


Monday
AUGUST 28

Assorted Whole Grain
Cereal
Oranges

Tuesday
AUGUST 29

WG Pancake
Turkey Bacon
Watermelon
Fruit Jelly

Wednesday
AUGUST 30

WG Banana Muffin
100% Orange Juice

Thursday
AUGUST 31

WG French Toast
Turkey Breakfast
Sausage Link
Pears, Fruit Jelly

Friday

WG Bagel
Cream Cheese
Apples

1

NO SCHOOL
Labor Day

4

Assorted Whole Grain
Cereal
Apples

5

WG Pancake
Turkey Bacon
Fruit Salad
Fruit Jelly

6

WG Waffles
Turkey Breakfast
Sausage Link
Oranges
Fruit Jelly

7

WG Banana Muffin
Pears

8

Assorted Whole Grain
Cereal
Orange

11

Egg & Cheese
Breakfast Burrito
100% Orange Juice

12

Fat Free Yogurt
Granola
Grapes

13

WG Bagel
Cream Cheese
Apples

14

WG French Toast
Turkey Breakfast
Sausage Link
Peach Cup, Fruit Jelly

15

Assorted Whole
Grain
Cereal
Orange

18

WG Waffles
Turkey Bacon
Cantaloupe
Fruit Jelly

19

WG Banana Muffin
100% Orange Juice

20

Fat Free Yogurt
Granola
Apples

21

Home Breakfast
Potatoes
Turkey Breakfast Sausage
WG Roll
Pears

22

Assorted Whole
Grain
Cereal
Orange

25

WG Pancake
Turkey Bacon
Watermelon
Fruit Jelly

26

WG Apple Muffin
100% Orange Juice

27

WG French Toast
Turkey Breakfast
Sausage
Pears
Fruit Jelly

28

WG Bagel
Cream Cheese
Apples

29

- 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



SEPTEMBER 2023

VEGETARIAN

Monday
AUGUST 28

Assorted Whole Grain
Cereal
Oranges

Tuesday
AUGUST 29

WG Pancake
Watermelon
Fruit Jelly

Wednesday
AUGUST 30

WG Banana Muffin
100% Orange Juice

Thursday
AUGUST 31

WG French Toast
Pears
Fruit Jelly

Friday

WG Bagel
Cream Cheese
Apples

1

NO SCHOOL
Labor Day

4

Assorted Whole Grain
Cereal
Apples

5

WG Pancake
Fruit Salad
Fruit Jelly

6

WG Waffles
Oranges
Fruit Jelly

7

WG Banana Muffin
Pears

8

Assorted Whole Grain
Cereal
Orange

11

Egg & Cheese
Breakfast Burrito
100% Orange Juice

12

Fat Free Yogurt
Granola
Grapes

13

WG Bagel
Cream Cheese
Apples

14

WG French Toast
Peach Cup
Fruit Jelly

15

Assorted Whole
Grain
Cereal
Orange

18

WG Waffles
Cantaloupe
Fruit Jelly

19

WG Banana Muffin
100% Orange Juice

20

Fat Free Yogurt
Granola
Apples

21

Home Breakfast
Potatoes
WG Roll
Pears

22

Assorted Whole
Grain
Cereal
Orange

25

WG Pancake
Watermelon
Fruit Jelly

26

WG Apple Muffin
100% Orange Juice

27

WG French Toast
Pears
Fruit Jelly

28

WG Bagel
Cream Cheese
Apples

29

- 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

Aug 28, 2023 thru Sep 1, 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 - 08/28/2023															
K-8 Breakfast	Total														
Cer/CinnamonToast Cruch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	0.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free 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		375	7	453	11.31	3.95	462.9	1612	99.35	37	11.48	76.37	6.36	0.73	0.00
% of Calories										39.5%	12.2%	81.5%	15.3%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 08/29/2023															
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
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
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		427	33	678	2.65	1.97	347.9	1497	13.45	40	18.21	64.86	9.63	1.77	0.00
% of Calories										37.5%	17.1%	60.8%	20.3%	3.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 08/30/2023															
K-8 Breakfast	Total														
Whole Grain Banana Muffin 3.6	3.6 oz	280	30	180	2.00	2.00	26.0	0	0.0	26	5.0	51.0	7.0	1.00	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00

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*** - denotes combined nutrient totals with either missing or incomplete nutrient data**
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Top Spanish Cafe & Catering

