories										37.0%	16.1%	65.2%	17.3%	10.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 04/26/2023															
K-8 Breakfast	Total														
Whole Grain Apple Muffin 2oz	2 oz	150	15	120	1.00	1.00	27.0	*N/A*	*N/A*	13	2.0	27.0	4.5	0.50	0.00
Apple Sauce	8 oz	100	0	0	2.00	0.00	0.0	0	12.0	22	0.0	26.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios	1 oz	100	0	140	3.00	9.00	80.0	300	3.6	1	4.0	21.0	2.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		347	22	251	3.08	1.33	305.9	*644	*13.28	47	10.13	65.75	5.58	1.19	0.00
% of Calories										53.5%	11.7%	75.7%	14.5%	3.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Apr 24, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/27/2023															
K-8 Breakfast	Total														
Whole Grain French Toast 3oz	3 oz	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Gluten Free Pancake (1)	1.5 oz	100	0	135	0.50	0.50	15.0	0	0.0	1	1.5	19.5	2.0	0.00	0.00
Weighted Daily Average		499	46	468	5.33	1.19	348.2	975	92.15	44	20.64	78.08	12.10	2.66	0.00
% of Calories										35.4%	16.6%	62.6%	21.8%	4.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 04/28/2023															
K-8 Breakfast	Total														
Fat Free Yogurt	4 oz	100	5	70	0.00	0.00	100.4	502	0.0	13	4.01	17.06	2.01	1.00	0.00
Granola Bar.	0.89 oz	90	0	55	1.00	0.50	110.0	0	0.0	6	2.0	19.0	1.5	0.00	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex	1 oz	100	0	200	1.00	7.20	60.0	300	3.6	3	2.0	24.0	0.5	0.00	0.00
Weighted Daily Average		359	12	260	4.32	0.94	488.5	1193	7.70	45	14.23	67.80	4.88	1.75	0.00
% of Calories										49.9%	15.8%	75.5%	12.2%	4.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average		401	27	373	3.69	1.28	445.0	*862	*49.57	43	15.27	69.21	7.56	2.58	0.00
										96.6%	15.2%	69.0%	17.0%	5.8%	0.0%

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Top Spanish Cafe & Catering

Apr 24, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

		Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	401		400 - 500	100%												
Cholesterol (mg)	27															
Sodium 1 (mg)	373		540													
Sodium 2 (mg)	373		485													
Fiber (g)	3.69															
Iron (mg)	1.28															
Calcium (mg)	445.0															
Vitamin A (IU)	862				Missing											
Sugars (g)	43	42.94%														
Vitamin C (mg)	49.57				Missing											
Protein (g)	15.27	15.21%														
Carbohydrate (g)	69.21	68.97%														
Total Fat (g)	7.56	16.95%														
Saturated Fat (g)	2.58	5.78%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Monday

Meatloaf with Gravy **3**
Whole Grain Roll
Mashed Potatoes
Green Beans
Pears

Beef Hot Dog **10**
WG Hot Dog Roll
Baked Beans
Oranges
Mayonnaise
Ketchup

Tuesday

Cheeseburger on **4**
WG Hamburger Bun
Potato Fries
Bananas
Ketchup

Chicken Taco **11**
Taco Shells
Corn
Bananas

Wednesday

Cheese Pizza **5**
Broccoli and Carrots
Apple Sauce

Turkey Jambalaya **12**
Green Beans
Apple Sauce

Thursday

Spanish Rice **6**
with Chicken
Black Beans
Diced Peach Cup

Chicken Drumstick **13**
WG Roll
Sweet Potatoes
Pears
Ketchup

Friday

Chicken Salad **7**
Sandwich on WG Bun
Coleslaw
100% Orange Juice

Turkey Ham & Cheese **14**
Sandwich on WG Bun
Romaine Lettuce &
Tomato Salad
100% Orange Juice
Ranch Dressing, Mayonnaise

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

Beef Taco **25**
Taco Shells
Black Beans
Banana

Chicken Teriyaki / **26**
Stir Fry
Brown Rice
Corn
Pears

Chicken Nuggets **27**
WG Roll
Green Beans
Diced Peach Cup
Ketchup

Turkey Bologna & Cheese **28**
Sandwich
Romaine Lettuce &
Tomato Salad
100% Orange Juice
Ranch Dressing, Mayonnaise

- All menus served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
- Daily fruit offered might change depending on availability.

