



BREAKFAST

OCTOBER 2023

TOP SPANISH CATERING, INC

Monday

Assorted Whole **2**
Grain
Cereal
Apples

Tuesday

Egg & Cheese **3**
Breakfast Wrap/Burrito
Fruit Salad

Wednesday

WG Mini **4**
Cinnamon Rolls
Orange

Thursday

WG Waffles **5**
Turkey Bacon
Pears
Fruit Jelly

Friday

WG Pumpkin **6**
Bread Loaf
100% Apple Juice

NO SCHOOL

NO SCHOOL

WG Bagels **11**
Cream Cheese
Mandarin Fruit Cup

Fat Free Yogurt **12**
Granola Bar
Apples

WG Apple Muffin **13**
100% Orange Juice

Assorted Whole **16**
Grain
Cereal
Pear Cup

WG French Toast **17**
Turkey Sausage Link
Cantaloupe
Fruit Jelly

WG Strawberry **18**
Oatmeal Bar
100% Orange Juice

WG Pancake **19**
Turkey Bacon
Fruit Salad
Fruit Jelly

Home Potatoes **20**
Turkey Breakfast Sausage
WG Roll
Apples

Assorted Whole **23**
Grain
Cereal
Orange

WG Waffles **24**
Turkey Bacon
Pears
Fruit Jelly

WG Lemon Sliced **25**
Bread Loaf
100% Apple Sauce

Fat Free Yogurt **26**
Granola
Apples

Turkey Sausage **27**
& Cheese
Biscuit
Mandarin Fruit Cup

Assorted Whole **30**
Grain
Cereal
Pears

WG Pancakes **31**
Turkey Breakfast Sausage
Pineapple
Fruit Jelly

- 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

OCTOBER 2023 VEGETARIAN

TOP SPANISH CATERING, INC

Monday

Assorted Whole **2**
Grain
Cereal
Apples

Tuesday

Egg & Cheese **3**
Breakfast Wrap/Burrito
Fruit Salad

Wednesday

WG Mini **4**
Cinnamon Rolls
Orange

Thursday

WG Waffles **5**
Pears
Fruit Jelly

Friday

WG Pumpkin **6**
Bread Loaf
100% Apple Juice

NO SCHOOL

NO SCHOOL

WG Bagels **11**
Cream Cheese
Mandarin Fruit Cup

Fat Free Yogurt **12**
Granola Bar
Apples

WG Apple Muffin **13**
100% Orange Juice

Assorted Whole **16**
Grain
Cereal
Pear Cup

WG French Toast **17**
Cantaloupe
Fruit Jelly

WG Strawberry **18**
Oatmeal Bar
100% Orange Juice

WG Pancake **19**
Fruit Salad
Fruit Jelly

Home Potatoes **20**
WG Roll
Apples

Assorted Whole **23**
Grain
Cereal
Orange

WG Waffles **24**
Pears
Fruit Jelly

WG Lemon Sliced **25**
Bread Loaf
100% Apple Sauce

Fat Free Yogurt **26**
Granola
Apples

Cheese **27**
Biscuit
Mandarin Fruit Cup

Assorted Whole **30**
Grain
Cereal
Pears

WG Pancakes **31**
Pineapple
Fruit Jelly

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

This institution is an equal opportunity provider

Top Spanish Cafe & Catering

Oct 2, 2023 thru Oct 6, 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 - 10/02/2023															
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 - 10/03/2023															
K-8 Breakfast	Total														
Egg & Cheese Burrito	3.75 oz	244	71	311	2.72	1.03	122.8	0	0.0	1	9.38	28.08	10.07	3.88	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
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
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
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		497	75	454	4.63	1.80	394.4	632	1.13	53	17.09	82.50	10.89	4.42	0.00
% of Calories										42.4%	13.8%	66.4%	19.7%	8.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 10/04/2023															
K-8 Breakfast	Total														
WG Mini Cinnis Cinnamon Rolls	2.29 oz	240	0	270	3.00	1.70	30.0	0	0.0	14	4.0	40.0	8.0	1.50	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		411	7	399	6.48	2.55	378.0	1037	92.44	38	13.58	72.03	9.18	2.16	0.00
% of Calories										37.4%	13.2%	70.1%	20.1%	4.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Oct 2, 2023 thru Oct 6, 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 - 10/05/2023															
K-8 Breakfast	Total														
Whole Grain Waffles 1.3oz	1 oz	90	4	135	1.00	1.00	12.0	0	0.0	2	2.0	14.0	3.0	0.00	0.00
Turkey Bacon.2s	0.25 oz	42	12	219	0.00	0.13	0.0	0	0.0	0	3.54	0.35	2.83	0.71	0.00
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
Gluten Free Waffle (1)	1.3 oz	100	0	110	2.50	0.50	25.0	0	0.0	2	1.0	17.0	3.5	0.25	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		370	23	483	6.57	1.46	305.5	675	8.80	40	14.15	63.84	7.27	1.45	0.00
% of Calories										43.0%	15.3%	69.1%	17.7%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 10/06/2023															
K-8 Breakfast	Total														
WG Pumpkin Bread Loaf	3.4 oz	260	0	240	2.00	0.00	0.0	0	0.0	24	5.0	44.0	8.0	1.50	0.00
100% Apple Juice (Ardmore)	1 C	120	0	30	0.00	0.00	0.0	0	0.0	26	0.0	28.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
