



BREAKFAST

MAY 2023

TOP SPANISH CATERING, INC

Monday

Assorted Whole Grain Cereal Apples **1**

Assorted Whole Grain Cereal Pears **8**

Assorted Whole Grain Cereal Oranges **15**

Assorted Whole Grain Cereal Pears **22**

NO SCHOOL **29**

Tuesday

WG Waffles Turkey Bacon Cantaloupe Fruit Jelly **2**

Whole Grain Bagel Cream Cheese Pineapple **9**

WG Waffles Turkey Bacon Cantaloupe Fruit Jelly **16**

WG Pancakes Turkey Bacon Oranges Fruit Jelly **23**

Assorted Whole Grain Cereal Oranges **30**

Wednesday

WG Bagels Cream Cheese Oranges **3**

WG Banana Muffin 100% Orange Juice **10**

WG French Toast Turkey Breakfast Sausage 100% Orange Juice Fruit Jelly **17**

WG Blueberry Muffin 100% Orange Juice **24**

WG Apple Muffin 100% Orange Juice **31**

Thursday

WG Pancakes Turkey Breakfast Sausage Strawberries Fruit Jelly **4**

WG Pancakes Turkey Bacon Oranges Fruit Jelly **11**

WG Apple Muffin Pears **18**

WG English Muffin Turkey Ham American Cheese Apples **25**

Friday

WG Banana Muffin 100% Orange Juice **5**

Fat Free Yogurt Granola Bars Apples **12**

WG Bagels Cream Cheese Strawberries **19**

Fat Free Yogurt Granola Bars Apple Sauce **26**

- 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





BREAKFAST

MAY 2023 VEGETARIAN

TOP SPANISH CATERING, INC

Monday

Assorted Whole Grain Cereal Apples **1**

Assorted Whole Grain Cereal Pears **8**

Assorted Whole Grain Cereal Oranges **15**

Assorted Whole Grain Cereal Pears **22**

NO SCHOOL **29**

Tuesday

WG Waffles Cantaloupe Fruit Jelly **2**

Whole Grain Bagel Cream Cheese Pineapple **9**

WG Waffles Cantaloupe Fruit Jelly **16**

WG Pancakes Oranges Fruit Jelly **23**

Assorted Whole Grain Cereal Oranges **30**

Wednesday

WG Bagels Cream Cheese Oranges **3**

WG Banana Muffin 100% Orange Juice **10**

WG French Toast 100% Orange Juice Fruit Jelly **17**

WG Blueberry Muffin 100% Orange Juice **24**

WG Apple Muffin 100% Orange Juice **31**

Thursday

WG Pancakes Strawberries Fruit Jelly **4**

WG Pancakes Oranges Fruit Jelly **11**

WG Apple Muffin Pears **18**

WG English Muffin American Cheese Apples **25**

Friday

WG Banana Muffin 100% Orange Juice **5**

Fat Free Yogurt Granola Bars Apples **12**

WG Bagels Cream Cheese Strawberries **19**

Fat Free Yogurt Granola Bars Apple Sauce **26**

- 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.

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Top Spanish Cafe & Catering

May 1, 2023 thru May 5, 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 - 05/01/2023															
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
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.	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		371	7	452	11.23	3.91	405.0	1306	14.68	38	10.43	76.11	6.36	0.75	0.00
% of Calories										41.2%	11.2%	82.0%	15.4%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 05/02/2023															
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
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		413	27	643	3.52	2.47	316.1	5907	58.40	37	16.84	63.85	10.40	1.49	0.00
% of Calories										35.5%	16.3%	61.8%	22.6%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 05/03/2023															
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
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.	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

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

May 1, 2023 thru May 5, 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)
Weighted Daily Average		377	27	485	5.39	2.09	704.7	1026	92.31	30	15.43	60.81	7.92	4.73	0.00
% of Calories										32.0%	16.4%	64.6%	18.9%	11.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 05/04/2023															
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
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
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
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		414	44	434	4.83	2.33	357.3	649	85.81	37	18.72	62.42	9.39	1.70	0.00
% of Calories										35.3%	18.1%	60.2%	20.4%	3.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 05/05/2023															
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
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 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		474	36	342	2.15	2.64	307.9	656	85.43	57	15.13	87.17	8.00	1.66	0.00
% of Calories										48.0%	12.8%	73.6%	15.2%	3.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		410	28	471	5.42	2.69	418.2	1909	67.33	40	15.31	70.07	8.42	2.07	0.00
										87.2%	14.9%	68.4%	18.5%	4.5%	0.0%

