



BREAKFAST

NOVEMBER 2023

TOP SPANISH CATERING, INC

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY
THANKSGIVING

Assorted Whole
Grain Cereal
Apples

6

WG Pumpkin Bread
Loaf
100% Orange Juice

7

WG Mini
Cinnamon Rolls
Orange

1

WG French Toast
Turkey Bacon
Apple Sauce
Fruit Jelly

2

NO SCHOOL

3

Assorted Whole
Grain Cereal
Pear Cup

13

WG Pancakes
Turkey Bacon
Fruit Salad
Fruit Jelly

14

WG Apple Muffin
100% Orange Juice

15

WG Strawberry
Oatmeal Bar
Apples

16

WG French Toast
Turkey Breakfast Sausage
Orange

17

Assorted Whole
Grain Cereal
Pear Cup

20

WG Apple Muffin
100% Orange Juice

21

NO SCHOOL

22

NO SCHOOL

23

NO SCHOOL

24

Assorted Whole
Grain Cereal
Orange

27

WG French Toast
Turkey Bacon
Apple Sauce
Fruit Jelly

28

WG Bagels
Cream Cheese
100% Orange Juice

29

WG Mini
Cinnamon Rolls
Mandarin Fruit Cup

30

GIVE
THANKS

- 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

Monday
Tuesday
Wednesday
Thursday
Friday

**HAPPY
THANKSGIVING**
6
Assorted Whole
Grain Cereal
Apples

7
WG Pumpkin Bread
Loaf
100% Orange Juice

1
WG Mini
Cinnamon Rolls
Orange

8
WG Waffles
Pears
Fruit Jelly

2
WG French Toast
Apple Sauce
Fruit Jelly

3
NO SCHOOL
13
Assorted Whole
Grain Cereal
Pear Cup

14
WG Pancakes

Fruit Salad
Fruit Jelly

15
WG Apple Muffin
100% Orange Juice

16
WG Strawberry
Oatmeal Bar
Apples

17
WG French Toast
Orange
Fruit Jelly

20
Assorted Whole
Grain Cereal
Pear Cup

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WG Apple Muffin
100% Orange Juice

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NO SCHOOL
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NO SCHOOL
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Assorted Whole
Grain Cereal
Orange

28
WG French Toast
Apple Sauce
Fruit Jelly

29
WG Bagels
Cream Cheese
100% Orange Juice

30
WG Mini
Cinnamon Rolls
Mandarin Fruit Cup


**GIVE
THANKS**

- 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 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														
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 Navels	1 Cup	151	0	3	6.78	0.40	132.4	761	182.03	26	2.8	38.62	0.46	0.05	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		487	7	401	9.87	2.75	444.2	1417	183.46	52	14.98	91.34	9.41	2.19	0.00
% of Calories										42.4%	12.3%	75.1%	17.4%	4.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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

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)
Thu - 11/02/2023															
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
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
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		506	29	591	4.04	0.72	282.5	594	13.13	53	16.83	84.99	10.81	2.36	0.00
% of Calories										42.1%	13.3%	67.2%	19.2%	4.2%	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		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	
Weighted Average		462	22	469	7.90	2.55	373.5	1000	73.18	48	15.32	83.39	8.98	1.77	0.00
										93.5%	13.3%	72.3%	17.5%	3.4%	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	462		400 - 500	100%												
Cholesterol (mg)	22															
Sodium 1 (mg)	469		540													
Sodium 2 (mg)	469		485													
Fiber (g)	7.90															
Iron (mg)	2.55															
Calcium (mg)	373.5															
Vitamin A (IU)	1000															
Sugars (g)	48	41.53%														
Vitamin C (mg)	73.18															
Protein (g)	15.32	13.28%														
Carbohydrate (g)	83.39	72.26%														
Total Fat (g)	8.98	17.50%														
Saturated Fat (g)	1.77	3.45%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Nov 6, 2023 thru Nov 10, 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 - 11/06/2023															
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 - 11/07/2023															
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% 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		455	7	399	2.15	0.74	283.2	656	85.43	55	15.13	80.52	8.95	2.13	0.00
% of Calories										48.3%	13.3%	70.8%	17.7%	4.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 11/08/2023															
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.3s	0.54 oz	64	19	331	0.00	0.19	0.0	0	0.0	1	5.33	0.53	4.27	1.07	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Gluten Free 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