Aug 28, 2023 thru Sep 1, 2023

Base Menu Spreadsheet

K-8 Breakfast

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)
Weighted Daily Average		474	36	342	2.15	2.64	307.9	656	85.43	57	15.13	87.17	8.00	1.66	0.00
% of Calories										48.0%	12.8%	73.6%	15.2%	3.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 08/31/2023															
K-8 Breakfast	Total														
Whole Grain French Toast 3oz	3 oz	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
PEARS, FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Gluten Free 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		525	46	467	7.56	1.31	298.5	639	8.79	48	19.85	85.76	12.19	2.69	0.00
% of Calories										36.9%	15.1%	65.4%	20.9%	4.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 09/01/2023															
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
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	27	483	5.31	2.06	639.5	720	7.65	31	14.36	60.51	7.79	4.66	0.00
% of Calories										33.8%	15.5%	65.2%	18.9%	11.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		434	30	484	5.80	2.38	411.4	1025	42.93	43	15.81	74.93	8.79	2.30	0.00
										88.5%	14.6%	69.0%	18.2%	4.8%	0.0%

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Top Spanish Cafe & Catering

Aug 28, 2023 thru Sep 1, 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	434		400 - 500	100%												
Cholesterol (mg)	30															
Sodium 1 (mg)	484		540													
Sodium 2 (mg)	484		485													
Fiber (g)	5.80															
Iron (mg)	2.38															
Calcium (mg)	411.4															
Vitamin A (IU)	1025															
Sugars (g)	43	39.34%														
Vitamin C (mg)	42.93															
Protein (g)	15.81	14.56%														
Carbohydrate (g)	74.93	69.03%														
Total Fat (g)	8.79	18.23%														
Saturated Fat (g)	2.30	4.77%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Sep 4, 2023 thru Sep 8, 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 - 09/04/2023															
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	

Tue - 09/05/2023															
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	

Wed - 09/06/2023															
K-8 Breakfast	Total														
Whole Grain Pancake 1.3oz	1 oz	90	4	110	1.00	0.70	30.0	0	0.0	5	2.0	15.0	2.0	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		451	29	586	3.04	1.71	307.3	632	1.13	66	15.28	80.38	7.40	1.74	0.00
% of Calories										58.2%	13.6%	71.3%	14.8%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Sep 4, 2023 thru Sep 8, 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 - 09/07/2023															
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
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 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		451	45	492	5.45	2.60	367.7	1011	92.16	37	19.31	69.70	11.39	1.72	0.00
% of Calories										33.0%	17.1%	61.9%	22.8%	3.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 09/08/2023															
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															
		437	29	461	6.85	2.80	351.0	913	29.26	49	14.70	79.12	8.35	1.48	0.00
										100.5%	13.5%	72.4%	17.2%	3.0%	0.0%

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Top Spanish Cafe & Catering

Sep 4, 2023 thru Sep 8, 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	437		400 - 500	100%												
Cholesterol (mg)	29															
Sodium 1 (mg)	461		540													
Sodium 2 (mg)	461		485													
Fiber (g)	6.85															
Iron (mg)	2.80															
Calcium (mg)	351.0															
Vitamin A (IU)	913															
Sugars (g)	49	44.65%														
Vitamin C (mg)	29.26															
Protein (g)	14.70	13.45%														
Carbohydrate (g)	79.12	72.42%														
Total Fat (g)	8.35	17.20%														
Saturated Fat (g)	1.48	3.04%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Sep 11, 2023 thru Sep 15, 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 - 09/11/2023															
K-8 Breakfast	Total														
Cer/CinnamonToast Cruch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	0.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free 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		375	7	453	11.31	3.95	462.9	1612	99.35	37	11.48	76.37	6.36	0.73	0.00
% of Calories										39.5%	12.2%	81.5%	15.3%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 09/12/2023															
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
NO EGG Beans&Cheese Quesadill	4 oz	357	25	651	3.62	3.21	380.9	200	0.0	0	14.49	46.03	11.72	6.00	0.00
GF Beans and Cheese Quesadilla	4 oz	248	25	221	4.65	0.87	241.3	200	0.0	0	11.52	32.42	8.24	4.50	0.00
DF Tofu and Bean Quesadilla BF	1 Quesadill	334	0	525	9.15	4.56	241.0	3	1.6	0	18.62	46.94	9.17	2.05	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		448	75	480	2.87	1.13	407.4	637	85.16	33	19.71	65.79	11.25	4.60	0.00
% of Calories										29.2%	17.6%	58.8%	22.6%	9.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 09/13/2023															
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
GRAPES,Fresh	1 CUP	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	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