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Top Spanish Cafe & Catering

May 1, 2023 thru May 5, 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	410		400 - 500	100%												
Cholesterol (mg)	28															
Sodium 1 (mg)	471		540													
Sodium 2 (mg)	471		485													
Fiber (g)	5.42															
Iron (mg)	2.69															
Calcium (mg)	418.2															
Vitamin A (IU)	1909															
Sugars (g)	40	38.74%														
Vitamin C (mg)	67.33															
Protein (g)	15.31	14.94%														
Carbohydrate (g)	70.07	68.39%														
Total Fat (g)	8.42	18.48%														
Saturated Fat (g)	2.07	4.54%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

May 8, 2023 thru May 12, 2023

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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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)
Mon - 05/08/2023															
K-8 Breakfast	Total														
Cer/Cinnamon Toast Crunch 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
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.	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		401	7	451	13.47	4.25	413.6	1276	15.99	41	10.83	84.06	6.41	0.75	0.00
% of Calories										41.0%	10.8%	83.9%	14.4%	1.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 05/09/2023															
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
Pineapple, Fresh	1 C	83	0	2	2.31	0.48	21.5	96	78.87	16	0.89	21.65	0.2	0.01	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		382	27	483	4.31	2.37	652.7	741	80.17	33	14.89	63.10	7.75	4.63	0.00
% of Calories										34.8%	15.6%	66.1%	18.3%	10.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 05/10/2023															
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
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
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
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
Weighted Daily Average		478	37	342	2.09	2.36	305.7	645	85.30	57	15.12	87.80	8.11	1.69	0.00
% of Calories										48.1%	12.7%	73.5%	15.3%	3.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

May 8, 2023 thru May 12, 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 - 05/11/2023															
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 Bacon.3s	0.54 oz	64	19	331	0.00	0.19	0.0	0	0.0	1	5.33	0.53	4.27	1.07	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 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
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		456	33	678	5.43	1.81	403.5	1012	92.15	44	18.68	72.69	9.63	1.77	0.00
% of Calories										38.3%	16.4%	63.7%	19.0%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 05/12/2023															
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
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 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		363	12	261	4.44	1.11	495.5	1214	7.66	45	14.51	68.51	4.96	1.73	0.00
% of Calories										49.7%	16.0%	75.5%	12.3%	4.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average															
		416	23	443	5.95	2.38	454.2	978	56.25	44	14.81	75.23	7.37	2.11	0.00
										95.5%	14.2%	72.3%	16.0%	4.6%	0.0%

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Top Spanish Cafe & Catering

May 8, 2023 thru May 12, 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	416		400 - 500	100%												
Cholesterol (mg)	23															
Sodium 1 (mg)	443		540													
Sodium 2 (mg)	443		485													
Fiber (g)	5.95															
Iron (mg)	2.38															
Calcium (mg)	454.2															
Vitamin A (IU)	978															
Sugars (g)	44	42.43%														
Vitamin C (mg)	56.25															
Protein (g)	14.81	14.24%														
Carbohydrate (g)	75.23	72.34%														
Total Fat (g)	7.37	15.95%														
Saturated Fat (g)	2.11	4.57%	<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

May 15, 2023 thru May 19, 2023

K-8 Breakfast

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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)
Mon - 05/15/2023															
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		375	7	451	11.34	4.13	463.8	1612	99.35	37	11.59	76.27	6.39	0.73	0.00
% of Calories										39.3%	12.4%	81.4%	15.3%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 05/16/2023															
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
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		409	27	637	3.47	2.43	315.5	5907	58.40	37	16.75	63.21	10.26	1.49	0.00
% of Calories										35.7%	16.4%	61.8%	22.6%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 05/17/2023															
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
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
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
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

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

May 15, 2023 thru May 19, 2023

K-8 Breakfast

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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)
Weighted Daily Average		523	46	497	1.94	0.99	282.0	594	85.14	51	21.24	82.77	11.87	2.64	0.00
% of Calories										39.0%	16.2%	63.3%	20.4%	4.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 05/18/2023															
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	

Fri - 05/19/2023															
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		347	27	485	4.88	2.48	661.5	663	85.97	24	14.99	52.56	8.13	4.73	0.00
% of Calories										27.8%	17.3%	60.6%	21.1%	12.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		401	26	464	5.65	2.33	409.0	*1893	*67.56	38	15.07	68.33	8.49	2.16	0.00
										85.5%	15.0%	68.2%	19.1%	4.9%	0.0%

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

May 15, 2023 thru May 19, 2023

K-8 Breakfast

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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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	401		400 - 500	100%												
Cholesterol (mg)	26															
Sodium 1 (mg)	464		540													
Sodium 2 (mg)	464		485													
Fiber (g)	5.65															
Iron (mg)	2.33															
Calcium (mg)	409.0															
Vitamin A (IU)	1893				Missing											
Sugars (g)	38	38.01%														
Vitamin C (mg)	67.56				Missing											
Protein (g)	15.07	15.04%														
Carbohydrate (g)	68.33	68.22%														
Total Fat (g)	8.49	19.08%														
Saturated Fat (g)	2.16	4.86%	<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