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	7	399	2.15	0.74	283.2	656	1.43	61	13.13	84.52	8.95	2.13	0.00
% of Calories										51.3%	11.1%	71.2%	17.0%	4.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		425	24	438	6.21	2.09	353.2	861	23.70	46	13.68	75.80	8.53	2.18	0.00
										97.5%	12.9%	71.4%	18.1%	4.6%	0.0%

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Top Spanish Cafe & Catering

Oct 2, 2023 thru Oct 6, 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)	24															
Sodium 1 (mg)	438		540													
Sodium 2 (mg)	438		485													
Fiber (g)	6.21															
Iron (mg)	2.09															
Calcium (mg)	353.2															
Vitamin A (IU)	861															
Sugars (g)	46	43.33%														
Vitamin C (mg)	23.70															
Protein (g)	13.68	12.88%														
Carbohydrate (g)	75.80	71.40%														
Total Fat (g)	8.53	18.08%														
Saturated Fat (g)	2.18	4.62%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Oct 9, 2023 thru Oct 13, 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 - 10/09/2023															
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 - 10/10/2023															
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 - 10/11/2023															
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
Mandarin Fruit Cup.	1 C	140	0	0	2.00	0.00	60.0	0	0.0	28	2.0	32.0	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		439	27	481	4.00	1.89	691.2	645	1.30	45	16.00	73.46	7.56	4.62	0.00
% of Calories										41.0%	14.6%	66.9%	15.5%	9.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Oct 9, 2023 thru Oct 13, 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)
Thu - 10/12/2023															
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 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		370	13	266	4.41	0.68	507.8	1233	7.55	46	14.79	69.32	5.13	1.80	0.00
% of Calories										49.7%	16.0%	75.0%	12.5%	4.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 10/13/2023															
K-8 Breakfast	Total														
Whole Grain Apple Muffin 3.1	2 oz	250	35	150	2.00	2.00	23.0	*N/A*	*N/A*	19	5.0	43.0	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		445	41	314	2.15	2.64	305.1	*656	*85.43	50	15.13	79.57	8.00	1.66	0.00
% of Calories										45.0%	13.6%	71.5%	16.2%	3.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		418	27	354	3.52	1.74	501.4	*845	*31.43	47	15.31	74.11	6.89	2.69	0.00
										101.2%	14.6%	70.9%	14.8%	5.8%	0.0%

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Top Spanish Cafe & Catering

Oct 9, 2023 thru Oct 13, 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	418		400 - 500	100%												
Cholesterol (mg)	27															
Sodium 1 (mg)	354		540													
Sodium 2 (mg)	354		485													
Fiber (g)	3.52															
Iron (mg)	1.74															
Calcium (mg)	501.4															
Vitamin A (IU)	845				Missing											
Sugars (g)	47	45.00%														
Vitamin C (mg)	31.43				Missing											
Protein (g)	15.31	14.64%														
Carbohydrate (g)	74.11	70.90%														
Total Fat (g)	6.89	14.84%														
Saturated Fat (g)	2.69	5.80%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Oct 16, 2023 thru Oct 20, 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 - 10/16/2023															
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
Pear Cup	8 oz	140	0	0	6.00	2.00	0.0	0	0.0	28	2.0	36.0	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		439	7	451	13.92	5.75	396.7	1232	8.33	52	12.08	93.05	6.13	0.71	0.00
% of Calories										47.3%	11.0%	84.7%	12.5%	1.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 10/17/2023															
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
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
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 Waffle (1)	1.3 oz	100	0	110	2.50	0.50	25.0	0	0.0	2	1.0	17.0	3.5	0.25	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		476	46	490	3.45	1.32	296.6	5870	58.39	43	20.52	71.38	12.24	2.73	0.00
% of Calories										36.3%	17.2%	59.9%	23.1%	5.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 10/18/2023															
K-8 Breakfast	Total														
WG Strawberry Oatmeal Bar	1.2 oz	140	5	75	1.00	1.00	10.0	0	0.0	9	2.0	23.0	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.	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