This institution is an equal opportunity provider

APRIL 2023 VEGETARIAN

Monday

3
Vegetarian Patty
Whole Grain Roll
Mashed Potatoes
Green Beans
Pears

10
Black Bean Patty
WG Hot Dog Roll
Baked Beans
Oranges
Mayonnaise
Ketchup

17
NO SCHOOL

24
NO SCHOOL

Tuesday

4
Black Bean Burger
On WG Hamburger Bun
Potato Fries
Bananas
Ketchup

11
Vegetarian Meat
Taco
Taco Shells
Corn
Bananas

18
NO SCHOOL

25
Vegetarian Meat
Taco
Taco Shells
Black Beans
Banana

Wednesday

5
Cheese Pizza
Broccoli and Carrots
Apple Sauce

12
Vegetarian Meat
Jambalaya
Green Beans
Apple Sauce

19
NO SCHOOL

26
Vegetarian Meat
Stir Fry & Vegetables
Brown Rice
Corn
Pears

Thursday

6
Spanish Rice
with Vegetarian Meat
Black Beans
Diced Peach Cup

13
Vegetarian Patty
WG Roll
Sweet Potatoes
Pears
Ketchup

20
NO SCHOOL

27
Vegetarian Patty
WG Roll
Green Beans
Diced Peach Cup
Ketchup

Friday

7
Tofu and Lettuce
Sandwich on WG Bun
Coleslaw
100% Orange Juice

14
SunButter & Jelly
Sandwich
Romaine Lettuce &
Tomato Salad
100% Orange Juice
Ranch Dressing

21
NO SCHOOL

28
SunButter & Jelly
Sandwich
Romaine Lettuce &
Tomato Salad
100% Orange Juice
Ranch Dressing

- All menus served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
- Daily fruit offered might change depending on availability.