Nov 6, 2023 thru Nov 10, 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		385	29	580	6.60	1.49	289.9	639	8.79	39	15.37	63.25	8.61	1.79	0.00
% of Calories										40.8%	16.0%	65.8%	20.2%	4.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 11/09/2023															
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
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
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		525	12	331	4.26	2.60	599.2	1554	121.49	67	16.32	103.16	6.30	1.69	0.00
% of Calories										50.8%	12.4%	78.6%	10.8%	2.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 11/10/2023															
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	

Weighted Average		434	14	441	6.06	2.19	394.3	1039	57.60	50	14.31	80.76	7.55	1.59	0.00
										103.3%	13.2%	74.5%	15.7%	3.3%	0.0%

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Top Spanish Cafe & Catering

Nov 6, 2023 thru Nov 10, 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)	14															
Sodium 1 (mg)	441		540													
Sodium 2 (mg)	441		485													
Fiber (g)	6.06															
Iron (mg)	2.19															
Calcium (mg)	394.3															
Vitamin A (IU)	1039															
Sugars (g)	50	45.89%														
Vitamin C (mg)	57.60															
Protein (g)	14.31	13.20%														
Carbohydrate (g)	80.76	74.47%														
Total Fat (g)	7.55	15.67%														
Saturated Fat (g)	1.59	3.30%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Nov 13, 2023 thru Nov 17, 2023

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

Generated on: 10/25/2023 11:08:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/13/2023															
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 - 11/14/2023															
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	

Wed - 11/15/2023															
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

Nov 13, 2023 thru Nov 17, 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 - 11/16/2023															
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
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		312	12	214	4.51	1.85	301.0	731	7.78	35	10.64	55.63	5.85	1.22	0.00
% of Calories										44.8%	13.6%	71.2%	16.9%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 11/17/2023															
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
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
Weighted Daily Average		499	46	467	5.43	1.19	348.7	975	92.15	44	20.61	77.96	12.17	2.67	0.00
% of Calories										35.4%	16.5%	62.5%	22.0%	4.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		447	28	428	6.01	2.77	337.8	*845	*38.96	50	15.15	80.32	8.31	1.60	0.00
										101.3%	13.5%	71.8%	16.7%	3.2%	0.0%

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Top Spanish Cafe & Catering

Nov 13, 2023 thru Nov 17, 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	447		400 - 500	100%												
Cholesterol (mg)	28															
Sodium 1 (mg)	428		540													
Sodium 2 (mg)	428		485													
Fiber (g)	6.01															
Iron (mg)	2.77															
Calcium (mg)	337.8															
Vitamin A (IU)	845				Missing											
Sugars (g)	50	45.01%														
Vitamin C (mg)	38.96				Missing											
Protein (g)	15.15	13.54%														
Carbohydrate (g)	80.32	71.82%														
Total Fat (g)	8.31	16.72%														
Saturated Fat (g)	1.60	3.22%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Nov 20, 2023 thru Nov 24, 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 - 11/20/2023															
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
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 - 11/21/2023															
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	

Wed - 11/22/2023															
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	

Thu - 11/23/2023															
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

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Top Spanish Cafe & Catering

Nov 20, 2023 thru Nov 24, 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		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	

Fri - 11/24/2023															
K-8 Breakfast NO SCHOOL TODAY	Total 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		442	24	383	8.03	4.19	350.9	*944	*46.88	51 103.8%	13.60 12.3%	86.31 78.1%	7.06 14.4%	1.18 2.4%	0.00 0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	442		400 - 500	100%				
Cholesterol (mg)	24							
Sodium 1 (mg)	383		540					
Sodium 2 (mg)	383		485					
Fiber (g)	8.03							
Iron (mg)	4.19							
Calcium (mg)	350.9							
Vitamin A (IU)	944				Missing			
Sugars (g)	51	46.14%						
Vitamin C (mg)	46.88				Missing			
Protein (g)	13.60	12.30%						
Carbohydrate (g)	86.31	78.06%						
Total Fat (g)	7.06	14.37%						
Saturated Fat (g)	1.18	2.41%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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Top Spanish Cafe & Catering

Nov 27, 2023 thru Dec 1, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/27/2023															
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 - 11/28/2023															
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 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
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
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		527	35	699	4.04	0.79	282.5	594	13.13	53	18.57	85.16	12.20	2.71	0.00
% of Calories										40.6%	14.1%	64.6%	20.8%	4.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 11/29/2023															
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
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