May 22, 2023 thru May 26, 2023

K-8 Breakfast

Generated on: 4/24/2023 3:46:42 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/22/2023															
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
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		301	7	291	9.50	2.28	353.2	976	12.39	35	9.76	62.09	3.92	0.75	0.00
% of Calories										46.8%	13.0%	82.5%	11.7%	2.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 05/23/2023															
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 Bacon.3s	0.54 oz	64	19	331	0.00	0.19	0.0	0	0.0	1	5.33	0.53	4.27	1.07	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 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
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		456	33	678	5.43	1.81	403.5	1012	92.15	44	18.68	72.69	9.63	1.77	0.00
% of Calories										38.3%	16.4%	63.7%	19.0%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 05/24/2023															
K-8 Breakfast	Total														
Whole Grain Blueberry Muffin 3	3.1 oz	250	35	140	2.00	2.00	23.0	0	0.0	20	5.01	42.06	7.01	1.00	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
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
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

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

May 22, 2023 thru May 26, 2023

K-8 Breakfast

Generated on: 4/24/2023 3:46:43 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		449	42	306	2.00	2.28	301.9	645	85.30	52	15.03	79.19	8.05	1.69	0.00
% of Calories										46.1%	13.4%	70.6%	16.2%	3.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 05/25/2023															
K-8 Breakfast	Total														
Whole Grain English Muffin	2 oz	120	0	250	2.00	1.08	80.0	0	0.0	1	5.0	24.0	1.5	0.00	0.00
Turkey Ham BF	1 oz	60	30	180	0.00	0.36	0.0	0	0.0	0	7.0	1.0	3.0	1.00	0.00
American Cheese	1 oz	70	15	240	0.00	0.00	100.0	200	0.0	0	4.0	0.9	6.0	3.50	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 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
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		429	53	811	5.41	1.62	477.4	931	7.55	28	24.78	59.16	12.12	5.30	0.00
% of Calories										26.0%	23.1%	55.1%	25.4%	11.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 05/26/2023															
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
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.	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		391	12	259	3.12	0.90	486.9	1138	13.30	53	14.14	75.36	4.72	1.69	0.00
% of Calories										54.0%	14.5%	77.1%	10.9%	3.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		405	29	469	5.09	1.78	404.6	941	42.14	42	16.48	69.70	7.69	2.24	0.00
										93.8%	16.3%	68.8%	17.1%	5.0%	0.0%

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

May 22, 2023 thru May 26, 2023

K-8 Breakfast

Generated on: 4/24/2023 3:46:43 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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	405		400 - 500	100%												
Cholesterol (mg)	29															
Sodium 1 (mg)	469		540													
Sodium 2 (mg)	469		485													
Fiber (g)	5.09															
Iron (mg)	1.78															
Calcium (mg)	404.6															
Vitamin A (IU)	941															
Sugars (g)	42	41.71%														
Vitamin C (mg)	42.14															
Protein (g)	16.48	16.26%														
Carbohydrate (g)	69.70	68.79%														
Total Fat (g)	7.69	17.07%														
Saturated Fat (g)	2.24	4.97%	<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

May 29, 2023 thru Jun 2, 2023

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/24/2023 3:47:15 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 - 05/29/2023															
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 - 05/30/2023															
K-8 Breakfast	Total														
Cer/Cinnamon Toast 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		385	8	464	11.52	4.21	480.4	1657	99.58	38	12.03	77.92	6.57	0.78	0.00
% of Calories										39.3%	12.5%	81.1%	15.4%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 05/31/2023															
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
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	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		347	22	283	1.00	1.25	305.0	*644	*85.28	45	12.05	63.88	5.52	1.19	0.00
% of Calories										51.3%	13.9%	73.5%	14.3%	3.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

May 29, 2023 thru Jun 2, 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 - 06/01/2023															
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
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
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
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		525	46	469	7.46	1.31	298.0	639	8.79	48	19.88	85.88	12.12	2.67	0.00
% of Calories										36.9%	15.2%	65.5%	20.8%	4.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 06/02/2023															
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 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
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		345	27	479	4.85	2.17	659.2	649	85.81	24	14.93	51.91	8.15	4.73	0.00
% of Calories										27.8%	17.3%	60.2%	21.3%	12.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average															
		400	26	424	6.21	2.23	435.7	*897	*69.86	39	14.72	69.90	8.09	2.34	0.00
										86.9%	14.7%	69.8%	18.2%	5.3%	0.0%