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Top Spanish Cafe & Catering

Oct 16, 2023 thru Oct 20, 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		341	12	243	1.20	1.69	292.7	656	85.43	41	12.28	60.57	5.62	1.18	0.00
% of Calories										47.7%	14.4%	71.1%	14.8%	3.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 10/19/2023															
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
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
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		541	33	696	4.04	2.41	337.3	632	1.13	71	17.28	95.38	9.40	1.74	0.00
% of Calories										52.2%	12.8%	70.5%	15.6%	2.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 10/20/2023															
K-8 Breakfast	Total														
Boiled potatoes and onions	1/2 cup	92	0	27	2.04	0.85	12.9	8	10.25	2	2.22	18.65	1.29	0.20	*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, 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
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
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		412	37	386	7.35	2.12	398.1	713	17.74	30	20.46	66.71	7.61	1.92	*0.00
% of Calories										29.2%	19.9%	64.8%	16.6%	4.2%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		442	27	453	5.99	2.66	344.3	1821	34.20	47	16.52	77.42	8.20	1.66	*0.00
										96.3%	15.0%	70.1%	16.7%	3.4%	*0.0%

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Top Spanish Cafe & Catering

Oct 16, 2023 thru Oct 20, 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	442		400 - 500	100%												
Cholesterol (mg)	27															
Sodium 1 (mg)	453		540													
Sodium 2 (mg)	453		485													
Fiber (g)	5.99															
Iron (mg)	2.66															
Calcium (mg)	344.3															
Vitamin A (IU)	1821															
Sugars (g)	47	42.82%														
Vitamin C (mg)	34.20															
Protein (g)	16.52	14.96%														
Carbohydrate (g)	77.42	70.09%														
Total Fat (g)	8.20	16.70%														
Saturated Fat (g)	1.66	3.38%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			Missing											

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Top Spanish Cafe & Catering

Oct 23, 2023 thru Oct 27, 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 - 10/23/2023															
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
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
Weighted Daily Average		276	7	295	7.36	2.17	403.7	1316	95.80	31	10.49	54.67	3.89	0.73	0.00
% of Calories										45.0%	15.2%	79.1%	12.7%	2.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 10/24/2023															
K-8 Breakfast	Total														
Whole Grain Waffles 1.3oz	1 oz	90	4	135	1.00	1.00	12.0	0	0.0	2	2.0	14.0	3.0	0.00	0.00
Turkey Bacon.2s	0.25 oz	42	12	219	0.00	0.13	0.0	0	0.0	0	3.54	0.35	2.83	0.71	0.00
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
Gluten Free Waffle (1)	1.3 oz	100	0	110	2.50	0.50	25.0	0	0.0	2	1.0	17.0	3.5	0.25	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		370	23	483	6.57	1.46	305.5	675	8.80	40	14.15	63.84	7.27	1.45	0.00
% of Calories										43.0%	15.3%	69.1%	17.7%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 10/25/2023															
K-8 Breakfast	Total														
WG Lemon Sliced Bread Loaf	3.4 oz	230	0	250	2.00	0.00	0.0	0	0.0	15	5.0	44.0	8.0	1.50	0.00
100% Apple Juice (Ardmore)	1 C	120	0	30	0.00	0.00	0.0	0	0.0	26	0.0	28.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
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

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Top Spanish Cafe & Catering

Oct 23, 2023 thru Oct 27, 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		446	7	409	2.15	0.74	283.2	656	1.43	52	13.13	84.52	8.95	2.13	0.00
% of Calories										46.9%	11.8%	75.8%	18.0%	4.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 10/26/2023															
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.	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
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		456	12	322	5.58	2.05	607.5	1229	7.84	51	16.68	88.22	6.53	1.73	0.00
% of Calories										44.7%	14.6%	77.3%	12.9%	3.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 10/27/2023															
K-8 Breakfast	Total														
WG Biscuit	2.25 oz	190	0	320	2.00	2.00	233.0	0	0.0	6	4.0	30.0	6.0	2.00	0.00
Turkey Sausage Patty	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
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
Mandarin Fruit Cup.	1 C	140	0	0	2.00	0.00	60.0	0	0.0	28	2.0	32.0	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 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		568	53	790	4.10	2.42	682.1	857	1.20	47	24.42	77.10	17.38	7.26	0.00
% of Calories										32.8%	17.2%	54.3%	27.6%	11.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		423	21	460	5.15	1.77	456.4	947	23.01	44	15.77	73.67	8.81	2.66	0.00
										93.9%	14.9%	69.6%	18.7%	5.7%	0.0%