Nov 27, 2023 thru Dec 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)
Weighted Daily Average		399	27	508	2.09	1.97	632.1	645	85.30	37	16.09	65.32	7.62	4.62	0.00
% of Calories										37.0%	16.1%	65.4%	17.2%	10.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 11/30/2023															
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
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	1 oz	100	0	200	1.00	7.20	60.0	300	3.6	3	2.0	24.0	0.5	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		472	7	395	4.89	1.91	367.6	644	1.28	53	13.93	83.98	8.80	2.13	0.00
% of Calories										45.3%	11.8%	71.2%	16.8%	4.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 12/01/2023															
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	

Weighted Average		409	20	476	4.99	1.66	398.3	775	40.86	43	14.65	70.59	7.96	2.33	0.00
										94.5%	14.3%	69.1%	17.5%	5.1%	0.0%

**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

Nov 27, 2023 thru Dec 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	409		400 - 500	100%												
Cholesterol (mg)	20															
Sodium 1 (mg)	476		540													
Sodium 2 (mg)	476		485													
Fiber (g)	4.99															
Iron (mg)	1.66															
Calcium (mg)	398.3															
Vitamin A (IU)	775															
Sugars (g)	43	42.01%														
Vitamin C (mg)	40.86															
Protein (g)	14.65	14.33%														
Carbohydrate (g)	70.59	69.08%														
Total Fat (g)	7.96	17.52%														
Saturated Fat (g)	2.33	5.13%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Monday
Tuesday
Wednesday
Thursday
Friday

