

Monday


Assorted
Whole Grain
Cereal
Pear Cup

5
Tuesday


WG Pancakes
Turkey Bacon
100% Orange Juice
Fruit Jelly

6
Wednesday


WG Mini
Cinnamon Rolls
Fruit Salad

7
Thursday

WG Mini
Cinnamon Rolls
Fruit Salad

1

WG Waffles
Turkey Sausage
Mandarin Cup
Fruit Jelly

8
Friday

WG Banana
Bread Loaf
Pears

2

Fat Free Yogurt
Granola
Apples

9

Assorted
Whole Grain
Cereal
Pears

12

WG French Toast
Turkey Bacon
Pineapple
Fruit Jelly

13

WG Apple Muffin
100% Orange Juice

14

WG Bagels
Cream Cheese
Apples

15

Egg & Cheese
Breakfast Wrap
Peach Cup

16

NO SCHOOL

19

NO SCHOOL

20

NO SCHOOL

21

NO SCHOOL

22

NO SCHOOL

23

Assorted
Whole Grain
Cereal
Fruit Salad

26

WG Waffles
Turkey Bacon
Cantaloupe
Fruit Jelly

27

WG Bagels
Cream Cheese
100% Grape Juice

28

WG Strawberry
Oatmeal Bar
Apple Sauce

29

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

This institution is an equal opportunity provider.

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Top Spanish Cafe & Catering

Jan 29, 2024 thru Feb 2, 2024

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 - 01/29/2024															
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 - 01/30/2024															
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
100% Apple Juice (Ardmore)	1 C	120	0	30	0.00	0.00	0.0	0	0.0	26	0.0	28.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
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		497	44	473	2.05	1.81	337.3	632	1.13	56	17.93	80.86	9.14	1.68	0.00
% of Calories										45.1%	14.4%	65.1%	16.6%	3.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 01/31/2024															
K-8 Breakfast	Total														
Whole Grain English Muffin	2 oz	120	0	250	2.00	1.08	80.0	0	0.0	1	5.0	24.0	1.5	0.00	0.00
Turkey Sausage Patty	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
American Cheese 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
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 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

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Top Spanish Cafe & Catering

Jan 29, 2024 thru Feb 2, 2024

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		396	48	657	5.33	1.67	438.9	700	7.55	28 28.2%	21.42 21.6%	57.88 58.5%	10.07 22.9%	3.54 8.0%	0.00 0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 02/01/2024															
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
FRUIT SALAD: 1C (MAG)	1 C	160	0	20	2.00	0.80	0.0	0	0.0	40	0.0	42.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		496	7	418	5.09	3.15	311.7	656	1.43	65 52.8%	12.18 9.8%	94.72 76.4%	8.95 16.2%	2.13 3.9%	0.00 0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 02/02/2024															
K-8 Breakfast	Total														
WG Banana Bread Loaf	3.4 oz	260	0	240	2.00	0.00	0.0	0	0.0	24	5.0	45.0	8.0	1.50	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		426	7	371	5.46	0.90	291.5	731	7.78	49 46.2%	13.48 12.7%	76.53 71.8%	9.18 19.4%	2.17 4.6%	0.00 0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		438	23	474	5.85	2.30	368.5	866	23.45	47 96.8%	15.30 14.0%	77.27 70.6%	8.74 18.0%	2.05 4.2%	0.00 0.0%
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Top Spanish Cafe & Catering

Jan 29, 2024 thru Feb 2, 2024

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	438		400 - 500	100%												
Cholesterol (mg)	23															
Sodium 1 (mg)	474		540													
Sodium 2 (mg)	474		485													
Fiber (g)	5.85															
Iron (mg)	2.30															
Calcium (mg)	368.5															
Vitamin A (IU)	866															
Sugars (g)	47	43.03%														
Vitamin C (mg)	23.45															
Protein (g)	15.30	13.97%														
Carbohydrate (g)	77.27	70.57%														
Total Fat (g)	8.74	17.96%														
Saturated Fat (g)	2.05	4.21%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Feb 5, 2024 thru Feb 9, 2024

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 - 02/05/2024															
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
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 - 02/06/2024															
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
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Gluten Free 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		481	33	706	2.05	1.61	337.3	632	85.14	51	19.28	77.38	9.40	1.74	0.00
% of Calories										42.1%	16.0%	64.4%	17.6%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 02/07/2024															
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
FRUIT SALAD: 1C (MAG)	1 C	160	0	20	2.00	0.80	0.0	0	0.0	40	0.0	42.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00

