

Monday
NO SCHOOL
Tuesday
NO SCHOOL
Wednesday
Thursday
Friday
3
4
5
6
7

Whole Grain Bagels
Cream Cheese
100% Orange Juice

WG French Toast
Turkey Sausage
Pineapple
Fruit Jelly

Croissants
Fruit Jelly
Pears

Assorted Whole
Grain
Cereal
Orange

10

WG Waffles
Turkey Sausage
Watermelon
Fruit Jelly

11

Fat Free Yogurt
Granola
Apples

12

WG Bagels
Cream Cheese
100% Orange Juice

13

WG Banana Muffin
Pears

14

Assorted Whole Grain
Cereal
Orange

17

Whole Grain Bagels
Cream Cheese
Cantaloupe

18

WG French Toast
Turkey Sausage
Apples
Fruit Jelly

19

WG Apple Muffin
100% Orange Juice

20

Fat Free Yogurt
Granola
Pears

21

Assorted Whole Grain
Cereal
Apples

24

WG French Toast
Turkey Sausage
100% Orange Juice
Fruit Jelly

25

WG Bagels
Cream Cheese
Pears

26

WG Waffles
Turkey Bacon
Orange
Fruit Jelly

27

Fat Free Yogurt
Granola
Fruit Salad

28

Assorted Whole Grain
Cereal
Apples

31
AUGUST 1

Whole Grain Apple
Muffin
100% Orange Juice

AUGUST 2

Whole Grain Pancake
Turkey Bacon
Pears

AUGUST 3

Fat Free Yogurt
Granola Bar
Orange

AUGUST 4

Whole Grain Bagel
Cream Cheese
Watermelon

- 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

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Cream Cheese
Cantaloupe

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Apples
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Assorted Whole Grain
Cereal
Apples

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100% Orange Juice
Fruit Jelly

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Cream Cheese
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Orange
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Fat Free Yogurt
Granola
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Cereal
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Muffin
100% Orange Juice

AUGUST 2

Whole Grain Pancake
Pears

AUGUST 3

Fat Free Yogurt
Granola Bar
Orange

AUGUST 4

Whole Grain Bagel
Cream Cheese
Watermelon

- All menus served with appropriate condiments and 1% Milk or Fat Free Milk.
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Top Spanish Cafe & Catering

Jul 3, 2023 thru Jul 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 - 07/03/2023															
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 - 07/04/2023															
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	

Wed - 07/05/2023															
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		399	27	511	2.00	1.89	631.2	645	85.30	37	16.00	65.45	7.56	4.62	0.00
% of Calories										37.1%	16.0%	65.5%	17.0%	10.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Jul 3, 2023 thru Jul 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 - 07/06/2023															
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
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
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		506	46	468	4.25	1.47	303.5	690	80.00	47	20.13	80.42	12.07	2.65	0.00
% of Calories										37.4%	15.9%	63.6%	21.5%	4.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 07/07/2023															
K-8 Breakfast	Total														
Whole Grain Croissant	2 oz	220	5	300	2.00	1.80	22.1	0	0.0	5	6.0	30.0	9.0	3.50	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
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
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		413	12	422	7.53	2.17	288.8	626	8.69	33	13.99	69.15	10.32	4.18	0.00
% of Calories										32.3%	13.5%	67.0%	22.5%	9.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average															
		439	28	467	4.60	1.84	407.8	654	58.00	39	16.71	71.67	9.98	3.81	0.00
										80.3%	15.2%	65.2%	20.4%	7.8%	0.0%