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Top Spanish Cafe & Catering

May 29, 2023 thru Jun 2, 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	400		400 - 500	100%												
Cholesterol (mg)	26															
Sodium 1 (mg)	424		540													
Sodium 2 (mg)	424		485													
Fiber (g)	6.21															
Iron (mg)	2.23															
Calcium (mg)	435.7															
Vitamin A (IU)	897				Missing											
Sugars (g)	39	38.63%														
Vitamin C (mg)	69.86				Missing											
Protein (g)	14.72	14.71%														
Carbohydrate (g)	69.90	69.83%														
Total Fat (g)	8.09	18.18%														
Saturated Fat (g)	2.34	5.27%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Monday

Cheeseburger **1**
On WG Hamburger Bun
Potato Fries
Oranges
Ketchup

Beef Hot Dogs **8**
WG Hot Dog Roll
Potato Fries
Oranges
Mayo & Ketchup

Chicken Drumsticks **15**
Whole Grain Roll
Green Beans
Pears
Ketchup

Chicken Patty Sandwich **22**
On WG Bun
Sweet Potatoes
Apple Sauce

29
NO SCHOOL

Tuesday

Macaroni & Cheese **2**
Green Beans & Carrots
Bananas

Chicken for Taco **9**
Taco Shells
Black Beans
Bananas

Ground Beef **16**
Macaroni
Broccoli
Bananas

Cheeseburger on WG **23**
Bun
Potato Fries
Bananas

Beef Taco **30**
Taco Shells
Corn
Pears

Wednesday

Spanish Rice **3**
& Chicken
Black Beans
Diced Peach Cup

Turkey Pepperoni **10**
Pizza
Broccoli & Carrots
Apple Sauce

Chicken Nuggets **17**
WG Roll
Baked Beans
Oranges
Ketchup

Spaghetti & **24**
Meatballs
Broccoli & Green Beans
Pears

Chicken Parmesan **31**
Whole Grain Roll
Broccoli & Carrots
Bananas

Thursday

Chicken Drumsticks **4**
Whole Grain Roll
Broccoli
Pears
Ketchup

Ground Beef **11**
Spanish Rice
Green Beans
Pears

Chicken Teriyaki **18**
Brown Rice
Corn
Apple Sauce

Spanish Rice with **25**
Chicken
Black Beans
Diced Peach Cup

Friday

Chicken & **5**
Cheese Quesadillas
Corn
Apples

Chicken Salad **12**
Sandwich
Romaine Lettuce &
Tomato Salad
100% Orange Juice

Turkey Ham & **19**
Cheese Sandwich
Romaine Lettuce &
Tomato Salad
100% Orange Juice

Turkey Ham & Cheese **26**
Sandwich
Coleslaw
100% Orange Juice

- 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.



Monday

Vegetarian Patty **1**
On WG Hamburger Bun
Potato Fries
Oranges
Ketchup

Vegetarian Patty **8**
WG Hot Dog Roll
Potato Fries
Oranges
Mayo & Ketchup

Vegetarian Patty **15**
Whole Grain Roll
Green Beans
Pears
Ketchup

Vegetarian Patty **22**
Sandwich
On WG Bun
Sweet Potatoes
Apple Sauce

29
NO SCHOOL

Tuesday

Macaroni & Cheese **2**
Green Beans & Carrots
Bananas

Vegetarian Meat Taco **9**
Taco Shells
Black Beans
Bananas

Vegetarian Meat **16**
Macaroni
Broccoli
Bananas

Black Bean **23**
Patty on WG
Bun
Potato Fries
Bananas

Vegetarian Meat **30**
Taco
Taco Shells
Corn
Pears

Wednesday

Spanish Rice **3**
& Vegetarian Meat
Black Beans
Diced Peach Cup

Cheese Pizza **10**
Broccoli & Carrots
Apple Sauce

Black Bean Patty **17**
WG Roll
Baked Beans
Oranges
Ketchup

Vegetarian **24**
Meat Spaghetti
Broccoli & Green Beans
Pears

Tofu and Bean **31**
Quesadilla
Broccoli & Carrots
Bananas

Thursday

Black Bean Patty **4**
Whole Grain Roll
Broccoli
Pears
Ketchup

Spanish Rice & **11**
Vegetarian Meat
Green Beans
Pears

Spanish Rice with **18**
Vegetarian Meat
Corn
Apple Sauce

Rice and **25**
Vegetarian Meat
Black Beans
Diced Peach Cup

Friday

Cheese Quesadillas **5**
Corn
Apples

Sun Butter & Jelly **12**
Sandwich
Romaine Lettuce &
Tomato Salad
100% Orange Juice

Tofu and Lettuce **19**
Sandwich
Romaine Lettuce &
Tomato Salad
100% Orange Juice

Tofu and Lettuce **26**
Sandwich
Coleslaw
100% Orange Juice

- 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.