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Top Spanish Cafe & Catering

Feb 5, 2024 thru Feb 9, 2024

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		496	7	418	5.09	3.15	311.7	656	1.43	65	12.18	94.72	8.95	2.13	0.00
% of Calories										52.8%	9.8%	76.4%	16.2%	3.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 02/08/2024															
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
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, 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		515	45	490	4.06	2.40	361.5	631	1.15	52	19.91	82.39	11.16	1.69	0.00
% of Calories										40.4%	15.5%	64.0%	19.5%	3.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 02/09/2024															
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	

Weighted Average		478	21	478	6.14	2.99	402.9	876	20.78	54	16.02	87.15	8.43	1.60	0.00
										102.1%	13.4%	73.0%	15.9%	3.0%	0.0%

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Top Spanish Cafe & Catering

Feb 5, 2024 thru Feb 9, 2024

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	478		400 - 500	100%												
Cholesterol (mg)	21															
Sodium 1 (mg)	478		540													
Sodium 2 (mg)	478		485													
Fiber (g)	6.14															
Iron (mg)	2.99															
Calcium (mg)	402.9															
Vitamin A (IU)	876															
Sugars (g)	54	45.39%														
Vitamin C (mg)	20.78															
Protein (g)	16.02	13.42%														
Carbohydrate (g)	87.15	73.00%														
Total Fat (g)	8.43	15.90%														
Saturated Fat (g)	1.60	3.02%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Feb 12, 2024 thru Feb 16, 2024

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 - 02/12/2024															
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 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		401	7	453	13.44	4.07	412.7	1276	15.99	41	10.72	84.16	6.38	0.75	0.00
% of Calories										41.2%	10.7%	84.0%	14.3%	1.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 02/13/2024															
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
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 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		510	35	700	4.35	1.26	304.0	690	80.00	48	19.46	80.81	12.40	2.73	0.00
% of Calories										37.5%	15.3%	63.4%	21.9%	4.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 02/14/2024															
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

Feb 12, 2024 thru Feb 16, 2024

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 - 02/15/2024															
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 Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		371	27	480	5.40	2.14	640.4	720	7.65	31	14.45	60.38	7.86	4.66	0.00
% of Calories										33.7%	15.6%	65.1%	19.1%	11.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 02/16/2024															
K-8 Breakfast	Total														
Egg & Cheese Burrito	3.75 oz	244	71	311	2.72	1.03	122.8	0	0.0	1	9.38	28.08	10.07	3.88	0.00
Gluten Free Pancakes	3 oz	200	0	260	2.00	1.00	25.0	0	0.0	3	3.0	38.0	4.0	0.00	0.00
Turkey Bacon.2s	0.25 oz	42	12	219	0.00	0.13	0.0	0	0.0	0	3.54	0.35	2.83	0.71	0.00
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
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		414	76	453	3.69	1.39	395.3	831	61.14	28	17.31	58.51	11.12	4.46	0.00
% of Calories										26.8%	16.7%	56.6%	24.2%	9.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		428	37	480	5.81	2.30	411.5	*835	*50.04	40	15.41	72.68	9.15	2.85	0.00
										83.3%	14.4%	67.9%	19.2%	6.0%	0.0%

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Top Spanish Cafe & Catering

Feb 12, 2024 thru Feb 16, 2024

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	428		400 - 500	100%												
Cholesterol (mg)	37															
Sodium 1 (mg)	480		540													
Sodium 2 (mg)	480		485													
Fiber (g)	5.81															
Iron (mg)	2.30															
Calcium (mg)	411.5															
Vitamin A (IU)	835				Missing											
Sugars (g)	40	37.03%														
Vitamin C (mg)	50.04				Missing											
Protein (g)	15.41	14.40%														
Carbohydrate (g)	72.68	67.91%														
Total Fat (g)	9.15	19.24%														
Saturated Fat (g)	2.85	5.99%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Feb 26, 2024 thru Mar 1, 2024