**HAPPY
THANKSGIVING**

Cheeseburger on
Whole Grain Bun
Potatoes
Pears

6

Cheese Ravioli with
Marinara Sauce
Three Bean Salad
Bananas

7

Green Salad with
Grilled Chicken
Corn Chips
Ranch Dressing
Pears

1

Turkey Hot Dogs
Hot Dog Roll
Green Beans & Corn
Diced Peach Cup

2
NO SCHOOL
3

Chicken Patty
Sandwich on WG Bun
Sweet Potatoes
Orange

8

Beef Stew
Brown Rice
Broccoli
Apples

9
NO SCHOOL
10

Beef Hot Dog
Hot Dog Roll
Baked Beans
Apples

13

Chicken Taco
Taco Shells
Corn
Bananas

14

Turkey Sausage
Jambalaya
Broccoli
Pears

15

Turkey Pepperoni
& Cheese Pizza
Carrots
Diced Peach Cup

16

Chicken
Corndog Nuggets
Green Beans
100% Orange Juice

17

WG Chicken Eggroll
Brown Rice
Black Beans
100% Orange Juice

20

Roasted Turkey
Mashed Potatoes
Green Beans
Corn Chips
Apples

21
NO SCHOOL
22
NO SCHOOL
23
NO SCHOOL
24

Cheeseburger on
WG Bun
Potato Fries
Apples

27

Spanish Rice with
Chicken
Black Beans
Bananas

28

Turkey Ham
& Cheese
Sandwich
Coleslaw
Diced Peach Cup

29

Cheese Pizza
Broccoli & Carrots
Apple Sauce

30

**GIVE
THANKS**

- 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

Monday
Tuesday
Wednesday
Thursday
Friday

**HAPPY
THANKSGIVING**

6
Vegetarian Patty on
Whole Grain Bun
Potatoes
Pears

7
Cheese Ravioli with
Marinara Sauce
Three Bean Salad
Bananas

1
Green Salad with
Tofu
Corn Chips
Ranch Dressing
Pears

2
Vegetarian Patty
Hot Dog Roll
Green Beans & Corn
Diced Peach Cup

3
NO SCHOOL

13
Vegetarian Patty
Hot Dog Roll
Baked Beans
Apples

14
Vegetarian Meat
Taco
Taco Shells
Corn
Bananas

8
Black Bean Patty
Sandwich on WG Bun
Sweet Potatoes
Orange

9
Spanish Rice with
Vegetarian Meat
Broccoli
Apples

10
NO SCHOOL

20
Spanish Rice with
Vegetarian Meat
Black Beans
100% Orange Juice

21
Vegetarian Patty
Mashed Potatoes
Green Beans
Corn Chips
Apples

15
Vegetarian
Jambalaya
Broccoli
Pears

16
Cheese Pizza
Carrots
Diced Peach Cup

17
Black Bean Patty
WG Roll
Green Beans
100% Orange Juice

27
Vegetarian Patty on
WG Bun
Potato Fries
Apples

28
Spanish Rice with
Vegetarian Meat
Black Beans
Bananas

22
NO SCHOOL

23
NO SCHOOL

24
NO SCHOOL

29
Sunbutter &
Jelly Sandwich
Coleslaw
Diced Peach Cup

30
Cheese Pizza
Broccoli & Carrots
Apple Sauce

- 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 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	201	60	708	3.20	1.45	49.8	5039	23.29	*2	21.41	19.39	3.34	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	171	0	143	4.20	2.89	103.8	5039	23.29	*1	12.41	20.39	5.34	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		565	65	1107	9.72	2.02	393.0	5713	32.09	*32	31.67	77.93	14.48	2.50	*0.00
% of Calories										*22.7%	22.4%	55.2%	23.1%	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	

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

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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	902	11.70	3.80	404.2	2174	30.89	*30 *44.5%	28.98 18.9%	93.60 60.9%	14.01 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)	902		1230					
Sodium 2 (mg)	902		935					
Fiber (g)	11.70							
Iron (mg)	3.80							
Calcium (mg)	404.2							
Vitamin A (IU)	2174							
Sugars (g)	30	19.77%			Missing			
Vitamin C (mg)	30.89							
Protein (g)	28.98	18.86%						
Carbohydrate (g)	93.60	60.91%						
Total Fat (g)	14.01	20.51%						
Saturated Fat (g)	3.92	5.73%	<10.00%					
Trans Fat ¹ (g)	0.13	0.18%			Missing			

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Top Spanish Cafe & Catering

Nov 6, 2023 thru Nov 10, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 11/06/2023															
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
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
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		591	42	486	10.30	2.88	355.2	675	8.80	31	25.76	87.00	15.56	4.76	0.50
% of Calories										21.2%	17.4%	58.9%	23.7%	7.2%	0.8%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 11/07/2023															
K-8 Lunch	Total														
Cheese Ravioli	3.7 oz	180	51	490	2.00	1.44	150.0	200	0.0	1	14.0	24.0	3.5	1.50	0.00
Marinara Sauce 1/4C (F)	1/4 C	25	0	45	1.00	0.72	10.0	250	0.0	3	0.5	5.0	0.5	0.00	0.00
Three Bean Salad 3/4C	3/4 C	144	0	533	7.20	1.44	77.7	*N/A*	*N/A*	13	5.76	27.35	2.16	0.00	0.00
BANANAS MS Lunch	1/2 Cup	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Vegetarian 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		556	58	1197	13.43	3.94	518.7	*1144	*11.45	43	29.74	96.95	7.77	2.33	0.00
% of Calories										31.1%	21.4%	69.7%	12.6%	3.8%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Nov 6, 2023 thru Nov 10, 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 - 11/08/2023															
K-8 Lunch	Total														
Chicken Patty.	1 oz	120	50	210	0.00	0.36	20.0	100	0.0	0	6.0	5.0	8.0	2.00	0.00
Whole Grain Bun 2oz.	2 oz	110	0	210	2.00	1.00	49.0	0	0.0	2	3.0	23.0	1.0	0.00	0.00
Sweet potatoes	3/4 cup	154	0	62	5.66	1.18	65.1	32945	33.6	11	3.45	35.5	0.26	0.09	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Black Bean Patty	2.9 oz	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
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		562	55	621	11.29	2.79	477.6	34050	125.77	38	22.28	96.18	10.65	2.80	0.00
% of Calories										27.2%	15.9%	68.4%	17.1%	4.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 11/09/2023															
K-8 Lunch	Total														
BEEF STEW	4 oz	382	18	1168	12.37	5.57	252.4	33134	30.5	*12	13.03	58.11	12.24	2.74	*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
MIXED VEG. :frozen,boiled 1/2C	1/2 CUP	59	0	32	4.00	0.75	22.8	3892	2.91	3	2.6	11.91	0.14	0.03	0.00
BROCCOLI: frozen, boiled MS	3/4 CUP	39	0	15	4.14	0.84	45.5	1395	55.34	2	4.28	7.38	0.17	0.02	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
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		848	25	1352	25.44	8.10	606.2	37769	95.45	*43	33.88	148.46	15.82	3.87	*0.00
% of Calories										*20.4%	16.0%	70.0%	16.8%	4.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 11/10/2023															
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	