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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	423		400 - 500	100%												
Cholesterol (mg)	21															
Sodium 1 (mg)	460		540													
Sodium 2 (mg)	460		485													
Fiber (g)	5.15															
Iron (mg)	1.77															
Calcium (mg)	456.4															
Vitamin A (IU)	947															
Sugars (g)	44	41.73%														
Vitamin C (mg)	23.01															
Protein (g)	15.77	14.91%														
Carbohydrate (g)	73.67	69.63%														
Total Fat (g)	8.81	18.73%														
Saturated Fat (g)	2.66	5.66%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Oct 30, 2023 thru Nov 3, 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 - 10/30/2023															
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
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
Weighted Daily Average		401	8	450	13.44	4.51	412.7	1270	16.05	41	10.89	84.03	6.46	0.79	0.00
% of Calories										40.8%	10.8%	83.7%	14.5%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 10/31/2023															
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
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
Weighted Daily Average		452	44	435	4.25	2.23	354.6	721	80.07	46	18.60	73.22	9.24	1.73	0.00
% of Calories										40.6%	16.4%	64.7%	18.4%	3.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 11/01/2023															
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 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, 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 Waffle (1)	1.3 oz	100	0	110	2.50	0.50	25.0	0	0.0	2	1.0	17.0	3.5	0.25	0.00
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

Oct 30, 2023 thru Nov 3, 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 % of Calories		482	29	592	5.43	0.92	348.7	975	92.15	44 36.9%	18.23 15.1%	78.30 65.0%	11.04 20.6%	2.39 4.5%	0.00 0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 11/02/2023															
K-8 Breakfast	Total														
WG Mini Cinnis Cinnamon Rolls	2.29 oz	240	0	270	3.00	1.70	30.0	0	0.0	14	4.0	40.0	8.0	1.50	0.00
Apple Sauce	8 oz	100	0	0	2.00	0.00	0.0	0	12.0	22	0.0	26.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	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 % of Calories		436	7	398	5.10	2.35	311.7	656	13.43	47 43.5%	12.18 11.2%	78.72 72.3%	8.95 18.5%	2.13 4.4%	0.00 0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 11/03/2023															
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 % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		443	22	469	7.05	2.50	356.9	905	50.43	45 90.8%	14.97 13.5%	78.57 71.0%	8.92 18.1%	1.76 3.6%	0.00 0.0%
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Top Spanish Cafe & Catering

Oct 30, 2023 thru Nov 3, 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	443		400 - 500	100%												
Cholesterol (mg)	22															
Sodium 1 (mg)	469		540													
Sodium 2 (mg)	469		485													
Fiber (g)	7.05															
Iron (mg)	2.50															
Calcium (mg)	356.9															
Vitamin A (IU)	905															
Sugars (g)	45	40.35%														
Vitamin C (mg)	50.43															
Protein (g)	14.97	13.53%														
Carbohydrate (g)	78.57	70.98%														
Total Fat (g)	8.92	18.13%														
Saturated Fat (g)	1.76	3.58%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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OCTOBER 2023

TOP SPANISH CATERING, INC

Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger On WG Bun Potato Fries Diced Pear Cup 2	Chicken Tacos Taco Shells Black Beans Banana 3	White Turkey Breast & Cheese Sandwich Romaine & Tomato Salad 100% Orange Juice 4	Chicken Corndog Nuggets Green Beans Apple Sauce 5	Salisbury Steak Brown Rice Mixed Vegetables (Corn, Green Beans, Peas, Carrot) Apples 6
NO SCHOOL 9	NO SCHOOL 10	Green Salad With Grilled Chicken Corn Chips Banana 11	Ground Beef Spanish Rice Green Beans & Corn Pears 12	Turkey Hot Dog on Hot Dog Roll Baked Beans Diced Peach Cup 13
Meatloaf Gravy, Mashed Potato Green Beans, WG Roll Apples 16	Chicken Alfredo Pasta Broccoli Banana 17	Turkey Ham & Cheese Sandwich Coleslaw Granola, Apple Sauce 18	Chicken Teriyaki Brown Rice Carrots Pears 19	Chicken Nuggets WG Roll Baked Beans 100% Grape Juice 20
Chicken Drumstick WG Roll Baked Beans Apple Sauce 23	Beef Tacos Taco Shell Corn Banana 24	Turkey Bologna & Cheese Sandwich Romaine Lettuce & Tomato Salad Orange 25	Spaghetti & Meatballs Green Beans Diced Pear Cup 26	Chicken Patty Sandwich on WG Bun Sweet Potatoes 100% Orange Juice 27
Cheeseburger on WG Bun Potato Fries Apples 30	Chicken Eggroll Brown Rice Black Beans Banana 31			