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Top Spanish Cafe & Catering

Jul 3, 2023 thru Jul 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	439		400 - 500	100%												
Cholesterol (mg)	28															
Sodium 1 (mg)	467		540													
Sodium 2 (mg)	467		485													
Fiber (g)	4.60															
Iron (mg)	1.84															
Calcium (mg)	407.8															
Vitamin A (IU)	654															
Sugars (g)	39	35.69%														
Vitamin C (mg)	58.00															
Protein (g)	16.71	15.21%														
Carbohydrate (g)	71.67	65.25%														
Total Fat (g)	9.98	20.45%														
Saturated Fat (g)	3.81	7.81%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Jul 10, 2023 thru Jul 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)
Mon - 07/10/2023															
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
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	452	11.39	3.80	462.9	1612	99.35	37	11.45	76.31	6.41	0.73	0.00
% of Calories										39.6%	12.2%	81.4%	15.4%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 07/11/2023															
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 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
WATERMELON,CHUNKS	1 CUP	46	0	2	0.61	0.36	10.6	865	12.31	9	0.93	11.48	0.23	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
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		423	45	494	2.72	2.78	312.7	1496	13.46	33	18.86	62.25	11.47	1.72	0.00
% of Calories										31.7%	17.8%	58.9%	24.4%	3.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 07/12/2023															
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.	1.78 oz	180	0	110	2.00	1.00	220.0	0	0.0	12	4.0	38.0	3.0	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
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

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Top Spanish Cafe & Catering

Jul 10, 2023 thru Jul 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)
Weighted Daily Average		450	12	313	5.38	1.47	602.4	1210	7.61	51	16.42	86.88	6.40	1.73	0.00
% of Calories										45.3%	14.6%	77.2%	12.8%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 07/13/2023															
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		399	27	511	2.00	1.89	631.2	645	85.30	37	16.00	65.45	7.56	4.62	0.00
% of Calories										37.1%	16.0%	65.5%	17.0%	10.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 07/14/2023															
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
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		475	36	314	7.66	2.96	324.0	701	9.08	54	13.77	90.28	8.24	1.70	0.00
% of Calories										45.6%	11.6%	76.0%	15.6%	3.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		425	25	417	5.83	2.58	466.6	1133	42.96	43	15.30	76.23	8.02	2.10	0.00
										90.2%	14.4%	71.8%	17.0%	4.5%	0.0%

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Top Spanish Cafe & Catering

Jul 10, 2023 thru Jul 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	425		400 - 500	100%												
Cholesterol (mg)	25															
Sodium 1 (mg)	417		540													
Sodium 2 (mg)	417		485													
Fiber (g)	5.83															
Iron (mg)	2.58															
Calcium (mg)	466.6															
Vitamin A (IU)	1133															
Sugars (g)	43	40.08%														
Vitamin C (mg)	42.96															
Protein (g)	15.30	14.42%														
Carbohydrate (g)	76.23	71.83%														
Total Fat (g)	8.02	17.00%														
Saturated Fat (g)	2.10	4.45%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Jul 17, 2023 thru Jul 21, 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 - 07/17/2023															
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
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	452	11.39	3.80	462.9	1612	99.35	37	11.45	76.31	6.41	0.73	0.00
% of Calories										39.6%	12.2%	81.4%	15.4%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 07/18/2023															
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
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, 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		352	27	506	3.40	2.22	645.3	5921	58.55	29	15.31	54.18	7.85	4.70	0.00
% of Calories										33.2%	17.4%	61.5%	20.1%	12.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 07/19/2023															
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	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
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

Jul 17, 2023 thru Jul 21, 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		495	46	468	5.26	1.15	290.3	669	7.48	45	19.60	77.83	12.10	2.67	0.00
% of Calories										36.6%	15.8%	62.9%	22.0%	4.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 07/20/2023															
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 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	281	1.08	1.33	305.9	*644	*85.28	45	12.13	63.75	5.58	1.19	0.00
% of Calories										51.2%	14.0%	73.4%	14.5%	3.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 07/21/2023															
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.	1.78 oz	180	0	110	2.00	1.00	220.0	0	0.0	12	4.0	38.0	3.0	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		486	12	323	7.78	2.20	615.2	1199	9.15	54	16.96	96.27	6.55	1.73	0.00
% of Calories										44.5%	14.0%	79.2%	12.1%	3.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		411	23	406	5.78	2.14	463.9	*2009	*51.96	42	15.09	73.67	7.70	2.21	0.00
										92.0%	14.7%	71.7%	16.9%	4.8%	0.0%