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Top Spanish Cafe & Catering

Nov 6, 2023 thru Nov 10, 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		639	45	914	15.12	4.43	489.4	*18410	*60.37	*39 *54.9%	27.92 17.5%	107.15 67.0%	12.45 17.5%	3.44 4.8%	*0.13 *0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	639		600 - 650	100%				
Cholesterol (mg)	45							
Sodium 1 (mg)	914		1230					
Sodium 2 (mg)	914		935					
Fiber (g)	15.12							
Iron (mg)	4.43							
Calcium (mg)	489.4							
Vitamin A (IU)	18410				Missing			
Sugars (g)	39	24.42%			Missing			
Vitamin C (mg)	60.37				Missing			
Protein (g)	27.92	17.47%						
Carbohydrate (g)	107.15	67.04%						
Total Fat (g)	12.45	17.52%						
Saturated Fat (g)	3.44	4.84%	<10.00%					
Trans Fat ¹ (g)	0.13	0.18%			Missing			

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Top Spanish Cafe & Catering

Nov 13, 2023 thru Nov 17, 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 - 11/13/2023															
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
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
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		544	36	1003	12.50	4.35	332.1	718	9.42	37	24.28	79.73	15.47	6.51	0.48
% of Calories										27.2%	17.8%	58.6%	25.6%	10.8%	0.8%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 11/14/2023															
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
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		718	76	345	10.65	3.61	324.4	1615	20.04	*34	41.11	101.39	18.71	5.24	*0.00
% of Calories										*18.8%	22.9%	56.4%	23.4%	6.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Nov 13, 2023 thru Nov 17, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/15/2023															
K-8 Lunch	Total														
Turkey Jambalaya. K-5	10 Oz	350	44	590	2.90	1.68	26.4	180	19.46	*4	12.38	47.5	12.14	2.72	*0.00
BROCCOLI: frozen, boiled MS	3/4 CUP	39	0	15	4.14	0.84	45.5	1395	55.34	2	4.28	7.38	0.17	0.02	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Vegetarian Jambalaya	6 oz	583	0	235	14.37	8.79	169.5	864	125.46	*5	18.61	114.29	8.47	1.61	*0.00
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
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		648	46	705	14.77	4.21	366.8	2293	103.61	*34	26.51	108.76	14.12	3.59	*0.00
% of Calories										*21.2%	16.4%	67.1%	19.6%	5.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 11/16/2023															
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
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
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, 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		606	67	1482	6.63	*2.98	540.4	22399	76.69	39	32.91	75.42	17.95	7.19	0.00
% of Calories										25.6%	21.7%	49.8%	26.7%	10.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Nov 13, 2023 thru Nov 17, 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 - 11/17/2023															
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
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
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
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		484	55	631	6.35	2.30	342.6	1082	47.59	30	24.68	57.39	16.99	4.16	0.00
% of Calories										24.7%	20.4%	47.4%	31.6%	7.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		600	56	833	10.18	*3.49	381.3	5622	51.47	*35	29.90	84.54	16.65	5.34	*0.10
										*52.1%	19.9%	56.3%	25.0%	8.0%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	600		600 - 650	100%				
Cholesterol (mg)	56							
Sodium 1 (mg)	833		1230					
Sodium 2 (mg)	833		935					
Fiber (g)	10.18							
Iron (mg)	3.49				Missing			
Calcium (mg)	381.3							
Vitamin A (IU)	5622							
Sugars (g)	35	23.17%			Missing			
Vitamin C (mg)	51.47							
Protein (g)	29.90	19.93%						
Carbohydrate (g)	84.54	56.34%						
Total Fat (g)	16.65	24.96%						
Saturated Fat (g)	5.34	8.01%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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Top Spanish Cafe & Catering

Nov 20, 2023 thru Nov 24, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 11/20/2023															
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
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
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		605	36	730	12.41	5.03	381.1	1027	48.22	*25	28.78	100.89	7.93	2.16	*0.00
% of Calories										*16.7%	19.0%	66.7%	11.8%	3.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 11/21/2023															
K-8 Lunch	Total														
Roasted Turkey HS	3 oz	237	139	209	0.21	1.64	25.7	33	0.45	*0	39.63	0.59	7.31	1.85	*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
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		669	144	835	8.22	2.75	394.8	1047	17.22	*29	52.05	71.64	19.32	4.40	*0.00
% of Calories										*17.5%	31.1%	42.9%	26.0%	5.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 11/22/2023															
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	

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

Nov 20, 2023 thru Nov 24, 2023

K-8 Lunch

Generated on: 10/25/2023 11:46:01 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/23/2023															
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	