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 - 02/26/2024															
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
FRUIT SALAD: 1C (MAG)	1 C	160	0	20	2.00	0.80	0.0	0	0.0	40	0.0	42.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free 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		459	7	471	9.92	4.55	396.7	1232	8.33	64	10.08	99.05	6.13	0.71	0.00
% of Calories										55.6%	8.8%	86.2%	12.0%	1.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 02/27/2024															
K-8 Breakfast	Total														
Whole Grain Waffles 2.6oz	2 oz	180	8	270	2.00	2.00	24.0	0	0.0	4	4.0	28.0	6.0	0.00	0.00
Turkey Bacon.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
Cantaloupe Melon BF 1C	1 cup	53	0	25	1.40	0.33	14.0	5276	57.25	12	1.31	12.73	0.3	0.08	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Gluten Free Waffle (1)	1.3 oz	100	0	110	2.50	0.50	25.0	0	0.0	2	1.0	17.0	3.5	0.25	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		423	33	733	3.45	2.46	299.4	5870	58.39	36	17.96	62.30	11.54	1.83	0.00
% of Calories										34.2%	17.0%	59.0%	24.6%	3.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 02/28/2024															
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% Grape Juice 8oz	8 oz	160	0	40	0.00	0.00	40.0	0	2.4	36	0.0	38.0	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

Feb 26, 2024 thru Mar 1, 2024

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		459	27	518	2.09	1.97	672.1	645	3.70	53	14.09	79.32	7.62	4.62	0.00
% of Calories										46.1%	12.3%	69.1%	14.9%	9.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 02/29/2024															
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
Apple Sauce	8 oz	100	0	0	2.00	0.00	0.0	0	12.0	22	0.0	26.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		341	12	213	3.20	1.69	292.7	656	13.43	43	10.28	62.57	5.62	1.18	0.00
% of Calories										50.1%	12.1%	73.5%	14.8%	3.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 03/01/2024															
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
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 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		345	12	213	2.26	0.90	442.1	1154	1.49	52	14.35	63.27	3.35	1.69	0.00
% of Calories										60.7%	16.6%	73.3%	8.7%	4.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		406	18	430	4.18	2.31	420.6	1912	17.07	50	13.35	73.30	6.85	2.01	0.00
										110.1%	13.2%	72.3%	15.2%	4.5%	0.0%

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Top Spanish Cafe & Catering

Feb 26, 2024 thru Mar 1, 2024

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	406		400 - 500	100%												
Cholesterol (mg)	18															
Sodium 1 (mg)	430		540													
Sodium 2 (mg)	430		485													
Fiber (g)	4.18															
Iron (mg)	2.31															
Calcium (mg)	420.6															
Vitamin A (IU)	1912															
Sugars (g)	50	48.92%														
Vitamin C (mg)	17.07															
Protein (g)	13.35	13.17%														
Carbohydrate (g)	73.30	72.30%														
Total Fat (g)	6.85	15.21%														
Saturated Fat (g)	2.01	4.46%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Monday