This institution is an equal opportunity provider

Top Spanish Cafe & Catering

Apr 3, 2023 thru Apr 7, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 4/6/2023 10:44:36 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/03/2023															
K-8 Lunch	Total														
Meatloaf 3oz	2 oz	180	35	570	1.00	1.80	20.0	200	3.6	5	12.0	8.0	11.0	4.50	0.50
Whole Grain Roll 2oz (BC)	2 oz	130	0	270	2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
Mashed Potatoes-HR k-8 Side	1/2 cup	87	2	317	1.58	0.28	25.2	28	6.51	2	2.01	18.45	0.6	0.32	*N/A*
GREEN BEANS: frozen,boiled 1/2	1/2 C	19	0	1	2.03	0.45	28.4	283	2.77	1	1.01	4.35	0.11	0.03	0.00
PEARS,FRESH 1/2C.	1/2 cup	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Vegetarian Patty.	2.5 oz	80	0	410	3.00	2.10	50.0	0	0.0	0	11.0	6.0	3.0	0.00	0.00
Weighted Daily Average		597	43	1284	11.26	4.31	404.4	1171	20.28	35	27.55	91.27	13.85	5.45	*0.48
% of Calories										23.5%	18.5%	61.2%	20.9%	8.2%	*0.7%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 04/04/2023															
K-8 Lunch	Total														
Beef Patty 2.25 Oz	2.25 oz	130	35	95	0.00	1.00	12.0	0	0.0	0	11.0	1.0	9.0	4.00	0.50
American Cheese Pullman	1 oz	40	10	180	0.00	0.00	75.0	0	0.0	1	2.0	1.0	3.0	1.75	0.00
Whole Grain Bun 2oz.	2 oz	110	0	210	2.00	1.00	49.0	0	0.0	2	3.0	23.0	1.0	0.00	0.00
Potato Fries 3/4C. mcca	3/4 C	200	0	40	2.00	0.60	20.0	0	0.0	0	2.0	34.02	8.0	1.00	0.00
Banana	1/2 C	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Black Bean Patty	2.9 oz	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
KETCHUP: individual (WC)	9 grams	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		691	51	738	7.21	2.89	435.1	705	11.42	31	27.25	101.59	22.39	7.44	0.48
% of Calories										17.9%	15.8%	58.8%	29.2%	9.7%	0.6%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Apr 3, 2023 thru Apr 7, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 4/6/2023 10:44:36 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/05/2023															
K-8 Lunch	Total														
Pizza Cheese K-5.	1 Slices	412	30	1164	2.00	1.80	445.0	952	21.0	10	21.17	39.0	18.65	8.60	0.00
BROCCOLI: fresh, boiled.1/2	1/2 cup	27	0	32	2.57	0.52	31.2	1207	50.62	1	1.86	5.6	0.32	0.06	0.00
Carrots 1/2C.	1/2 C	27	0	44	2.43	0.39	26.4	12303	1.72	*N/A*	0.43	5.72	0.5	0.09	0.00
Apple Sauce	4 oz	50	0	0	1.00	0.00	0.0	0	6.0	11	0.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Pizza Cheese with no tomato	1 Slices	332	30	574	2.00	0.72	405.0	202	0.0	2	19.17	27.0	15.65	8.60	0.00
Tofu Pizza.	1 slice	293	0	877	2.67	2.76	80.0	750	21.0	10	13.0	41.0	9.17	0.83	0.00
Weighted Daily Average		612	37	1358	8.03	2.74	767.4	15085	80.42	*34	31.24	76.34	20.37	9.23	0.00
% of Calories										*22.2%	20.4%	49.9%	29.9%	13.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 04/06/2023															
K-8 Lunch	Total														
SPANISH RICE With Chicken	6 Oz	284	79	219	1.53	3.57	34.2	340	11.14	*2	30.86	32.5	4.01	1.12	*0.00
Black beans 3/4C	3/4 C	170	0	183	7.85	2.62	62.8	0	0.0	1	10.47	30.09	0.65	0.00	0.00
Diced Peach Cup	4 oz	70	0	5	1.00	0.36	0.0	200	60.0	15	0.0	17.0	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Rice and Vegetarian Meat	6 oz	591	0	415	14.35	4.78	137.1	687	123.19	*5	22.14	108.96	10.59	1.39	*0.00
Diced Chicken Tyson 4oz	4 oz	174	70	157	0.00	0.63	0.0	0	0.0	0	24.35	1.74	6.96	1.74	0.00
Whole Grain Roll	1.3 oz	90	0	140	2.00	0.72	100.0	0	0.0	2	4.0	16.0	1.0	0.00	0.00
Weighted Daily Average		635	84	545	10.83	6.59	377.3	1181	76.16	*30	49.16	95.29	6.12	1.86	*0.00
% of Calories										*19.0%	31.0%	60.0%	8.7%	2.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Top Spanish Cafe & Catering

Apr 3, 2023 thru Apr 7, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/07/2023															
K-8 Lunch	Total														
Chicken Salad.	3 oz	142	43	206	0.69	0.44	11.6	2757	1.41	*1	14.29	5.22	6.75	1.47	*0.00
Whole Grain Bun 2oz.	2 oz	110	0	210	2.00	1.00	49.0	0	0.0	2	3.0	23.0	1.0	0.00	0.00
Creamy Cole Slaw 1/2C	1/2 cup	66	6	154	2.00	0.60	38.0	2010	22.2	0	1.2	9.03	3.26	0.52	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
100% Orange Juice (Ardmore)4oz	1/2 C	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Tofu and Vegetable Sandwich	2.2 oz	59	0	18	0.73	1.06	44.0	0	0.0	0	6.6	2.2	2.93	0.37	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		465	55	709	4.69	2.06	376.2	5301	66.72	*25	27.26	62.15	12.08	2.68	*0.00
% of Calories										*21.3%	23.5%	53.5%	23.4%	5.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		600	54	927	8.40	3.72	472.1	4689	51.00	*31	32.49	85.33	14.96	5.33	*0.19
										*46.5%	21.7%	56.9%	22.4%	8.0%	*0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	600		600 - 650	100%				
Cholesterol (mg)	54							
Sodium 1 (mg)	927		1230					
Sodium 2 (mg)	927		935					
Fiber (g)	8.40							
Iron (mg)	3.72							
Calcium (mg)	472.1							
Vitamin A (IU)	4689							
Sugars (g)	31	20.66%			Missing			
Vitamin C (mg)	51.00							
Protein (g)	32.49	21.66%						
Carbohydrate (g)	85.33	56.88%						
Total Fat (g)	14.96	22.44%						
Saturated Fat (g)	5.33	7.99%	<10.00%					
Trans Fat ¹ (g)	0.19	0.29%			Missing			