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Top Spanish Cafe & Catering

Jul 17, 2023 thru Jul 21, 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	411		400 - 500	100%												
Cholesterol (mg)	23															
Sodium 1 (mg)	406		540													
Sodium 2 (mg)	406		485													
Fiber (g)	5.78															
Iron (mg)	2.14															
Calcium (mg)	463.9															
Vitamin A (IU)	2009				Missing											
Sugars (g)	42	40.90%														
Vitamin C (mg)	51.96				Missing											
Protein (g)	15.09	14.68%														
Carbohydrate (g)	73.67	71.66%														
Total Fat (g)	7.70	16.85%														
Saturated Fat (g)	2.21	4.83%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Jul 24, 2023 thru Jul 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)
Mon - 07/24/2023															
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
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	451	11.31	3.77	405.0	1306	14.68	38	10.41	76.06	6.42	0.75	0.00
% of Calories										41.3%	11.2%	82.0%	15.6%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 07/25/2023															
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
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	

Wed - 07/26/2023															
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
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 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

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Top Spanish Cafe & Catering

Jul 24, 2023 thru Jul 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)
Weighted Daily Average		401	27	483	7.52	2.21	647.3	690	8.95	34	14.64	68.56	7.81	4.66	0.00
% of Calories										34.3%	14.6%	68.4%	17.5%	10.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 07/27/2023															
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
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
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		436	27	620	5.50	2.35	368.3	1011	92.16	38	16.94	70.43	10.33	1.44	0.00
% of Calories										34.4%	15.5%	64.6%	21.3%	3.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 07/28/2023															
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.	1.78 oz	180	0	110	2.00	1.00	220.0	0	0.0	12	4.0	38.0	3.0	0.00	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		545	12	341	4.26	2.68	599.2	1154	1.49	77	16.32	111.16	6.30	1.69	0.00
% of Calories										56.3%	12.0%	81.6%	10.4%	2.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		455	24	478	6.11	2.40	460.3	951	40.48	48	15.91	81.80	8.54	2.23	0.00
										94.1%	14.0%	71.9%	16.9%	4.4%	0.0%

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Top Spanish Cafe & Catering

Jul 24, 2023 thru Jul 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	455		400 - 500	100%												
Cholesterol (mg)	24															
Sodium 1 (mg)	478		540													
Sodium 2 (mg)	478		485													
Fiber (g)	6.11															
Iron (mg)	2.40															
Calcium (mg)	460.3															
Vitamin A (IU)	951															
Sugars (g)	48	41.81%														
Vitamin C (mg)	40.48															
Protein (g)	15.91	13.98%														
Carbohydrate (g)	81.80	71.88%														
Total Fat (g)	8.54	16.89%														
Saturated Fat (g)	2.23	4.42%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Jul 31, 2023 thru Aug 4, 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 - 07/31/2023															
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 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		371	7	451	11.28	3.96	405.5	1306	14.68	38	10.49	76.03	6.40	0.75	0.00
% of Calories										41.2%	11.3%	81.9%	15.5%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 08/01/2023															
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 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	281	1.08	1.33	305.9	*644	*85.28	45	12.13	63.75	5.58	1.19	0.00
% of Calories										51.2%	14.0%	73.4%	14.5%	3.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 08/02/2023															
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
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 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

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Top Spanish Cafe & Catering

Jul 31, 2023 thru Aug 4, 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		482	33	678	7.56	1.93	353.3	676	8.79	48	17.92	80.49	9.65	1.78	0.00
% of Calories										39.7%	14.9%	66.7%	18.0%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 08/03/2023															
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.	1.78 oz	180	0	110	2.00	1.00	220.0	0	0.0	12	4.0	38.0	3.0	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		460	12	323	5.65	2.08	665.4	1535	92.51	50	17.72	88.47	6.53	1.72	0.00
% of Calories										43.3%	15.4%	76.9%	12.8%	3.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 08/04/2023															
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
WATERMELON,CHUNKS	1 CUP	46	0	2	0.61	0.36	10.6	865	12.31	9	0.93	11.48	0.23	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		345	27	483	2.61	2.26	641.9	1510	13.61	26	14.93	52.93	7.78	4.64	0.00
% of Calories										30.7%	17.3%	61.4%	20.3%	12.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		401	20	443	5.64	2.31	474.4	*1134	*42.97	41	14.64	72.34	7.19	2.02	0.00
										92.8%	14.6%	72.1%	16.1%	4.5%	0.0%