- 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

OCTOBER 2023

VEGETARIAN

TOP SPANISH CATERING, INC

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Patty 2 On WG Bun Potato Fries Diced Pear Cup	Vegetarian Meat Tacos 3 Taco Shells Black Beans Banana	SunButter & Jelly Sandwich 4 Romaine & Tomato Salad 100% Orange Juice	Black Bean Patty 5 WG Roll Green Beans Apple Sauce	Spanish Rice with 6 Vegetarian Meat Mixed Vegetables (Corn, Green Beans, Peas, Carrot) Apples
9 NO SCHOOL	10 NO SCHOOL	Green Salad 11 With Tofu Corn Chips Banana	Vegetarian Meat 12 Spaghetti Green Beans & Corn Pears	Vegetarian 13 Patty on Hot Dog Roll Baked Beans Diced Peach Cup
Vegetarian 16 Patty, Mashed Potato Green Beans, WG Roll Apples	Vegetarian Meat 17 Spaghetti Broccoli Banana	Tofu and Vegetable 18 Sandwich Coleslaw Granola, Apple Sauce	Spanish Rice with 19 Vegetarian Meat Carrots Pears	Black Bean Patty 20 WG Roll Baked Beans 100% Grape Juice
Vegetarian Patty 23 WG Roll Baked Beans Apple Sauce	Vegetarian 24 Meat Tacos Taco Shell Corn Banana	SunButter & Jelly 25 Sandwich Romaine Lettuce & Tomato Salad Orange	Vegetarian Meat 26 Spaghetti Green Beans Diced Pear Cup	Black Bean Patty 27 Sandwich on WG Bun Sweet Potatoes 100% Orange Juice
Vegetarian Patty on 30 WG Bun Potato Fries Apples	Spanish Rice with 31 Vegetarian Meat Black Beans Banana			

- 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

Oct 2, 2023 thru Oct 6, 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 - 10/02/2023															
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 Fried Potatoes 3/4C. mcca	3/4 C	147	0	33	2.67	0.48	0.0	0	0.0	0	2.67	22.67	4.0	0.00	0.00
Diced Pear Cup	4 oz	70	0	0	3.00	1.00	0.0	0	0.0	14	1.0	18.0	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
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
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		729	57	874	7.78	3.56	439.2	830	1.15	30	30.12	81.79	31.31	9.72	0.50
% of Calories										16.5%	16.5%	44.9%	38.6%	12.0%	0.6%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 10/03/2023															
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
Weighted Daily Average		781	75	527	15.33	5.60	383.4	1350	15.42	*31	48.12	105.98	18.47	5.10	*0.00
% of Calories										*15.9%	24.6%	54.3%	21.3%	5.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Oct 2, 2023 thru Oct 6, 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 - 10/04/2023															
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	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
Whole Grain Bun 2oz.	2 oz	110	0	210	2.00	1.00	49.0	0	0.0	2	3.0	23.0	1.0	0.00	0.00
Romaine Lettuce K-5.*	1 C	8	0	4	0.99	0.46	15.5	4094	1.88	1	0.58	1.55	0.14	0.02	0.00
tomatoes 3/4C	3/4 C	24	0	7	1.62	0.36	13.5	1125	18.5	4	1.19	5.25	0.27	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
100% Orange Juice (Ardmore)4oz	1/2 C	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Sunflower & Jelly Sandwich	2.8 oz	310	0	300	4.00	5.00	27.0	0	0.0	11	9.0	33.0	15.0	2.00	0.00
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
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
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
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		667	65	1179	5.77	2.87	581.3	6040	63.53	36	36.31	79.03	24.79	7.15	0.00
% of Calories										21.3%	21.8%	47.4%	33.4%	9.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 10/05/2023															
K-8 Lunch	Total														
Chicken Corn Dog Nuggets	4.04 oz	310	50	490	3.00	1.60	20.0	0	0.0	6	14.0	26.0	16.0	3.50	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
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
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		494	55	701	7.35	2.30	342.6	1082	11.59	33	23.68	61.39	16.99	4.16	0.00
% of Calories										26.6%	19.2%	49.7%	30.9%	7.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Oct 2, 2023 thru Oct 6, 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 - 10/06/2023															
K-8 Lunch	Total														
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
Salisbury Steak (AP)	2.14 oz	140	30	250	1.00	1.08	20.0	0	1.16	1	10.0	3.0	10.0	4.00	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
Mixed Vegetables. 3/4C.	3/4 CUP	89	0	48	6.01	1.12	34.1	5838	4.37	4	3.9	17.87	0.2	0.04	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
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		560	36	728	11.89	3.49	360.3	6915	23.47	*35	23.48	84.08	13.92	4.65	*0.00
% of Calories										*25.3%	16.8%	60.1%	22.4%	7.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		646	58	802	9.62	3.57	421.3	3243	23.03	*33	32.34	82.45	21.09	6.16	*0.10
										*45.9%	20.0%	51.0%	29.4%	8.6%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	646		600 - 650	100%				
Cholesterol (mg)	58							
Sodium 1 (mg)	802		1230					
Sodium 2 (mg)	802		935					
Fiber (g)	9.62							
Iron (mg)	3.57							
Calcium (mg)	421.3							
Vitamin A (IU)	3243							
Sugars (g)	33	20.41%			Missing			
Vitamin C (mg)	23.03							
Protein (g)	32.34	20.02%						
Carbohydrate (g)	82.45	51.04%						
Total Fat (g)	21.09	29.38%						
Saturated Fat (g)	6.16	8.57%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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Top Spanish Cafe & Catering