Sep 11, 2023 thru Sep 15, 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		446	12	323	3.09	2.15	612.1	1246	5.17	52 46.3%	16.90 15.1%	84.94 76.1%	6.62 13.3%	1.80 3.6%	0.00 0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 09/14/2023															
K-8 Breakfast	Total														
Whole Grain Bagel 1.9oz (BC)	1.9 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
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 % of Calories		371	27	483	5.31	2.06	639.5	720	7.65	31 33.8%	14.36 15.5%	60.51 65.2%	7.79 18.9%	4.66 11.3%	0.00 0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 09/15/2023															
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
Peach Cup	8 oz	140	0	10	2.00	0.72	0.0	400	120.0	30	0.0	34.0	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 % of Calories		563	46	477	3.94	1.71	282.0	994	121.13	61 43.3%	19.24 13.7%	92.77 65.9%	11.87 19.0%	2.64 4.2%	0.00 0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		441	34	443	5.31	2.20	480.8	1042	63.69	43 87.3%	16.34 14.8%	76.07 69.1%	8.78 17.9%	2.89 5.9%	0.00 0.0%
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Top Spanish Cafe & Catering

Sep 11, 2023 thru Sep 15, 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	441		400 - 500	100%												
Cholesterol (mg)	34															
Sodium 1 (mg)	443		540													
Sodium 2 (mg)	443		485													
Fiber (g)	5.31															
Iron (mg)	2.20															
Calcium (mg)	480.8															
Vitamin A (IU)	1042															
Sugars (g)	43	38.78%														
Vitamin C (mg)	63.69															
Protein (g)	16.34	14.83%														
Carbohydrate (g)	76.07	69.06%														
Total Fat (g)	8.78	17.93%														
Saturated Fat (g)	2.89	5.89%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Sep 18, 2023 thru Sep 22, 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 - 09/18/2023															
K-8 Breakfast	Total														
Cer/CinnamonToast Cruch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	0.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free 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		375	7	453	11.31	3.95	462.9	1612	99.35	37	11.48	76.37	6.36	0.73	0.00
% of Calories										39.5%	12.2%	81.5%	15.3%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 09/19/2023															
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
Cantaloupe Melon BF 1C	1 cup	53	0	25	1.40	0.33	14.0	5276	57.25	12	1.31	12.73	0.3	0.08	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Gluten Free 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		321	23	506	2.46	1.46	303.5	5907	58.40	35	14.82	49.46	7.32	1.49	0.00
% of Calories										43.1%	18.5%	61.6%	20.5%	4.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 09/20/2023															
K-8 Breakfast	Total														
Whole Grain Banana Muffin 3.6	3.6 oz	280	30	180	2.00	2.00	26.0	0	0.0	26	5.0	51.0	7.0	1.00	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00

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Top Spanish Cafe & Catering

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 2

Generated on: 8/15/2023 2:01:10 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		474	36	342	2.15	2.64	307.9	656	85.43	57	15.13	87.17	8.00	1.66	0.00
% of Calories										48.0%	12.8%	73.6%	15.2%	3.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 09/21/2023															
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
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 - 09/22/2023															
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
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
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		441	37	386	9.56	2.28	405.8	683	19.04	33	20.74	74.76	7.62	1.93	*0.00
% of Calories										30.0%	18.8%	67.8%	15.5%	3.9%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		414	23	402	6.21	2.47	417.5	2017	54.01	43	15.77	75.19	7.17	1.51	*0.00
										92.5%	15.3%	72.7%	15.6%	3.3%	*0.0%

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Top Spanish Cafe & Catering

Sep 18, 2023 thru Sep 22, 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	414		400 - 500	100%												
Cholesterol (mg)	23															
Sodium 1 (mg)	402		540													
Sodium 2 (mg)	402		485													
Fiber (g)	6.21															
Iron (mg)	2.47															
Calcium (mg)	417.5															
Vitamin A (IU)	2017															
Sugars (g)	43	41.12%														
Vitamin C (mg)	54.01															
Protein (g)	15.77	15.25%														
Carbohydrate (g)	75.19	72.74%														
Total Fat (g)	7.17	15.60%														
Saturated Fat (g)	1.51	3.28%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			Missing											

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Top Spanish Cafe & Catering

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

Generated on: 8/15/2023 12:41:12 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/25/2023															
K-8 Breakfast	Total														
Cer/Cinnamon Toast Crunch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	0.00	0.00
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		375	7	453	11.31	3.95	462.9	1612	99.35	37	11.48	76.37	6.36	0.73	0.00
% of Calories										39.5%	12.2%	81.5%	15.3%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 09/26/2023															
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
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
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		427	33	678	2.65	1.97	347.9	1497	13.45	40	18.21	64.86	9.63	1.77	0.00
% of Calories										37.5%	17.1%	60.8%	20.3%	3.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 09/27/2023															
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

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Top Spanish Cafe & Catering

Sep 25, 2023 thru Sep 29, 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		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	