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Top Spanish Cafe & Catering

Jul 31, 2023 thru Aug 4, 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)	20															
Sodium 1 (mg)	443		540													
Sodium 2 (mg)	443		485													
Fiber (g)	5.64															
Iron (mg)	2.31															
Calcium (mg)	474.4															
Vitamin A (IU)	1134				Missing											
Sugars (g)	41	41.25%														
Vitamin C (mg)	42.97				Missing											
Protein (g)	14.64	14.59%														
Carbohydrate (g)	72.34	72.11%														
Total Fat (g)	7.19	16.13%														
Saturated Fat (g)	2.02	4.52%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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JULY 2023 LUNCH

TOP SPANISH CATERING, INC

Monday

NO SCHOOL

Tuesday

NO SCHOOL

Wednesday

Thursday

Friday

3

4

5

6

7

Beef Lasagna
WG Roll
Green beans, Corn
& Carrots
Bananas

Chicken Tenders
WG Roll
Black Beans
100% Orange Juice
WG Sun Chips

Turkey Breast Deli & Cheese
Sandwich
Romaine & Tomato Salad
Apples

Chicken Drumstick
WG Roll
Corn
Apple Sauce
Ketchup

Ground Beef
Spanish Rice
Carrots
Pears

Turkey Pepperoni
& Cheese Pizza
Broccoli
Bananas

Chicken Nuggets
WG Roll
Baked Beans
Oranges

Chicken Salad
Sandwich
Coleslaw
100% Orange Juice
WG Sun Chip

Chicken Nuggets
WG Roll
Green Beans
Apples

Spanish Rice
With Chicken
Pinto Beans
Bananas

Chicken Patty
Sandwich on WG Bun
Corn
Oranges

Spaghetti &
Meatballs
Broccoli
Diced Peach Cup

Turkey Bologna
& Cheese Sandwich
Romaine & Tomato Salad
100% Orange Juice
Ranch

Cheeseburger
On WG Bun
Potato Fries
Oranges

Turkey Sausage
Jambalaya
Green Beans
Bananas

Chicken Alfredo
Pasta
Broccoli & Carrots
Apple Sauce

Chicken Tacos
Corn Taco Shells
Corn
Pears

Turkey Ham &
Cheese Sandwich
Three Bean & Ranch Salad
Sun Chip
100% Orange Juice

Beef Hot Dog
Potato Fries
Oranges

AUGUST 1

Chicken Stir Fry
Brown Rice
Green Beans
Bananas

AUGUST 2

Chicken Patty Sandwich
on WG Bun
Black Beans
Diced Peach Cup

AUGUST 3

Cheese Pizza
Broccoli
Apples

AUGUST 4

Turkey Ham & Cheese
Sandwich
Carrot Sticks
100% Grape 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.