Oct 9, 2023 thru Oct 13, 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 - 10/09/2023															
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 - 10/10/2023															
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 - 10/11/2023															
K-8 Lunch	Total														
Green Salad with Grilled Chick	1 Salad Bo	204	60	715	3.40	1.42	50.4	7253	19.11	*1	21.41	20.06	3.36	0.28	*0.00
Corn Chips	2 oz	160	0	170	1.00	0.20	30.0	0	0.0	0	2.0	16.0	10.0	1.50	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
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
Green Salad with Tofu	1 Salad Bo	174	0	150	4.40	2.86	104.4	7253	19.11	*0	12.41	21.06	5.36	0.78	*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		571	65	1113	7.47	1.98	383.5	7958	30.52	*29	32.31	78.44	14.64	2.59	*0.00
% of Calories										*20.1%	22.6%	55.0%	23.1%	4.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Oct 9, 2023 thru Oct 13, 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 - 10/12/2023															
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															
Green Beans & Corn	1 C	186	0	461	8.38	2.20	58.1	333	6.35	*N/A*	8.47	41.45	1.31	0.29	*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		749	63	836	16.50	6.04	387.3	1342	24.66	*28	35.70	117.54	16.93	5.79	*0.71
% of Calories										*15.0%	19.1%	62.8%	20.4%	7.0%	*0.8%
Nutrient Guideline		600-650		1230										<10.00	
Fri - 10/13/2023															
K-8 Lunch	Total														
Hot Dog-Turkey Frank	2 oz	140	50	300	0.00	0.72	60.0	0	0.0	1	6.0	1.0	11.0	3.50	0.00
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
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
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
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
Weighted Daily Average		539	55	843	10.36	4.35	382.2	844	61.16	39	23.17	78.83	13.38	4.08	0.00
% of Calories										28.8%	17.2%	58.5%	22.3%	6.8%	0.0%
Nutrient Guideline		600-650		1230										<10.00	
Weighted Average															
		619	61	931	11.44	4.12	384.3	3381	38.78	*32	30.39	91.61	14.98	4.15	*0.24
										*46.3%	19.6%	59.2%	21.8%	6.0%	*0.3%

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Top Spanish Cafe & Catering

Oct 9, 2023 thru Oct 13, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Nutrient	Menu AVG	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)
Calories	619		600 - 650	100%												
Cholesterol (mg)	61															
Sodium 1 (mg)	931		1230													
Sodium 2 (mg)	931		935													
Fiber (g)	11.44															
Iron (mg)	4.12															
Calcium (mg)	384.3															
Vitamin A (IU)	3381															
Sugars (g)	32	20.60%				Missing										
Vitamin C (mg)	38.78															
Protein (g)	30.39	19.63%														
Carbohydrate (g)	91.61	59.15%														
Total Fat (g)	14.98	21.77%														
Saturated Fat (g)	4.15	6.03%	<10.00%													
Trans Fat ¹ (g)	0.24	0.34%				Missing										