Top Spanish Cafe & Catering

May 1, 2023 thru May 5, 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)
Mon - 05/01/2023															
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
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
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 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
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
Weighted Daily Average		663	51	747	7.50	2.86	496.8	1011	92.16	30	27.50	94.49	22.20	7.32	0.49
% of Calories										17.8%	16.6%	57.0%	30.1%	9.9%	0.7%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 05/02/2023															
K-8 Lunch	Total														
Macaroni and Cheese	6 oz	290	30	980	2.00	1.08	420.0	800	0.0	6	17.0	31.0	11.0	6.00	0.00
GREEN BEANS: fresh,boiled	1/2 cup	44	0	1	4.00	0.81	55.0	791	12.13	5	2.36	9.85	0.35	0.08	0.00
CARROTS: fresh, boiled-MS	3/4 CUP	42	0	70	3.60	0.41	36.0	20440	4.32	4	0.91	9.86	0.22	0.04	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, 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
Spaghetti-4 oz.	4 oz	400	0	20	12.00	5.40	0.0	0	0.0	4	14.0	82.0	3.0	0.00	0.00
Meatballs.	2.25 oz	240	45	560	1.00	1.91	42.4	20	1.12	1	13.0	5.0	18.0	8.00	1.00
Marinara Sauce 1/4C (F)	1/4 C	25	0	45	1.00	0.72	10.0	250	0.0	3	0.5	5.0	0.5	0.00	0.00
Weighted Daily Average		588	38	1175	12.92	2.75	785.7	22725	27.89	41	29.81	91.93	13.38	7.01	0.02
% of Calories										28.0%	20.3%	62.5%	20.5%	10.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

May 1, 2023 thru May 5, 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 - 05/03/2023															
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
Weighted Daily Average		635	83	545	10.87	6.59	377.3	1183	76.54	*30	49.03	95.49	6.12	1.85	*0.00
% of Calories										*19.0%	30.9%	60.1%	8.7%	2.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 05/04/2023															
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	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
BROCCOLI: frozen, boiled MS	3/4 CUP	39	0	15	4.14	0.84	45.5	1395	55.34	2	4.28	7.38	0.17	0.02	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, 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
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
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		561	65	897	12.84	2.89	463.2	2093	64.19	36	36.02	73.24	15.34	3.72	0.00
% of Calories										25.6%	25.7%	52.2%	24.6%	6.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

May 1, 2023 thru May 5, 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 - 05/05/2023															
K-8 Lunch	Total														
Chicken and Cheese Quesadilla	4 oz	386	55	672	4.00	2.34	362.5	101	0.0	0	27.09	35.0	15.08	6.55	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
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, 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
Cheese Quesadilla.	1 Quesadill	84	9	160	0.64	0.32	147.1	61	0.0	0	5.21	5.43	4.44	2.67	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		653	61	785	10.35	3.05	642.8	1067	12.12	30	38.02	91.41	16.99	7.30	0.00
% of Calories										18.6%	23.3%	56.0%	23.4%	10.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		620	60	830	10.89	3.63	553.2	5616	54.58	*33 *48.5%	36.08 23.3%	89.31 57.6%	14.81 21.5%	5.44 7.9%	*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	620		600 - 650	100%				
Cholesterol (mg)	60							
Sodium 1 (mg)	830		1230					
Sodium 2 (mg)	830		935					
Fiber (g)	10.89							
Iron (mg)	3.63							
Calcium (mg)	553.2							
Vitamin A (IU)	5616							
Sugars (g)	33	21.57%			Missing			
Vitamin C (mg)	54.58							
Protein (g)	36.08	23.27%						
Carbohydrate (g)	89.31	57.61%						
Total Fat (g)	14.81	21.49%						
Saturated Fat (g)	5.44	7.89%	<10.00%					
Trans Fat ¹ (g)	0.10	0.15%			Missing			

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Top Spanish Cafe & Catering

May 8, 2023 thru May 12, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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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)
Mon - 05/08/2023															
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
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
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
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
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
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
Weighted Daily Average		763	36	1019	9.50	3.64	384.6	1025	94.10	30	23.59	98.52	33.56	9.02	0.48
% of Calories										15.8%	12.4%	51.7%	39.6%	10.6%	0.6%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 05/09/2023															
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
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
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		782	76	527	15.33	5.61	383.4	1351	15.42	*31	48.21	105.99	18.49	5.11	*0.00
% of Calories										*15.9%	24.7%	54.2%	21.3%	5.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