This institution is an equal opportunity provider

JULY 2023

VEGETARIAN LUNCH

TOP SPANISH CATERING, INC

Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

NO SCHOOL

Vegetarian Lasagna
WG Roll
Green beans & Carrots
Bananas

Black Bean Patty
WG Roll
Black Beans
100% Orange Juice
WG Sun Chip

Tofu and
Lettuce Sandwich
Romaine & Tomato Salad
Apples

Vegetarian Patty
WG Roll
Corn
Apple Sauce
Ketchup

Spanish Rice
With Vegetarian Meat
Carrots
Pears

Cheese Pizza
Broccoli
Bananas

Cheese Quesadilla
Baked Beans
Oranges

SunButter & Jelly
Sandwich
Coleslaw
100% Orange Juice
WG Sun Chip

Black Bean Patty
Sandwich
Green Beans
Apples

Spanish Rice
With Vegetarian Meat
Pinto Beans
Bananas

Vegetarian Patty
Sandwich on WG Bun
Corn
Oranges

Spaghetti &
Tofu
Broccoli
Diced Peach Cup

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

Vegetarian Patty
On WG Bun
Potato Fries
Oranges

Vegetarian Meat
Jambalaya
Green Beans
Bananas

Vegetarian Meat
Alfredo
Pasta
Broccoli & Carrots
Apple Sauce

Vegetarian Meat
Tacos
Corn Taco Shells
Corn
Pears

SunButter
& Jelly Sandwich
Three Bean & Ranch Salad
Sun Chip
100% Orange Juice

Vegetarian Patty
Sandwich
Potato Fries
Oranges

AUGUST 1
Spanish Rice with
Vegetarian Meat
Green Beans
Banana

AUGUST 2
Vegetarian Patty
Hamburger Bun
Black Beans
Diced Peach Cup

AUGUST 3
Cheese Pizza
Broccoli
Apples

AUGUST 4
Sun Butter &
Jelly Sandwich
Carrot Sticks
100% Grape 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.

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Top Spanish Cafe & Catering

Jul 3, 2023 thru Jul 7, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 7/17/2023 7:53:08 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 - 07/03/2023															
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 - 07/04/2023															
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	

Wed - 07/05/2023															
K-8 Lunch	Total														
Beef Lasagna.	1 C	280	40	700	2.00	1.44	200.0	500	1.2	8	16.0	35.0	8.0	4.50	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
Green Beans & CARROTS: HS	1 Cup	46	0	51	4.33	0.86	56.3	13594	5.6	*3	1.6	10.73	0.25	0.05	0.00
CORN: frozen, yellow 1/2C	1/2 CUP	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	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
Vegetable Lasagna.	1 C	300	25	920	3.00	0.36	250.0	500	3.6	6	13.0	37.0	11.0	5.00	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		688	47	1032	13.42	3.66	643.0	14963	21.20	*42	32.91	117.69	11.51	5.51	0.00
% of Calories										*24.1%	19.1%	68.4%	15.1%	7.2%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Jul 3, 2023 thru Jul 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)
Thu - 07/06/2023															
K-8 Lunch	Total														
Chicken tenders.	2 oz	160	30	270	1.00	1.08	0.0	0	0.0	2	13.0	8.0	8.0	1.50	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
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
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
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
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
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
Non-Breaded Chicken	3 oz	130	52	117	0.00	0.47	0.0	0	0.0	0	18.26	1.3	5.22	1.30	0.00
Weighted Daily Average		709	36	861	14.02	5.70	440.7	630	43.15	27	38.54	98.09	16.73	3.18	0.00
% of Calories										15.4%	21.8%	55.4%	21.2%	4.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 07/07/2023															
K-8 Lunch	Total														
Turkey Breast HS	3 oz	110	45	340	0.00	0.36	0.0	0	0.0	0	17.0	0.0	4.5	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
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
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		452	60	849	7.41	2.25	431.8	5548	21.71	32	31.25	61.15	10.06	3.93	0.00
% of Calories										28.1%	27.7%	54.1%	20.1%	7.8%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		616	48	914	11.61	3.87	505.2	7047	28.69	*34 *49.0%	34.23 22.2%	92.31 59.9%	12.77 18.6%	4.21 6.1%	0.00 0.0%
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Top Spanish Cafe & Catering