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Top Spanish Cafe & Catering

Oct 16, 2023 thru Oct 20, 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 - 10/16/2023															
K-8 Lunch	Total														
Meatloaf 3oz	2 oz	180	35	570	1.00	1.80	20.0	200	3.6	5	12.0	8.0	11.0	4.50	0.50
Whole Grain Roll	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
Mashed Potatoes-HR k-8 Side	1/2 cup	87	2	317	1.58	0.28	25.2	28	6.51	2	2.01	18.45	0.6	0.32	*N/A*
GREEN BEANS: frozen,boiled 1/2	1/2 C	19	0	1	2.03	0.45	28.4	283	2.77	1	1.01	4.35	0.11	0.03	0.00
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
Vegetarian Patty.	2.5 oz	80	0	410	3.00	2.10	50.0	0	0.0	0	11.0	6.0	3.0	0.00	0.00
Weighted Daily Average		544	43	1154	9.98	3.43	459.3	1208	20.26	36	27.37	78.79	13.88	5.45	*0.48
% of Calories										26.5%	20.1%	57.9%	23.0%	9.0%	*0.8%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 10/17/2023															
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
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
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		595	79	675	11.97	2.73	461.1	2047	66.60	*29	34.60	78.43	19.32	10.15	0.00
% of Calories										*19.4%	23.3%	52.8%	29.2%	15.4%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Oct 16, 2023 thru Oct 20, 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)
Wed - 10/18/2023															
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
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
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
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
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		680	79	1314	6.94	3.07	564.0	3645	40.45	31	30.27	82.61	26.32	6.12	0.00
% of Calories										18.5%	17.8%	48.6%	34.8%	8.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 10/19/2023															
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
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, 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		556	50	436	12.25	2.11	354.5	21269	53.38	*35	26.08	81.95	13.59	2.82	*0.00
% of Calories										*25.4%	18.8%	59.0%	22.0%	4.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Oct 16, 2023 thru Oct 20, 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 - 10/20/2023															
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
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
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
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		629	89	1066	8.41	5.54	402.0	821	2.35	41	29.12	93.50	13.96	3.15	0.00
% of Calories										26.0%	18.5%	59.4%	20.0%	4.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		601	68	929	9.91	3.38	448.2	5798	36.61	*35	29.49	83.06	17.41	5.54	*0.10
										*51.7%	19.6%	55.3%	26.1%	8.3%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	601		600 - 650	100%				
Cholesterol (mg)	68							
Sodium 1 (mg)	929		1230					
Sodium 2 (mg)	929		935					
Fiber (g)	9.91							
Iron (mg)	3.38							
Calcium (mg)	448.2							
Vitamin A (IU)	5798							
Sugars (g)	35	22.98%			Missing			
Vitamin C (mg)	36.61							
Protein (g)	29.49	19.64%						
Carbohydrate (g)	83.06	55.31%						
Total Fat (g)	17.41	26.09%						
Saturated Fat (g)	5.54	8.30%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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Top Spanish Cafe & Catering

Oct 23, 2023 thru Oct 27, 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 - 10/23/2023															
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
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
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		555	65	1062	9.31	3.18	418.1	629	7.16	35	34.62	70.61	14.76	3.59	0.00
% of Calories										25.1%	24.9%	50.9%	23.9%	5.8%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 10/24/2023															
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
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
Weighted Daily Average		705	60	231	10.19	4.25	329.8	1429	18.48	*33	31.13	97.86	23.32	7.92	*0.66
% of Calories										*18.7%	17.7%	55.5%	29.8%	10.1%	*0.8%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Oct 23, 2023 thru Oct 27, 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)
Wed - 10/25/2023															
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
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
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		490	55	1130	7.54	2.75	564.5	5854	106.37	32	21.73	65.69	16.75	4.94	0.00
% of Calories										26.0%	17.7%	53.6%	30.7%	9.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 10/26/2023															
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
GREEN BEANS.	3/4 CUP	30	0	1	3.24	0.71	45.4	453	4.43	2	1.61	6.97	0.18	0.05	0.00
Diced Pear Cup	4 oz	70	0	0	3.00	1.00	0.0	0	0.0	14	1.0	18.0	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 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		785	41	692	19.40	9.38	382.9	1445	15.73	37	39.58	129.73	14.61	4.13	0.00
% of Calories										18.8%	20.2%	66.1%	16.8%	4.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Oct 23, 2023 thru Oct 27, 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 - 10/27/2023															
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
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
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, 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
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
Turkey Sausage Jambalaya. MS	2 oz	418	52	707	3.31	1.99	26.7	140	22.13	*5	14.89	56.56	14.59	3.27	*0.00
Weighted Daily Average		643	98	779	9.83	3.28	411.4	33670	77.77	*35	30.44	94.78	16.18	3.25	*0.00
% of Calories										*21.9%	19.0%	59.0%	22.7%	4.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		636	64	779	11.25	4.57	421.3	8606	45.10	*34 *48.6%	31.50 19.8%	91.74 57.7%	17.12 24.2%	4.77 6.8%	*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	636		600 - 650	100%				
Cholesterol (mg)	64							
Sodium 1 (mg)	779		1230					
Sodium 2 (mg)	779		935					
Fiber (g)	11.25							
Iron (mg)	4.57							
Calcium (mg)	421.3							
Vitamin A (IU)	8606							
Sugars (g)	34	21.61%			Missing			
Vitamin C (mg)	45.10							
Protein (g)	31.50	19.83%						
Carbohydrate (g)	91.74	57.74%						
Total Fat (g)	17.12	24.25%						
Saturated Fat (g)	4.77	6.75%	<10.00%					
Trans Fat ¹ (g)	0.13	0.19%			Missing			