Thu - 09/28/2023															
K-8 Breakfast	Total														
Whole Grain French Toast 3oz	3 oz	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
PEARS, FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Gluten Free 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		525	46	467	7.56	1.31	298.5	639	8.79	48	19.85	85.76	12.19	2.69	0.00
% of Calories										36.9%	15.1%	65.4%	20.9%	4.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 09/29/2023															
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
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	27	483	5.31	2.06	639.5	720	7.65	31	14.36	60.51	7.79	4.66	0.00
% of Calories										33.8%	15.5%	65.2%	18.9%	11.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		429	31	479	5.80	2.38	410.8	*1025	*42.93	41	15.81	73.41	8.79	2.30	0.00
										86.9%	14.8%	68.5%	18.5%	4.8%	0.0%

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Top Spanish Cafe & Catering

Sep 25, 2023 thru Sep 29, 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	429		400 - 500	100%												
Cholesterol (mg)	31															
Sodium 1 (mg)	479		540													
Sodium 2 (mg)	479		485													
Fiber (g)	5.80															
Iron (mg)	2.38															
Calcium (mg)	410.8															
Vitamin A (IU)	1025				Missing											
Sugars (g)	41	38.62%														
Vitamin C (mg)	42.93				Missing											
Protein (g)	15.81	14.75%														
Carbohydrate (g)	73.41	68.53%														
Total Fat (g)	8.79	18.47%														
Saturated Fat (g)	2.30	4.83%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Monday
AUGUST 28