Jul 3, 2023 thru Jul 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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	616		600 - 650	100%												
Cholesterol (mg)	48															
Sodium 1 (mg)	914		1230													
Sodium 2 (mg)	914		935													
Fiber (g)	11.61															
Iron (mg)	3.87															
Calcium (mg)	505.2															
Vitamin A (IU)	7047															
Sugars (g)	34	21.77%			Missing											
Vitamin C (mg)	28.69															
Protein (g)	34.23	22.22%														
Carbohydrate (g)	92.31	59.91%														
Total Fat (g)	12.77	18.65%														
Saturated Fat (g)	4.21	6.14%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Jul 10, 2023 thru Jul 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)
Mon - 07/10/2023															
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
Corn.	3/4 C	105	0	0	3.00	0.60	4.5	0	0.0	5	3.0	24.0	0.75	0.00	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
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
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		608	65	1009	7.08	3.14	336.4	629	7.16	30	33.69	83.98	15.51	3.59	0.00
% of Calories										20.1%	22.1%	55.2%	22.9%	5.3%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 07/11/2023															
K-8 Lunch	Total														
GROUND BEEF &SPANISH RICE	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
k-8															
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
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
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
Weighted Daily Average		616	63	454	12.28	4.24	367.9	21465	24.27	*35	27.80	89.24	15.82	5.53	*0.70
% of Calories										*22.8%	18.0%	57.9%	23.1%	8.1%	*1.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Jul 10, 2023 thru Jul 14, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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Generated on: 7/17/2023 7:53:26 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 - 07/12/2023															
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: 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
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
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
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		639	68	1429	9.21	*3.35	557.6	3236	77.83	36	37.69	82.74	18.39	7.39	0.00
% of Calories										22.6%	23.6%	51.8%	25.9%	10.4%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 07/13/2023															
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. (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
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
Cheese Quesadilla	1 Quesadilla	381	48	818	4.00	1.70	567.0	524	0.0	*1	19.7	33.28	19.09	11.25	0.20
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
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
Weighted Daily Average		583	91	852	11.74	4.98	530.3	1223	92.16	*35	30.68	82.69	14.71	3.60	0.01
% of Calories										*24.0%	21.0%	56.7%	22.7%	5.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Jul 10, 2023 thru Jul 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 - 07/14/2023															
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	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
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
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
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		646	58	914	8.78	3.80	394.5	6288	77.80	*25	29.88	86.69	20.10	3.98	*0.00
% of Calories										*15.6%	18.5%	53.7%	28.0%	5.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		618	69	932	9.82	*3.90	437.4	6568	55.84	*32	31.95	85.07	16.91	4.82	*0.14
										*47.1%	20.7%	55.0%	24.6%	7.0%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	618		600 - 650	100%				
Cholesterol (mg)	69							
Sodium 1 (mg)	932		1230					
Sodium 2 (mg)	932		935					
Fiber (g)	9.82							
Iron (mg)	3.90				Missing			
Calcium (mg)	437.4							
Vitamin A (IU)	6568							
Sugars (g)	32	20.95%			Missing			
Vitamin C (mg)	55.84							
Protein (g)	31.95	20.66%						
Carbohydrate (g)	85.07	55.02%						
Total Fat (g)	16.91	24.60%						
Saturated Fat (g)	4.82	7.01%	<10.00%					
Trans Fat ¹ (g)	0.14	0.21%			Missing			

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Top Spanish Cafe & Catering

Jul 17, 2023 thru Jul 21, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 7/17/2023 7:53:39 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 - 07/17/2023															
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 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
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
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
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
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
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
Weighted Daily Average		560	89	867	9.76	5.02	410.0	1347	11.93	31	27.09	80.98	14.40	3.25	0.00
% of Calories										22.5%	19.4%	57.9%	23.2%	5.2%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 07/18/2023															
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
Pinto Beans 3/4C	3/4 C	157	0	471	6.54	2.62	55.0	0	0.0	1	9.16	27.48	0.0	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, 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
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
Weighted Daily Average		647	83	840	11.36	6.52	373.6	1045	22.56	*29	48.71	100.71	5.67	1.93	*0.00
% of Calories										*18.2%	30.1%	62.3%	7.9%	2.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Jul 17, 2023 thru Jul 21, 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 - 07/19/2023															
K-8 Lunch	Total														
Chicken Patty-3oz *	3 oz	230	95	360	2.00	1.08	20.0	100	0.97	0	15.0	11.0	14.0	2.50	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
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
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
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
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
Weighted Daily Average		630	98	788	10.72	2.91	416.4	1368	97.72	33	30.80	94.88	17.01	3.32	0.00
% of Calories										21.1%	19.6%	60.3%	24.3%	4.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 07/20/2023															
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
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 1/2C (F)	1/2 C	50	0	90	2.00	1.44	20.0	500	0.0	6	1.0	10.0	1.0	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
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
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 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
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		869	51	828	18.41	9.44	370.1	2577	113.05	*39	37.35	130.48	22.74	8.46	0.96
% of Calories										*17.8%	17.2%	60.1%	23.6%	8.8%	1.0%
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