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Top Spanish Cafe & Catering

Oct 30, 2023 thru Nov 3, 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 - 10/30/2023															
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 Fried Potatoes 3/4C. mcca	3/4 C	147	0	33	2.67	0.48	0.0	0	0.0	0	2.67	22.67	4.0	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
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
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
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		601	52	665	8.09	2.72	422.5	705	7.50	29	27.48	79.95	18.55	6.51	0.50
% of Calories										19.2%	18.3%	53.2%	27.8%	9.7%	0.7%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 10/31/2023															
K-8 Lunch	Total														
WG Chicken Egg Roll	3 oz	160	30	390	3.00	1.80	40.0	400	4.8	2	9.0	20.0	5.0	1.50	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
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, 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		660	36	716	15.48	5.33	387.0	1102	16.49	*30	29.07	115.84	8.32	2.30	*0.00
% of Calories										*18.0%	17.6%	70.2%	11.3%	3.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Oct 30, 2023 thru Nov 3, 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)
Wed - 11/01/2023															
K-8 Lunch	Total														
Green Salad with Grilled Chick	1 Salad Bo	204	60	715	3.40	1.42	50.4	7253	19.11	*1	21.41	20.06	3.36	0.28	*0.00
Corn Chips	2 oz	160	0	170	1.00	0.20	30.0	0	0.0	0	2.0	16.0	10.0	1.50	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
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
Green Salad with Tofu	1 Salad Bo	174	0	150	4.40	2.86	104.4	7253	19.11	*0	12.41	21.06	5.36	0.78	*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		567	65	1114	9.92	1.99	393.6	7927	27.91	*32	31.67	78.60	14.50	2.50	*0.00
% of Calories										*22.3%	22.3%	55.4%	23.0%	4.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 11/02/2023															
K-8 Lunch	Total														
Hot Dog-Turkey Frank	2 oz	140	50	300	0.00	0.72	60.0	0	0.0	1	6.0	1.0	11.0	3.50	0.00
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
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
Green Beans & Corn	1 C	186	0	461	8.38	2.20	58.1	333	6.35	*N/A*	8.47	41.45	1.31	0.29	*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
Weighted Daily Average		633	55	1121	13.50	5.14	414.1	1177	67.50	*31	27.71	100.66	14.69	4.36	*0.00
% of Calories										*19.6%	17.5%	63.6%	20.9%	6.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 11/03/2023															
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	

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

Oct 30, 2023 thru Nov 3, 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		615	52	904	11.75	3.80	404.3	2728	29.85	*30 *44.3%	28.98 18.8%	93.76 60.9%	14.02 20.5%	3.92 5.7%	*0.13 *0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	615		600 - 650	100%				
Cholesterol (mg)	52							
Sodium 1 (mg)	904		1230					
Sodium 2 (mg)	904		935					
Fiber (g)	11.75							
Iron (mg)	3.80							
Calcium (mg)	404.3							
Vitamin A (IU)	2728							
Sugars (g)	30	19.69%			Missing			
Vitamin C (mg)	29.85							
Protein (g)	28.98	18.84%						
Carbohydrate (g)	93.76	60.94%						
Total Fat (g)	14.02	20.50%						
Saturated Fat (g)	3.92	5.73%	<10.00%					
Trans Fat ¹ (g)	0.13	0.18%			Missing			

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