Chicken Patty
Sandwich on WG Bun
Baked Beans
Apples

NO SCHOOL
Labor Day
Tuesday
AUGUST 29

Beef Tacos
Taco Shells
Corn
Bananas, Taco Sauce

Wednesday
AUGUST 30

WG Chicken Eggroll
Brown Rice
Broccoli
Diced Peach Cup

Thursday
AUGUST 31

Chicken Nuggets
Corn Muffin
Sweet Potatoes
Pears, Ketchup

Friday

Turkey Salami
& Cheese Sandwich
On WG Bun
Coleslaw, Mayo
100% Grape Juice

Meatloaf with
Gravy, Mashed Potatoes
Green Beans
WG Roll
Apples

Cheeseburger
On WG Bun
Potato Fries
Diced Pear Cup
Mayo, Ketchup

Turkey Hot Dog
On Hot Dog Roll
Baked Beans
Apple Sauce

Chicken Tacos
Taco Shells
Corn
Bananas

Spanish Rice
With Chicken
Green Beans
Bananas

Beef Lasagna
WG Roll
Green Beans & Carrots
Bananas

Spaghetti with
Beef Meatballs
Marinara, Carrots
Pears

Turkey Pepperoni
Pizza
Broccoli
Apple Sauce

Chicken & Cheese
Quesadilla
Corn
Apples

Turkey Ham &
Cheese Sandwich on
WG Bun
Romaine, Tomatoes
100% Orange Juice

Turkey Ham
Sandwich
Carrot Sticks
Sun Chip
100% Grape Juice

WG Chicken Eggroll
Brown Rice
Broccoli
Diced Peach Cup

Chicken Nuggets
WG Roll
Baked Beans
Orange

Chicken Patty
Sandwich on WG Bun
Baked Beans
Apples

Chicken Salad
Sandwich on WG Bun
Coleslaw
100% Orange Juice
Granola Bar

- 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



SEPTEMBER 2023

VEGETARIAN

Monday
AUGUST 28

Black Bean Patty
Sandwich on WG Bun
Baked Beans
Apples

NO SCHOOL
Labor Day
4
Tuesday
AUGUST 29

Vegetarian Meat Tacos
Taco Shells
Corn
Bananas, Taco Sauce

Vegetarian Patty

Hot Dog Roll
Baked Beans
Oranges, Ketchup

5
Wednesday
AUGUST 30

Spanish Rice
with Vegetarian Meat
Broccoli
Diced Peach Cup

Black Bean Patty

WG Roll
Corn
Bananas
Ketchup

6
Thursday
AUGUST 31

Vegetarian Patty
Corn Muffin
Sweet Potatoes
Pears, Ketchup

Vegetarian Meat

Jambalaya
Green Beans
Diced Peach Cup

7
Friday

SunButter & Jelly
Sandwich
Coleslaw
100% Grape Juice

1

Tofu and Lettuce
Sandwich
Romaine, Tomatoes
Granola Bar
100% Orange Juice

8

Black Bean
Patty
WG Roll
Baked Beans
Orange

15

Black Bean Patty
Sandwich on WG Bun
Baked Beans
Apples

22

SunButter & Jelly
Sandwich
Coleslaw
100% Orange Juice
Granola Bar

29

Vegetarian Patty
Mashed Potatoes
Green Beans
WG Roll
Apples

11

Vegetarian Meat
Tacos
Taco Shells
Corn
Bananas

12

Vegetarian Meat
Spaghetti
Marinara, Carrots
Pears

13

SunButter & Jelly
Sandwich
Romaine, Tomatoes
100% Orange Juice

14

Vegetarian Patty
On WG Bun
Potato Fries
Diced Pear Cup
Mayo, Ketchup

18

Spanish Rice
With Vegetarian Meat
Green Beans
Bananas

19

Cheese
Pizza
Broccoli
Apple Sauce

20

SunButter & Jelly
Sandwich
Carrot Sticks
Sun Chip
100% Grape Juice

21

Vegetarian Patty
On Hot Dog Roll
Baked Beans
Apple Sauce

25

Vegetable Lasagna
WG Roll
Green Beans & Carrots
Bananas

26

Cheese
Quesadilla
Corn
Apples

27

Spanish Rice with
Vegetarian Meat
Broccoli
Diced Peach Cup

28

- All menus served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
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This institution is an equal opportunity provider

Top Spanish Cafe & Catering

Aug 28, 2023 thru Sep 1, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 8/15/2023 1:27:30 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/28/2023															
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
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
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
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		611	98	970	12.70	3.67	380.7	799	8.44	38	30.31	88.78	16.13	3.20	0.00
% of Calories										25.1%	19.9%	58.1%	23.8%	4.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 08/29/2023															
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
Taco Shell-7" HS/Mission	2.25 oz	210	0	0	3.00	1.08	20.0	5	0.0	1	3.0	29.0	9.0	2.50	0.00
CORN: frozen, yellow	3/4 CUP	107	0	1	3.17	0.62	4.0	263	4.62	4	3.37	25.48	0.88	0.14	0.00
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
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
Taco Sauce.	100grams	54	0	796	1.30	1.03	15.0	536	23.5	*N/A*	1.16	13.08	0.32	0.04	*N/A*
Weighted Daily Average		759	60	1027	11.49	5.28	344.8	1965	41.98	*33	32.29	110.94	23.64	7.96	*0.66
% of Calories										*17.4%	17.0%	58.5%	28.0%	9.4%	*0.8%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Aug 28, 2023 thru Sep 1, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 8/15/2023 1:27:30 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/30/2023															
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
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
Diced Peach Cup	4 oz	70	0	5	1.00	0.36	0.0	200	60.0	15	0.0	17.0	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
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		482	36	569	8.14	3.29	349.5	2434	116.84	*30	19.17	81.40	7.60	2.23	*0.00
% of Calories										*24.9%	15.9%	67.5%	14.2%	4.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 08/31/2023															
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
Corn Muffin 1.8oz	1 Each	150	15	85	1.00	0.72	20.0	65	0.0	13	1.0	26.01	4.5	0.00	0.00
Sweet potatoes	3/4 cup	154	0	62	5.66	1.18	65.1	32945	33.6	11	3.45	35.5	0.26	0.09	0.00
PEARS,FRESH	1 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
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
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		730	104	744	13.25	4.89	417.9	33875	42.41	55	26.08	118.25	17.83	3.25	0.00
% of Calories										30.4%	14.3%	64.8%	22.0%	4.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Aug 28, 2023 thru Sep 1, 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 - 09/01/2023															
K-8 Lunch	Total														
Turkey Salami	2 oz	100	40	500	0.00	6.00	2.0	0	0.0	0	8.0	1.0	7.0	2.00	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
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% 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
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
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		621	64	1312	5.08	7.81	475.2	3645	35.65	33	22.67	70.88	27.25	6.67	0.00
% of Calories										21.2%	14.6%	45.7%	39.5%	9.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		641	73	924	10.13	4.99	393.6	8544	49.06	*38	26.10	94.05	18.49	4.66	*0.13
										*53.3%	16.3%	58.7%	26.0%	6.5%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	641		600 - 650	100%				
Cholesterol (mg)	73							
Sodium 1 (mg)	924		1230					
Sodium 2 (mg)	924		935					
Fiber (g)	10.13							
Iron (mg)	4.99							
Calcium (mg)	393.6							
Vitamin A (IU)	8544							
Sugars (g)	38	23.68%			Missing			
Vitamin C (mg)	49.06							
Protein (g)	26.10	16.30%						
Carbohydrate (g)	94.05	58.73%						
Total Fat (g)	18.49	25.98%						
Saturated Fat (g)	4.66	6.55%	<10.00%					
Trans Fat ¹ (g)	0.13	0.19%			Missing			

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Top Spanish Cafe & Catering

Sep 4, 2023 thru Sep 8, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 8/15/2023 3:35:50 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/04/2023															
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	