Jul 17, 2023 thru Jul 21, 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 - 07/21/2023															
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
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
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
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	1144	4.15	2.55	498.3	5474	57.36	29	21.32	58.38	16.52	4.92	0.00
% of Calories										24.8%	18.3%	50.2%	32.0%	9.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		634	75	894	10.88	5.29	413.7	2362	60.53	*32 *45.9%	33.05 20.9%	93.08 58.7%	15.27 21.7%	4.37 6.2%	*0.19 *0.3%
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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)	75							
Sodium 1 (mg)	894		1230					
Sodium 2 (mg)	894		935					
Fiber (g)	10.88							
Iron (mg)	5.29							
Calcium (mg)	413.7							
Vitamin A (IU)	2362							
Sugars (g)	32	20.38%			Missing			
Vitamin C (mg)	60.53							
Protein (g)	33.05	20.85%						
Carbohydrate (g)	93.08	58.73%						
Total Fat (g)	15.27	21.67%						
Saturated Fat (g)	4.37	6.21%	<10.00%					
Trans Fat ¹ (g)	0.19	0.27%			Missing			

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Top Spanish Cafe & Catering

Jul 24, 2023 thru Jul 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)
Mon - 07/24/2023															
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
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
Oven Baked potatoes K-8	3/4 cup	28	0	6	0.51	0.18	2.8	0	1.47	0	0.51	5.17	0.73	0.19	0.01
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
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
Mayonnaise	7 GRAMS	90	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	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
Weighted Daily Average		497	38	544	6.04	2.43	281.4	630	93.67	23	19.91	58.17	21.97	6.30	0.49
% of Calories										18.6%	16.0%	46.8%	39.8%	11.4%	0.9%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 07/25/2023															
K-8 Lunch	Total														
Turkey Jambalaya. K-5	10 Oz	350	44	590	2.90	1.68	26.4	180	19.46	*4	12.38	47.5	12.14	2.72	*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
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
Vegetarian Jambalaya	6 oz	583	0	235	14.37	8.79	169.5	864	125.46	*5	18.61	114.29	8.47	1.61	*0.00
Weighted Daily Average		642	46	689	11.42	4.06	355.3	1379	55.31	*31	24.41	108.10	14.26	3.70	*0.00
% of Calories										*19.5%	15.2%	67.3%	20.0%	5.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 07/26/2023															
K-8 Lunch	Total														
Chicken Alfredo Pasta K-5	1 C	376	76	555	4.48	1.48	192.5	0	0.0	3	22.78	32.86	18.58	9.91	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
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: 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
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 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