May 8, 2023 thru May 12, 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)
Wed - 05/10/2023															
K-8 Lunch	Total														
PizzaTurkey Pepperoni K-5.*	1 Slices	395	62	1288	2.00	*2.22	220.6	1143	10.65	7	24.22	35.25	16.55	6.42	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: fresh, boiled-K5	1/2 C	27	0	45	2.34	0.27	23.4	13286	2.81	3	0.59	6.41	0.14	0.02	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 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
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 and Bean Pizza.	1 slice	322	0	907	3.97	3.20	90.5	750	21.0	10	14.74	46.02	9.28	0.83	0.00
Weighted Daily Average		598	67	1480	7.95	*3.01	558.0	16248	71.80	34	34.38	73.60	18.13	7.20	0.00
% of Calories										23.0%	23.0%	49.3%	27.3%	10.8%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 05/11/2023															
K-8 Lunch	Total														
GROUND BEEF &SPANISH RICE k-8	3/4 CUP	376	58	234	3.00	3.48	37.5	352	11.14	*2	18.32	38.74	14.52	4.94	*0.73
GREEN BEANS: frozen,boiled 1C	1 CUP	38	0	1	4.05	0.89	56.7	566	5.54	3	2.01	8.71	0.23	0.06	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
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
Weighted Daily Average		595	63	384	11.78	4.67	385.7	1584	24.19	*31	28.80	83.47	15.82	5.57	*0.71
% of Calories										*20.6%	19.3%	56.1%	23.9%	8.4%	*1.1%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

May 8, 2023 thru May 12, 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 - 05/12/2023															
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
tomatoes salad 1/2 C	1/2 cup	16	0	4	1.08	0.24	9.0	750	12.33	2	0.79	3.5	0.18	0.03	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
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
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
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
Weighted Daily Average		438	49	689	4.82	2.31	379.8	8098	58.70	*29	27.30	61.50	9.62	2.26	*0.00
% of Calories										*26.6%	24.9%	56.1%	19.7%	4.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		635	58	820	9.88	*3.85	418.3	5661	52.84	*31	32.45	84.62	19.13	5.83	*0.24
										*44.0%	20.4%	53.3%	27.1%	8.3%	*0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	635		600 - 650	100%				
Cholesterol (mg)	58							
Sodium 1 (mg)	820		1230					
Sodium 2 (mg)	820		935					
Fiber (g)	9.88							
Iron (mg)	3.85				Missing			
Calcium (mg)	418.3							
Vitamin A (IU)	5661							
Sugars (g)	31	19.56%			Missing			
Vitamin C (mg)	52.84							
Protein (g)	32.45	20.44%						
Carbohydrate (g)	84.62	53.29%						
Total Fat (g)	19.13	27.10%						
Saturated Fat (g)	5.83	8.26%	<10.00%					
Trans Fat ¹ (g)	0.24	0.34%			Missing			

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Top Spanish Cafe & Catering

May 15, 2023 thru May 19, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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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)
Mon - 05/15/2023															
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	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
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
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, 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
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
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
Weighted Daily Average		546	65	882	11.83	2.80	453.1	1126	13.24	35	33.06	72.06	15.26	3.70	0.00
% of Calories										25.9%	24.2%	52.8%	25.1%	6.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 05/16/2023															
K-8 Lunch	Total														
GROUND BEEF & MACARONI 3/4 .cup	3/4 CUP	285	52	413	2.19	3.38	47.1	666	8.15	*3	19.23	24.38	12.21	4.51	*0.66
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
BROCCOLI: frozen, boiled MS	3/4 CUP	39	0	15	4.14	0.84	45.5	1395	55.34	2	4.28	7.38	0.17	0.02	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 Spaghetti K-8	6 oz	245	0	463	11.18	4.08	64.1	1003	4.79	*0	14.83	45.69	3.01	0.11	0.00
Spaghetti-4 oz.	4 oz	400	0	20	12.00	5.40	0.0	0	0.0	4	14.0	82.0	3.0	0.00	0.00
Meatballs.	2.25 oz	240	45	560	1.00	1.91	42.4	20	1.12	1	13.0	5.0	18.0	8.00	1.00
Weighted Daily Average		528	58	562	9.78	4.57	375.5	2778	74.75	*31	32.69	72.74	13.64	5.23	*0.64
% of Calories										*23.7%	24.8%	55.1%	23.2%	8.9%	*1.1%
Nutrient Guideline		600-650		1230										<10.00	