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Top Spanish Cafe & Catering

Apr 10, 2023 thru Apr 14, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 4/6/2023 10:27:15 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/10/2023															
K-8 Lunch	Total														
Beef Hot Dog	2 oz	150	30	480	0.00	1.00	0.0	0	2.0	0	7.0	1.0	13.0	6.00	0.50
Hot Dog Bun-Ultra	2oz Bun	140	0	220	4.00	1.80	20.0	15	0.0	3	5.0	28.0	1.5	0.00	0.00
Orange Navel K-8	1/2 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
Baked Beans. (F) 3/4C	3/4 C	92	0	183	5.23	1.41	26.2	0	0.0	8	3.93	19.63	0.0	0.00	0.00
KETCHUP: individual (WC)	9 grams	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Black Bean Patty	2.9 oz	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
Mayonnaise	12.4 GRA	90	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		658	36	1162	12.83	4.43	390.2	1025	94.10	38	25.61	84.39	25.73	8.08	0.48
% of Calories										23.1%	15.6%	51.3%	35.2%	11.1%	0.7%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 04/11/2023															
K-8 Lunch	Total														
Chicken for TACOs 4oz	4 oz	199	71	190	1.17	1.55	15.8	506	4.02	*2	25.87	6.43	7.38	1.82	*0.00
Taco Shell-7" HS/Mission	2.25 oz	210	0	0	3.00	1.08	20.0	5	0.0	1	3.0	29.0	9.0	2.50	0.00
CORN: frozen, yellow	3/4 CUP	107	0	1	3.17	0.62	4.0	263	4.62	4	3.37	25.48	0.88	0.14	0.00
BANANAS MS Lunch	1/2 Cup	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Vegetarian Meat Taco.	3 oz	151	1	797	7.58	3.08	81.1	4090	3.55	4	14.05	20.3	3.65	0.10	0.00
Chicken for TACOs 4oz (NT)	4 oz	186	71	181	0.52	1.08	10.1	266	0.58	*0	25.19	3.46	7.31	1.80	*0.00
Weighted Daily Average		719	76	343	10.62	3.61	324.2	1602	20.03	*34	41.15	101.33	18.72	5.25	*0.00
% of Calories										*18.8%	22.9%	56.4%	23.5%	6.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Apr 10, 2023 thru Apr 14, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/12/2023															
K-8 Lunch	Total														
Turkey Jambalaya. K-5**	10 Oz	351	44	588	3.26	1.81	22.0	180	19.46	*3	8.66	47.21	12.16	2.43	*0.00
GREEN BEANS.	3/4 CUP	30	0	1	3.24	0.71	45.4	453	4.43	2	1.61	6.97	0.18	0.05	0.00
Apple Sauce	4 oz	50	0	0	1.00	0.00	0.0	0	6.0	11	0.0	13.0	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Vegetarian Jambalaya**	6 oz	527	0	421	13.82	10.24	196.2	847	125.29	*4	13.95	94.17	10.27	0.83	*0.00
Chicken Jambalaya. K-5**	10 Oz	319	35	87	3.26	1.50	22.0	180	19.46	*1	12.73	42.47	8.78	1.43	*0.00
Turkey Jambalaya (NT)	10 Oz	347	44	586	3.00	1.72	16.7	81	17.87	*3	8.59	46.42	12.16	2.43	*0.00
Whole Grain Roll	1.3 oz	90	0	140	2.00	0.72	100.0	0	0.0	2	4.0	16.0	1.0	0.00	0.00
Turkey Sausage with Vegetables	10 Oz	169	44	588	1.13	1.04	22.0	180	19.46	*3	8.66	9.88	10.56	2.43	*0.00
Weighted Daily Average		536	49	712	7.86	2.81	349.9	1285	34.68	*28	18.51	81.70	13.46	3.14	*0.00