Tue - 09/05/2023															
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	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
Baked Beans. (F) 3/4C	3/4 C	92	0	183	5.23	1.41	26.2	0	0.0	8	3.93	19.63	0.0	0.00	0.00
KETCHUP: individual (WC)	9 grams	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
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		564	36	1097	12.75	4.46	390.9	1025	94.09	38	25.53	84.14	15.52	6.50	0.48
% of Calories										26.9%	18.1%	59.7%	24.8%	10.4%	0.8%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 09/06/2023															
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
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
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
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
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		626	55	702	9.35	2.52	307.1	968	16.04	38	26.72	93.85	18.08	4.38	0.00
% of Calories										24.5%	17.1%	60.0%	26.0%	6.3%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Sep 4, 2023 thru Sep 8, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 8/15/2023 3:35:50 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/07/2023															
K-8 Lunch	Total														
Turkey Jambalaya. K-5**	10 Oz	351	44	588	3.26	1.81	22.0	180	19.46	*3	8.66	47.21	12.16	2.43	*0.00
GREEN BEANS.	3/4 CUP	30	0	1	3.24	0.71	45.4	453	4.43	2	1.61	6.97	0.18	0.05	0.00
Diced Peach Cup	4 oz	70	0	5	1.00	0.36	0.0	200	60.0	15	0.0	17.0	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Vegetarian Jambalaya**	6 oz	527	0	421	13.82	10.24	196.2	847	125.29	*4	13.95	94.17	10.27	0.83	*0.00
Chicken Jambalaya. K-5**	10 Oz	319	35	87	3.26	1.50	22.0	180	19.46	*1	12.73	42.47	8.78	1.43	*0.00
Turkey Jambalaya (NT)	10 Oz	347	44	586	3.00	1.72	16.7	81	17.87	*3	8.59	46.42	12.16	2.43	*0.00
Whole Grain Roll	1.3 oz	90	0	140	2.00	0.72	100.0	0	0.0	2	4.0	16.0	1.0	0.00	0.00
Turkey Sausage with Vegetables	10 Oz	169	44	588	1.13	1.04	22.0	180	19.46	*3	8.66	9.88	10.56	2.43	*0.00
Weighted Daily Average		556	49	717	7.86	3.17	349.9	1485	88.68	*32	18.51	85.70	13.46	3.14	*0.00
% of Calories										*23.3%	13.3%	61.7%	21.8%	5.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 09/08/2023															
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
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
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		657	65	1167	5.64	2.71	582.0	6040	63.53	35	36.21	77.75	24.30	7.08	0.00
% of Calories										21.4%	22.0%	47.3%	33.3%	9.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Sep 4, 2023 thru Sep 8, 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		601	51	921	8.90	3.21	407.5	2379	65.58	*36 *53.8%	26.74 17.8%	85.36 56.8%	17.84 26.7%	5.28 7.9%	*0.12 *0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	601		600 - 650	100%				
Cholesterol (mg)	51							
Sodium 1 (mg)	921		1230					
Sodium 2 (mg)	921		935					
Fiber (g)	8.90							
Iron (mg)	3.21							
Calcium (mg)	407.5							
Vitamin A (IU)	2379							
Sugars (g)	36	23.93%			Missing			
Vitamin C (mg)	65.58							
Protein (g)	26.74	17.81%						
Carbohydrate (g)	85.36	56.85%						
Total Fat (g)	17.84	26.73%						
Saturated Fat (g)	5.28	7.91%	<10.00%					
Trans Fat ¹ (g)	0.12	0.18%			Missing			