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

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Top Spanish Cafe & Catering

May 15, 2023 thru May 19, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 4/24/2023 3:48:40 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)
Wed - 05/17/2023															
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	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
Baked Beans 3/4C	3/4 C	201	0	561	7.20	2.45	72.0	0	0.0	16	10.08	41.74	0.72	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, 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
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
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
Weighted Daily Average		695	89	1296	13.76	6.00	554.0	1201	92.16	45	36.67	106.92	14.91	3.18	0.00
% of Calories										25.9%	21.1%	61.6%	19.3%	4.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 05/18/2023															
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
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
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
Weighted Daily Average		569	50	366	7.30	2.00	306.4	1048	52.02	*29	27.89	83.45	14.01	2.88	*0.00
% of Calories										*20.3%	19.6%	58.6%	22.1%	4.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

May 15, 2023 thru May 19, 2023

K-8 Lunch

Generated on: 4/24/2023 3:48:40 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)
Fri - 05/19/2023															
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 salad 1/2 C	1/2 cup	16	0	4	1.08	0.24	9.0	750	12.33	2	0.79	3.5	0.18	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
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
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
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
Sun Chip Original	1	138	0	119	2.96	1.27	0.0	0	0.0	0	1.97	18.77	5.93	0.99	0.00
Weighted Daily Average		667	70	1302	7.06	3.68	442.1	5474	57.36	28	30.94	76.80	26.17	6.35	0.00
% of Calories										17.0%	18.5%	46.0%	35.3%	8.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		601	66	882	9.95	3.81	426.2	2325	57.91	*34 *50.6%	32.25 21.5%	82.40 54.8%	16.80 25.1%	4.27 6.4%	*0.13 *0.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	601		600 - 650	100%				
Cholesterol (mg)	66							
Sodium 1 (mg)	882		1230					
Sodium 2 (mg)	882		935					
Fiber (g)	9.95							
Iron (mg)	3.81							
Calcium (mg)	426.2							
Vitamin A (IU)	2325							
Sugars (g)	34	22.49%			Missing			
Vitamin C (mg)	57.91							
Protein (g)	32.25	21.46%						
Carbohydrate (g)	82.40	54.83%						
Total Fat (g)	16.80	25.15%						
Saturated Fat (g)	4.27	6.39%	<10.00%					
Trans Fat ¹ (g)	0.13	0.19%			Missing			

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Top Spanish Cafe & Catering

May 22, 2023 thru May 26, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/22/2023															
K-8 Lunch	Total														
Chicken Patty.	1 oz	120	50	210	0.00	0.36	20.0	100	0.0	0	6.0	5.0	8.0	2.00	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
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
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
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	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
Weighted Daily Average		532	55	618	8.77	2.61	411.5	33670	40.76	36	20.76	89.50	10.23	2.73	0.00
% of Calories										27.1%	15.6%	67.3%	17.3%	4.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 05/23/2023															
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
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
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
Weighted Daily Average		691	52	667	7.30	2.96	438.2	706	11.42	29	27.81	99.48	22.80	7.60	0.50
% of Calories										16.8%	16.1%	57.6%	29.7%	9.9%	0.7%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

May 22, 2023 thru May 26, 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 - 05/24/2023															
K-8 Lunch	Total														
Spaghetti-4 oz.	4 oz	400	0	20	12.00	5.40	0.0	0	0.0	4	14.0	82.0	3.0	0.00	0.00
Beef Meatballs	2.5 oz	150	35	250	1.00	1.80	40.0	0	0.0	1	14.0	4.0	9.0	3.50	0.00
Marinara Sauce 1/4C.	1/4 C	40	0	295	0.00	0.54	20.0	375	10.5	4	1.0	6.0	1.5	0.00	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
GREEN BEANS: frozen,boiled 1/4	1/4 C	9	0	0	1.01	0.22	14.2	141	1.38	1	0.5	2.18	0.06	0.01	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
Vegetarian Meat Spaghetti	6 oz	453	0	476	17.17	5.86	94.9	85	2.38	3	27.41	86.32	6.37	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		805	41	724	21.33	8.68	396.2	2379	69.68	37	39.87	135.08	15.01	4.19	0.00
% of Calories										18.3%	19.8%	67.1%	16.8%	4.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 05/25/2023															
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
Weighted Daily Average		635	83	545	10.87	6.59	377.3	1183	76.54	*30	49.03	95.49	6.12	1.85	*0.00
% of Calories										*19.0%	30.9%	60.1%	8.7%	2.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