% of Calories										*21.2%	13.8%	61.0%	22.6%	5.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 04/13/2023															
K-8 Lunch	Total														
Chicken Drumstick.	4.4 oz	220	60	530	1.00	1.00	14.0	0	0.0	0	19.0	6.0	13.0	3.00	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0	270	2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
Sweet potatoes	3/4 cup	154	0	62	5.66	1.18	65.1	32945	33.6	11	3.45	35.5	0.26	0.09	0.00
PEARS,FRESH 1/2C.	1/2 cup	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
KETCHUP: individual (WC)	9 grams	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Diced Chicken Tyson	2.3 oz	100	40	90	0.00	0.36	0.0	0	0.0	0	14.0	1.0	4.0	1.00	0.00
Vegetarian Patty.	2.5 oz	80	0	410	3.00	2.10	50.0	0	0.0	0	11.0	6.0	3.0	0.00	0.00
Weighted Daily Average		693	65	1073	13.31	3.99	410.1	33611	41.12	41	34.72	105.03	15.30	3.73	0.00
% of Calories										23.4%	20.0%	60.6%	19.9%	4.8%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Apr 10, 2023 thru Apr 14, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/14/2023															
K-8 Lunch	Total														
Turkey Ham 3oz (JO).	3 oz	110	55	478	0.00	0.70	0.0	0	0.0	0	13.95	1.0	4.98	1.50	0.00
American Cheese Pullman	1 oz	40	10	180	0.00	0.00	75.0	0	0.0	1	2.0	1.0	3.0	1.75	0.00
Whole Grain Bun 2oz.	2 oz	110	0	210	2.00	1.00	49.0	0	0.0	2	3.0	23.0	1.0	0.00	0.00
Romaine Lettuce K-5.*	1 C	8	0	4	0.99	0.46	15.5	4094	1.88	1	0.58	1.55	0.14	0.02	0.00
tomatoes 3/4C	3/4 C	24	0	7	1.62	0.36	13.5	1125	18.5	4	1.19	5.25	0.27	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
100% Orange Juice (Ardmore)4oz	1/2 C	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Sunflower & Jelly Sandwich	2.8 oz	310	0	300	4.00	5.00	27.0	0	0.0	11	9.0	33.0	15.0	2.00	0.00
Ranch Dressing.	12Grams	10	0	125	0.00	0.00	20.0	0	0.0	1	0.0	3.0	0.0	0.00	0.00
Mayo	12GRAMS	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		453	70	1129	4.68	2.63	445.9	5848	63.53	30	29.41	60.07	10.80	3.98	0.00
% of Calories										26.4%	26.0%	53.0%	21.4%	7.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		612	59	884	9.86	3.49	384.1	8674	50.69	*34 *50.2%	29.88 19.5%	86.50 56.6%	16.80 24.7%	4.84 7.1%	*0.10 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	612		600 - 650	100%				
Cholesterol (mg)	59							
Sodium 1 (mg)	884		1230					
Sodium 2 (mg)	884		935					
Fiber (g)	9.86							
Iron (mg)	3.49							
Calcium (mg)	384.1							
Vitamin A (IU)	8674							
Sugars (g)	34	22.31%			Missing			
Vitamin C (mg)	50.69							
Protein (g)	29.88	19.54%						
Carbohydrate (g)	86.50	56.56%						
Total Fat (g)	16.80	24.72%						
Saturated Fat (g)	4.84	7.11%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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Top Spanish Cafe & Catering