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Top Spanish Cafe & Catering

Sep 11, 2023 thru Sep 15, 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 - 09/11/2023															
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 - 09/12/2023															
K-8 Lunch	Total														
Chicken for TACOs 4oz	4 oz	199	71	190	1.17	1.55	15.8	506	4.02	*2	25.87	6.43	7.38	1.82	*0.00
Taco Shell-7" HS/Mission	2.25 oz	210	0	0	3.00	1.08	20.0	5	0.0	1	3.0	29.0	9.0	2.50	0.00
CORN: frozen, yellow	3/4 CUP	107	0	1	3.17	0.62	4.0	263	4.62	4	3.37	25.48	0.88	0.14	0.00
BANANAS MS Lunch	1/2 Cup	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Vegetarian Meat Taco.	3 oz	151	1	797	7.58	3.08	81.1	4090	3.55	4	14.05	20.3	3.65	0.10	0.00
Weighted Daily Average		718	75	345	10.65	3.61	324.5	1613	20.04	*34	41.02	101.36	18.69	5.24	*0.00
% of Calories										*18.8%	22.9%	56.5%	23.4%	6.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Sep 11, 2023 thru Sep 15, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 8/15/2023 4:14:02 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/13/2023															
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
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 1/2C.	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		811	41	762	21.35	8.34	386.9	21469	21.99	39	38.42	137.17	14.85	4.15	0.00
% of Calories										19.4%	19.0%	67.7%	16.5%	4.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 09/14/2023															
K-8 Lunch	Total														
Turkey Ham 3oz (JO).	3 oz	110	55	478	0.00	0.70	0.0	0	0.0	0	13.95	1.0	4.98	1.50	0.00
American Cheese Pullman	1 oz	40	10	180	0.00	0.00	75.0	0	0.0	1	2.0	1.0	3.0	1.75	0.00
Whole Grain Bun 2oz.	2 oz	110	0	210	2.00	1.00	49.0	0	0.0	2	3.0	23.0	1.0	0.00	0.00
Romaine Lettuce K-5.*	1 C	8	0	4	0.99	0.46	15.5	4094	1.88	1	0.58	1.55	0.14	0.02	0.00
tomatoes salad 1/2 C	1/2 cup	16	0	4	1.08	0.24	9.0	750	12.33	2	0.79	3.5	0.18	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
100% Orange Juice (Ardmore)4oz	1/2 C	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Sunflower & Jelly Sandwich	2.8 oz	310	0	300	4.00	5.00	27.0	0	0.0	11	9.0	33.0	15.0	2.00	0.00
Ranch Dressing.	12Grams	10	0	125	0.00	0.00	20.0	0	0.0	1	0.0	3.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		445	70	1123	4.15	2.53	440.8	5474	57.36	29	28.95	58.38	10.75	3.96	0.00
% of Calories										25.8%	26.0%	52.4%	21.7%	8.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Sep 11, 2023 thru Sep 15, 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 - 09/15/2023															
K-8 Lunch	Total														
Chicken Nuggets	3 oz	220	85	380	1.00	2.70	40.0	200	0.0	0	13.0	14.0	12.0	2.50	0.00
Whole Grain Roll	1.3 oz	90	0	140	2.00	0.72	100.0	0	0.0	2	4.0	16.0	1.0	0.00	0.00
Baked Beans 3/4C	3/4 C	201	0	561	7.20	2.45	72.0	0	0.0	16	10.08	41.74	0.72	0.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Black Bean Patty	2.9 oz	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
Diced Chicken Tyson 4oz	4 oz	174	70	157	0.00	0.63	0.0	0	0.0	0	24.35	1.74	6.96	1.74	0.00
Weighted Daily Average		685	89	1211	13.76	6.00	554.0	1201	92.16	43	36.67	103.92	14.91	3.18	0.00
% of Calories										25.1%	21.4%	60.7%	19.6%	4.2%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		641	64	919	11.98	4.78	433.1	6193	42.36	*36 *50.8%	34.49 21.5%	95.92 59.9%	14.62 20.5%	4.40 6.2%	*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	641		600 - 650	100%				
Cholesterol (mg)	64							
Sodium 1 (mg)	919		1230					
Sodium 2 (mg)	919		935					
Fiber (g)	11.98							
Iron (mg)	4.78							
Calcium (mg)	433.1							
Vitamin A (IU)	6193							
Sugars (g)	36	22.59%			Missing			
Vitamin C (mg)	42.36							
Protein (g)	34.49	21.54%						
Carbohydrate (g)	95.92	59.90%						
Total Fat (g)	14.62	20.54%						
Saturated Fat (g)	4.40	6.18%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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Top Spanish Cafe & Catering