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Top Spanish Cafe & Catering

Jul 24, 2023 thru Jul 28, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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Generated on: 7/17/2023 7:53:55 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)
Weighted Daily Average		539	79	673	9.90	2.43	454.4	2006	62.34	*25	33.29	64.46	18.93	10.02	0.00
% of Calories										*18.8%	24.7%	47.8%	31.6%	16.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 07/27/2023															
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-6" k-8/Tyson	1.25 oz	170	0	0	2.00	0.00	20.0	0	0.0	0	2.0	22.0	8.0	1.00	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
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		612	73	285	11.22	2.51	204.9	1220	16.18	*27	35.19	83.54	17.54	3.65	*0.00
% of Calories										*17.5%	23.0%	54.6%	25.8%	5.4%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 07/28/2023															
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
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
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		787	70	1826	12.19	4.42	495.3	*630	*43.15	38	35.33	99.10	28.01	6.31	0.00
% of Calories										19.5%	18.0%	50.4%	32.0%	7.2%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Jul 24, 2023 thru Jul 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)
Weighted Average		616	61	804	10.15	3.17	358.3	*1173	*54.13	*29 *42.4%	29.63 19.2%	82.67 53.7%	20.14 29.4%	6.00 8.8%	*0.10 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	616		600 - 650	100%				
Cholesterol (mg)	61							
Sodium 1 (mg)	804		1230					
Sodium 2 (mg)	804		935					
Fiber (g)	10.15							
Iron (mg)	3.17							
Calcium (mg)	358.3							
Vitamin A (IU)	1173				Missing			
Sugars (g)	29	18.85%			Missing			
Vitamin C (mg)	54.13				Missing			
Protein (g)	29.63	19.25%						
Carbohydrate (g)	82.67	53.72%						
Total Fat (g)	20.14	29.45%						
Saturated Fat (g)	6.00	8.77%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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Top Spanish Cafe & Catering

Jul 31, 2023 thru Aug 4, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 7/17/2023 7:54:45 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 - 07/31/2023															
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
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
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
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
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
Weighted Daily Average		762	36	1019	9.51	3.65	384.8	1025	94.09	30	23.60	98.54	33.53	9.00	0.48
% of Calories										15.8%	12.4%	51.7%	39.6%	10.6%	0.6%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 08/01/2023															
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
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
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
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
Weighted Daily Average		548	50	368	9.45	2.41	354.1	1313	56.00	*30	27.42	78.96	13.68	2.92	*0.00
% of Calories										*22.1%	20.0%	57.7%	22.5%	4.8%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Jul 31, 2023 thru Aug 4, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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Generated on: 7/17/2023 7:54:45 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 - 08/02/2023															
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
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
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
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
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
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
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		575	55	827	10.97	4.41	398.6	900	61.15	32	27.40	90.69	10.65	2.64	0.00
% of Calories										22.2%	19.1%	63.1%	16.7%	4.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 08/03/2023															
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: 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
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
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		632	38	1435	9.45	2.81	795.1	3052	83.84	39	33.85	81.44	20.25	9.38	0.00
% of Calories										24.9%	21.4%	51.5%	28.8%	13.4%	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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Top Spanish Cafe & Catering

Jul 31, 2023 thru Aug 4, 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 - 08/04/2023															
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
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
CARROT STICKS MS	3/4 CUP	38	0	63	2.56	0.27	30.2	15286	5.4	4	0.85	8.77	0.22	0.03	0.00
100% Grape Juice 4oz	4 oz	80	0	20	0.00	0.00	20.0	0	1.2	18	0.0	19.0	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
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
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
Weighted Daily Average		531	60	950	4.64	2.11	374.7	15915	7.76	37	25.51	65.13	17.78	3.77	0.00
% of Calories										27.7%	19.2%	49.1%	30.2%	6.4%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		610	48	920	8.81	3.08	461.5	4441	60.57	*34 *49.7%	27.56 18.1%	82.95 54.4%	19.18 28.3%	5.54 8.2%	*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	610		600 - 650	100%				
Cholesterol (mg)	48							
Sodium 1 (mg)	920		1230					
Sodium 2 (mg)	920		935					
Fiber (g)	8.81							
Iron (mg)	3.08							
Calcium (mg)	461.5							
Vitamin A (IU)	4441							
Sugars (g)	34	22.10%			Missing			
Vitamin C (mg)	60.57							
Protein (g)	27.56	18.08%						
Carbohydrate (g)	82.95	54.44%						
Total Fat (g)	19.18	28.32%						
Saturated Fat (g)	5.54	8.18%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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