Apr 24, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 4/6/2023 12:01:11 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/24/2023															
K-8 Lunch	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 04/25/2023															
K-8 Lunch	Total														
BEEF for TACOs 3oz.*	3 oz	185	54	71	0.70	2.21	21.4	312	2.4	*1	15.49	2.77	12.18	4.60	*0.69
Black beans 3/4C	3/4 C	170	0	183	7.85	2.62	62.8	0	0.0	1	10.47	30.09	0.65	0.00	0.00
Taco Shell-7" HS/Mission	2.25 oz	210	0	0	3.00	1.08	20.0	5	0.0	1	3.0	29.0	9.0	2.50	0.00
Banana	1/2 C	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Vegetarian Meat Taco.	3 oz	151	1	797	7.58	3.08	81.1	4090	3.55	4	14.05	20.3	3.65	0.10	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		768	60	410	14.85	6.25	388.4	1153	13.85	*30	38.24	102.42	23.12	7.80	*0.66
% of Calories										*15.7%	19.9%	53.3%	27.1%	9.1%	*0.8%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 04/26/2023															
K-8 Lunch	Total														
CHICKEN STIR-FRY.	3 OZ	194	45	217	1.58	0.76	23.9	148	41.4	*2	16.52	6.71	11.12	2.10	*0.00
BROWN RICE 1/2C.	4 OZ	119	0	0	1.40	0.50	0.0	0	0.0	0	0.0	24.5	1.05	0.00	0.00
CORN: frozen, yellow	3/4 CUP	107	0	1	3.17	0.62	4.0	263	4.62	4	3.37	25.48	0.88	0.14	0.00
PEARS,FRESH 1/2C.	1/2 cup	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
SPANISH RICE With VG Meat	6 Oz	315	0	673	6.93	4.34	85.0	340	11.14	*2	15.72	51.43	5.57	0.06	*0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Whole Grain Roll	1.3 oz	90	0	140	2.00	0.72	100.0	0	0.0	2	4.0	16.0	1.0	0.00	0.00
Weighted Daily Average		604	50	366	10.88	2.26	320.1	1083	52.50	*32	28.44	92.98	14.25	2.93	*0.00
% of Calories										*21.4%	18.8%	61.6%	21.2%	4.4%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Apr 24, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/27/2023															
K-8 Lunch	Total														
Chicken Nuggets	3 oz	220	85	380	1.00	2.70	40.0	200	0.0	0	13.0	14.0	12.0	2.50	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0	270	2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
GREEN BEANS.	3/4 CUP	30	0	1	3.24	0.71	45.4	453	4.43	2	1.61	6.97	0.18	0.05	0.00
Diced Peach Cup	4 oz	70	0	5	1.00	0.36	0.0	200	60.0	15	0.0	17.0	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Vegetarian Patty.	2.5 oz	80	0	410	3.00	2.10	50.0	0	0.0	0	11.0	6.0	3.0	0.00	0.00
Diced Chicken Tyson 4oz	4 oz	174	70	157	0.00	0.63	0.0	0	0.0	0	24.35	1.74	6.96	1.74	0.00
KETCHUP: individual (WC)	9 grams	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		529	87	838	7.30	5.24	333.4	1319	65.28	29	24.59	75.37	13.70	2.98	0.00
% of Calories										22.0%	18.6%	57.0%	23.3%	5.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 04/28/2023															
K-8 Lunch	Total														
Turkey Bologna 3oz (FF)	2 oz	130	40	500	0.00	0.72	60.0	0	0.0	0	6.0	1.0	11.0	2.50	0.00
American Cheese Pullman	1 oz	40	10	180	0.00	0.00	75.0	0	0.0	1	2.0	1.0	3.0	1.75	0.00
Whole Grain Bun 2oz.	2 oz	110	0	210	2.00	1.00	49.0	0	0.0	2	3.0	23.0	1.0	0.00	0.00
Romaine Lettuce K-5.*	1 C	8	0	4	0.99	0.46	15.5	4094	1.88	1	0.58	1.55	0.14	0.02	0.00
tomatoes 3/4C	3/4 C	24	0	7	1.62	0.36	13.5	1125	18.5	4	1.19	5.25	0.27	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
100% Orange Juice (Ardmore)4oz	1/2 C	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Sunflower & Jelly Sandwich	2.8 oz	310	0	300	4.00	5.00	27.0	0	0.0	11	9.0	33.0	15.0	2.00	0.00
Ranch Dressing.	12Grams	10	0	125	0.00	0.00	20.0	0	0.0	1	0.0	3.0	0.0	0.00	0.00
Mayonnaise	12.4 GRA	90	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		538	54	1183	4.68	2.65	435.8	5692	63.24	27	19.75	56.85	26.31	6.27	0.00
% of Calories										20.0%	14.7%	42.3%	44.0%	10.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		610	63	699	9.43	4.10	369.4	2312	48.72	*30 *43.7%	27.75 18.2%	81.90 53.7%	19.35 28.5%	4.99 7.4%	*0.17 *0.2%
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Top Spanish Cafe & Catering

Apr 24, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	610		600 - 650	100%				
Cholesterol (mg)	63							
Sodium 1 (mg)	699		1230					
Sodium 2 (mg)	699		935					
Fiber (g)	9.43							
Iron (mg)	4.10							
Calcium (mg)	369.4							
Vitamin A (IU)	2312							
Sugars (g)	30	19.43%			Missing			
Vitamin C (mg)	48.72							
Protein (g)	27.75	18.20%						
Carbohydrate (g)	81.90	53.71%						
Total Fat (g)	19.35	28.55%						
Saturated Fat (g)	4.99	7.37%	<10.00%					
Trans Fat ¹ (g)	0.17	0.25%			Missing			

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