May 22, 2023 thru May 26, 2023

K-8 Lunch

Generated on: 4/24/2023 3:49:10 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)
Fri - 05/26/2023															
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
Creamy Cole Slaw	3/4 cup	99	9	231	2.99	0.90	57.0	3015	33.3	0	1.79	13.55	4.89	0.77	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		508	81	1235	5.02	2.63	454.5	3645	76.45	24	29.92	63.57	15.00	4.65	0.00
% of Calories										19.3%	23.6%	50.0%	26.6%	8.2%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		634	62	758	10.66	4.69	415.6	8316	54.97	*31 *44.4%	33.48 21.1%	96.62 60.9%	13.83 19.6%	4.20 6.0%	*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	634		600 - 650	100%				
Cholesterol (mg)	62							
Sodium 1 (mg)	758		1230					
Sodium 2 (mg)	758		935					
Fiber (g)	10.66							
Iron (mg)	4.69							
Calcium (mg)	415.6							
Vitamin A (IU)	8316							
Sugars (g)	31	19.75%			Missing			
Vitamin C (mg)	54.97							
Protein (g)	33.48	21.11%						
Carbohydrate (g)	96.62	60.93%						
Total Fat (g)	13.83	19.62%						
Saturated Fat (g)	4.20	5.97%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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Top Spanish Cafe & Catering

May 29, 2023 thru Jun 2, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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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)
Mon - 05/29/2023															
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 - 05/30/2023															
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
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
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
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
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
Weighted Daily Average		684	60	231	11.71	4.21	337.2	1390	14.57	*33	30.38	93.45	23.14	7.82	*0.66
% of Calories										*19.2%	17.8%	54.6%	30.4%	10.3%	*0.9%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 05/31/2023															
K-8 Lunch	Total														
Chicken Patty.	1 oz	120	50	210	0.00	0.36	20.0	100	0.0	0	6.0	5.0	8.0	2.00	0.00
Mozarela 1oz	1 Oz	90	25	150	0.00	0.00	200.0	200	0.0	0	6.0	0.0	7.0	4.50	0.00
Marinara Sauce 1/4C (F)	1/4 C	25	0	45	1.00	0.72	10.0	250	0.0	3	0.5	5.0	0.5	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
BROCCOLI: frozen, boiled MS	3/4 CUP	39	0	15	4.14	0.84	45.5	1395	55.34	2	4.28	7.38	0.17	0.02	0.00
Carrots 1/4C	1/4 C	14	0	22	1.22	0.20	13.2	6152	0.86	*N/A*	0.21	2.86	0.25	0.04	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
Tofu and Bean Quesadilla HS	1 Quesadilla	354	0	635	10.04	4.81	249.7	1356	81.74	3	19.26	51.61	9.29	2.07	0.00

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May 29, 2023 thru Jun 2, 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)
Weighted Daily Average % of Calories		585	79	719	11.77	3.29	667.5	8829	70.72	*33 *22.9%	30.45 20.8%	77.77 53.2%	18.12 27.9%	7.16 11.0%	0.00 0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 06/01/2023															
K-8 Lunch	Total														
GROUND BEEF &SPANISH RICE k-8	3/4 CUP	376	58	234	3.00	3.48	37.5	352	11.14	*2	18.32	38.74	14.52	4.94	*0.73
Three Bean Salad 3/4C	3/4 C	144	0	533	7.20	1.44	77.7	*N/A*	*N/A*	13	5.76	27.35	2.16	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, 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
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
Weighted Daily Average % of Calories		689	63	915	13.65	5.12	401.7	*1055	*18.64	*41 *23.8%	32.37 18.8%	98.63 57.3%	17.78 23.2%	5.51 7.2%	*0.71 *0.9%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 06/02/2023															
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 salad 1/2 C	1/2 cup	16	0	4	1.08	0.24	9.0	750	12.33	2	0.79	3.5	0.18	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
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
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 % of Calories		468	55	1150	4.22	2.58	499.1	5474	57.36	29 24.6%	21.40 18.3%	59.20 50.6%	16.49 31.7%	4.89 9.4%	0.00 0.0%
Nutrient Guideline		600-650		1230										<10.00	

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K-8 Lunch

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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)
Weighted Average		607	64	754	10.34	3.80	476.4	*4187	*40.32	*34 *50.5%	28.65 18.9%	82.26 54.3%	18.89 28.0%	6.35 9.4%	*0.34 *0.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	607		600 - 650	100%				
Cholesterol (mg)	64							
Sodium 1 (mg)	754		1230					
Sodium 2 (mg)	754		935					
Fiber (g)	10.34							
Iron (mg)	3.80							
Calcium (mg)	476.4							
Vitamin A (IU)	4187				Missing			
Sugars (g)	34	22.45%			Missing			
Vitamin C (mg)	40.32				Missing			
Protein (g)	28.65	18.89%						
Carbohydrate (g)	82.26	54.25%						
Total Fat (g)	18.89	28.02%						
Saturated Fat (g)	6.35	9.42%	<10.00%					
Trans Fat ¹ (g)	0.34	0.51%			Missing			

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