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 8/15/2023 2:42:54 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/18/2023															
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 - 09/19/2023															
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
GREEN BEANS: frozen,boiled 1C	1 CUP	38	0	1	4.05	0.89	56.7	566	5.54	3	2.01	8.71	0.23	0.06	0.00
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
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
Whole Grain Roll	1.3 oz	90	0	140	2.00	0.72	100.0	0	0.0	2	4.0	16.0	1.0	0.00	0.00
Weighted Daily Average		527	83	370	8.87	4.79	375.6	1609	28.06	*31	41.52	81.88	5.90	1.99	*0.00
% of Calories										*23.3%	31.5%	62.1%	10.1%	3.4%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Sep 18, 2023 thru Sep 22, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 8/15/2023 2:42:54 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/20/2023															
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 HS	1 CUP	52	0	20	5.52	1.12	60.7	1860	73.78	3	5.7	9.84	0.22	0.03	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
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
Tofu and Bean Pizza.	1 slice	322	0	907	3.97	3.20	90.5	750	21.0	10	14.74	46.02	9.28	0.83	0.00
Weighted Daily Average		595	67	1428	8.55	*3.34	565.1	3620	92.15	33	37.70	71.40	17.95	7.19	0.00
% of Calories										22.4%	25.3%	48.0%	27.1%	10.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 09/21/2023															
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
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
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		669	60	1069	7.61	3.38	374.7	15915	7.76	37	27.49	83.90	23.71	4.76	0.00
% of Calories										22.0%	16.4%	50.2%	31.9%	6.4%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Sep 18, 2023 thru Sep 22, 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 - 09/22/2023															
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
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
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
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		601	98	885	12.70	3.67	380.7	799	8.44	36	30.31	85.78	16.13	3.20	0.00
% of Calories										24.2%	20.2%	57.1%	24.2%	4.8%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		624	73	925	9.10	*3.75	427.1	4555	27.51	*33 *48.2%	33.43 21.4%	80.95 51.9%	19.00 27.4%	5.37 7.7%	*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	624		600 - 650	100%				
Cholesterol (mg)	73							
Sodium 1 (mg)	925		1230					
Sodium 2 (mg)	925		935					
Fiber (g)	9.10							
Iron (mg)	3.75				Missing			
Calcium (mg)	427.1							
Vitamin A (IU)	4555							
Sugars (g)	33	21.40%			Missing			
Vitamin C (mg)	27.51							
Protein (g)	33.43	21.42%						
Carbohydrate (g)	80.95	51.86%						
Total Fat (g)	19.00	27.39%						
Saturated Fat (g)	5.37	7.74%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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Top Spanish Cafe & Catering

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 8/15/2023 4:27:50 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/25/2023															
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
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
Baked Beans 3/4C	3/4 C	201	0	561	7.20	2.45	72.0	0	0.0	16	10.08	41.74	0.72	0.00	0.00
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
Weighted Daily Average		639	55	1301	12.32	5.02	428.0	644	7.16	45	29.32	99.95	14.10	4.08	0.00
% of Calories										28.1%	18.4%	62.6%	19.9%	5.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 09/26/2023															
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
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
Vegetarian Meat Pasta.	6 oz	519	0	430	18.14	8.34	67.9	500	0.0	10	23.96	98.61	6.43	0.00	0.00
Weighted Daily Average		622	47	1030	11.49	3.30	640.1	14799	18.31	*39	30.83	101.99	10.95	5.41	0.00
% of Calories										*25.1%	19.8%	65.5%	15.8%	7.8%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Sep 25, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 8/15/2023 4:27:51 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/27/2023															
K-8 Lunch	Total														
Chicken and Cheese Quesadilla	4 oz	386	55	672	4.00	2.34	362.5	101	0.0	0	27.09	35.0	15.08	6.55	0.00
CORN: frozen, yellow	3/4 CUP	107	0	1	3.17	0.62	4.0	263	4.62	4	3.37	25.48	0.88	0.14	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Cheese Quesadilla.	1 Quesadill	84	9	160	0.64	0.32	147.1	61	0.0	0	5.21	5.43	4.44	2.67	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		653	61	785	10.35	3.05	642.8	1067	12.12	30	38.02	91.41	16.99	7.30	0.00
% of Calories										18.6%	23.3%	56.0%	23.4%	10.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 09/28/2023															
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-HS 1 Cup.	8 OZ	209	0	28	1.92	0.86	8.2	0	0.0	*0	5.7	40.98	2.21	0.46	*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
Diced Peach Cup	4 oz	70	0	5	1.00	0.36	0.0	200	60.0	15	0.0	17.0	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
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		572	36	597	8.66	3.65	357.7	2434	116.84	*30	24.87	97.87	8.76	2.68	*0.00
% of Calories										*21.3%	17.4%	68.4%	13.8%	4.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Sep 25, 2023 thru Sep 29, 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 - 09/29/2023															
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
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
Weighted Daily Average		597	58	851	6.82	3.03	504.5	6288	77.80	*31	29.91	86.92	15.68	2.99	*0.00
% of Calories										*20.9%	20.0%	58.2%	23.6%	4.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		617	51	913	9.93	3.61	514.6	5047	46.45	*35	30.59	95.63	13.29	4.49	*0.00
										*51.3%	19.8%	62.0%	19.4%	6.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	617		600 - 650	100%				
Cholesterol (mg)	51							
Sodium 1 (mg)	913		1230					
Sodium 2 (mg)	913		935					
Fiber (g)	9.93							
Iron (mg)	3.61							
Calcium (mg)	514.6							
Vitamin A (IU)	5047							
Sugars (g)	35	22.81%			Missing			
Vitamin C (mg)	46.45							
Protein (g)	30.59	19.84%						
Carbohydrate (g)	95.63	62.02%						
Total Fat (g)	13.29	19.40%						
Saturated Fat (g)	4.49	6.55%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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