Fri - 11/24/2023															
K-8 Lunch	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		637	90	783	10.31	3.89	387.9	1037	32.72	*27 *38.6%	40.41 25.4%	86.27 54.2%	13.63 19.3%	3.28 4.6%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	637		600 - 650	100%				
Cholesterol (mg)	90							
Sodium 1 (mg)	783		1230					
Sodium 2 (mg)	783		935					
Fiber (g)	10.31							
Iron (mg)	3.89							
Calcium (mg)	387.9							
Vitamin A (IU)	1037							
Sugars (g)	27	17.15%			Missing			
Vitamin C (mg)	32.72							
Protein (g)	40.41	25.38%						
Carbohydrate (g)	86.27	54.18%						
Total Fat (g)	13.63	19.25%						
Saturated Fat (g)	3.28	4.64%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Top Spanish Cafe & Catering

Nov 27, 2023 thru Dec 1, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 10/25/2023 11:46:29 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/27/2023															
K-8 Lunch	Total														
Beef Patty 2.25 Oz	2.25 oz	130	35	95	0.00	1.00	12.0	0	0.0	0	11.0	1.0	9.0	4.00	0.50
American Cheese Pullman	1 oz	40	10	180	0.00	0.00	75.0	0	0.0	1	2.0	1.0	3.0	1.75	0.00
Whole Grain Bun 2oz.	2 oz	110	0	210	2.00	1.00	49.0	0	0.0	2	3.0	23.0	1.0	0.00	0.00
Potato Fries 3/4C. mcca	3/4 C	200	0	40	2.00	0.60	20.0	0	0.0	0	2.0	34.02	8.0	1.00	0.00
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
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		645	51	654	7.35	2.77	437.8	704	7.51	29	26.22	90.42	22.10	7.31	0.48
% of Calories										17.8%	16.3%	56.1%	30.9%	10.2%	0.7%
Nutrient Guideline		600-650		1230										<10.00	
Tue - 11/28/2023															
K-8 Lunch	Total														
SPANISH RICE With Chicken	6 Oz	284	79	219	1.53	3.57	34.2	340	11.14	*2	30.86	32.5	4.01	1.12	*0.00
Black beans 3/4C	3/4 C	170	0	183	7.85	2.62	62.8	0	0.0	1	10.47	30.09	0.65	0.00	0.00
BANANAS MS Lunch	1/2 Cup	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Rice and Vegetarian Meat	6 oz	591	0	415	14.35	4.78	137.1	687	123.19	*5	22.14	108.96	10.59	1.39	*0.00
Weighted Daily Average		669	83	540	12.89	6.53	382.9	1057	26.42	*30	50.35	105.18	6.49	1.98	*0.00
% of Calories										*17.7%	30.1%	62.9%	8.7%	2.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Nov 27, 2023 thru Dec 1, 2023

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 10/25/2023 11:46:29 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/29/2023															
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
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
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
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		499	61	972	5.66	2.49	446.4	3996	94.45	29	28.25	62.88	15.35	5.33	0.00
% of Calories										23.2%	22.6%	50.4%	27.7%	9.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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

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Top Spanish Cafe & Catering

Nov 27, 2023 thru Dec 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 - 12/01/2023															
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
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
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
KETCHUP: individual (WC)	9 grams	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Black Bean Patty	2.9 oz	180	0	390	6.00	1.44	40.0	0	0.0	2	14.0	14.0	7.0	1.00	0.00
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		629	36	984	9.74	3.93	382.4	33589	37.88	46	23.57	98.88	15.65	6.61	0.48
% of Calories										29.3%	15.0%	62.8%	22.4%	9.4%	0.7%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		611	54	902	8.73	3.69	483.4	10886	49.34	*33 *49.3%	31.92 20.9%	86.74 56.8%	15.99 23.6%	6.09 9.0%	*0.19 *0.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	611		600 - 650	100%				
Cholesterol (mg)	54							
Sodium 1 (mg)	902		1230					
Sodium 2 (mg)	902		935					
Fiber (g)	8.73							
Iron (mg)	3.69							
Calcium (mg)	483.4							
Vitamin A (IU)	10886							
Sugars (g)	33	21.92%			Missing			
Vitamin C (mg)	49.34							
Protein (g)	31.92	20.90%						
Carbohydrate (g)	86.74	56.78%						
Total Fat (g)	15.99	23.55%						
Saturated Fat (g)	6.09	8.97%	<10.00%					
Trans Fat ¹ (g)	0.19	0.28%			Missing			

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