Chicken Eggroll
Brown Rice
Broccoli
Apples

5
Tuesday


Cheeseburger on
WG Bun
Oven Fried Potatoes
Bananas
Ketchup, Mayo

6
Wednesday


Chicken Corndog
Nuggets
Mixed Vegetables
Oranges

7
Thursday

Spaghetti
Beef Meatballs
Marinara Sauce
Broccoli & Green Beans
100% Grape Juice

1

Beef Hot Dogs
Hot Dog Roll
Baked Beans
100% Grape Juice

8
Friday

Turkey Bologna and
Cheese Sandwich
Carrot Sticks
Oranges
Ranch Dressing

2

Turkey Pepperoni
& Cheese Pizza
Carrots
Diced Peach Cup

9

Chicken Drumsticks
WG Roll
Carrots & Broccoli
Apple Sauce
Broccoli

12

Beef Taco
Taco Shells
Black Beans
Bananas

13

Chicken Parmesan
WG Roll
Corn
Oranges

14

Turkey Sausage
Jambalaya
Green Beans
100% Orange Juice

15

Macaroni & Cheese
Broccoli
Pears

16
NO SCHOOL
19
NO SCHOOL
20
NO SCHOOL
21
NO SCHOOL
22
NO SCHOOL
23

Meatloaf
Gravy
Mashed Potatoes
Green Beans
WG Roll
Apples

26

Chicken Taco
Taco Shells
Black Beans
Bananas

27

Spanish Rice
with Chicken
Carrots
Pears

28

Cheese Pizza
Broccoli
100% Orange Juice

29

- All meals 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


Spanish Rice with
Vegetarian Meat
Broccoli
Apples

Tuesday


Black Bean Patty on
WG Bun
Oven Fried Potatoes
Bananas
Ketchup, Mayo

Wednesday


Vegetarian Patty
WG Roll
Nuggets
Mixed Vegetables
Oranges

Thursday

Vegetarian Meat
Spaghetti
Broccoli & Green Beans
100% Grape Juice

Cheese
Quesadilla
Baked Beans
100% Grape Juice

Friday

SunButter & Jelly
Sandwich
Carrot Sticks
Oranges
Ranch Dressing

Cheese Pizza
Carrots
Diced Peach Cup

Black Bean Patty
WG Roll
Carrots & Broccoli
Apple Sauce
Broccoli

Vegetarian Meat
Taco
Taco Shells
Black Beans
Bananas

Vegetarian Patty
WG Roll
Corn
Oranges

Vegetarian Meat
Jambalaya
Green Beans
100% Orange Juice

Macaroni & Cheese
Broccoli
Pears

NO SCHOOL
NO SCHOOL
NO SCHOOL
NO SCHOOL
NO SCHOOL

Vegetarian Patty
Mashed Potatoes
Green Beans
WG Roll
Apples

Vegetarian
Meat Taco
Taco Shells
Black Beans
Bananas

Rice and
Vegetarian Meat
Carrots
Pears

Cheese Pizza
Broccoli
100% Orange Juice

- All meals 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

Jan 29, 2024 thru Feb 2, 2024

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 - 01/29/2024															
K-8 Lunch	Total														
Chicken Drumstick.	4.4 oz	220	60	530	1.00	1.00	14.0	0	0.0	0	19.0	6.0	13.0	3.00	0.00
Whole Grain Roll	1.3 oz	90	0	140	2.00	0.72	100.0	0	0.0	2	4.0	16.0	1.0	0.00	0.00
Baked Beans. (F) 3/4C	3/4 C	92	0	183	5.23	1.41	26.2	0	0.0	8	3.93	19.63	0.0	0.00	0.00
Apple Sauce	4 oz	50	0	0	1.00	0.00	0.0	0	6.0	11	0.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Vegetarian Patty.	2.5 oz	160	0	580	6.00	1.40	90.0	0	0.0	2	17.0	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
KETCHUP: individual (WC)	9 grams	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Diced Chicken Tyson	2.3 oz	100	40	90	0.00	0.36	0.0	0	0.0	0	14.0	1.0	4.0	1.00	0.00
Weighted Daily Average		558	65	1069	9.44	3.15	419.7	629	7.16	35	34.86	70.94	14.93	3.63	0.00
% of Calories										25.0%	25.0%	50.8%	24.1%	5.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 01/30/2024															
K-8 Lunch	Total														
BEEF for TACOs 3oz.*	3 oz	185	54	71	0.70	2.21	21.4	312	2.4	*1	15.49	2.77	12.18	4.60	*0.69
CORN: frozen, yellow	3/4 CUP	107	0	1	3.17	0.62	4.0	263	4.62	4	3.37	25.48	0.88	0.14	0.00
Taco Shell-7" HS/Mission	2.25 oz	210	0	0	3.00	1.08	20.0	5	0.0	1	3.0	29.0	9.0	2.50	0.00
BANANAS MS Lunch	1/2 Cup	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Vegetarian Meat Taco.	3 oz	151	1	797	7.58	3.08	81.1	4090	3.55	4	14.05	20.3	3.65	0.10	0.00
Weighted Daily Average		705	60	231	10.19	4.25	329.8	1429	18.48	*33	31.13	97.86	23.32	7.92	*0.66
% of Calories										*18.7%	17.7%	55.5%	29.8%	10.1%	*0.8%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Jan 29, 2024 thru Feb 2, 2024

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 - 01/31/2024															
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	160	0	580	6.00	1.40	90.0	0	0.0	2	17.0	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		594	42	492	10.41	2.85	356.7	675	8.80	31	25.99	87.31	15.71	4.80	0.50
% of Calories										21.2%	17.5%	58.8%	23.8%	7.3%	0.8%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 02/01/2024															
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 1/2C (F)	1/2 C	50	0	90	2.00	1.44	20.0	500	0.0	6	1.0	10.0	1.0	0.00	0.00
BROCCOLI: fresh, boiled.1/2	1/2 cup	27	0	32	2.57	0.52	31.2	1207	50.62	1	1.86	5.6	0.32	0.06	0.00
GREEN BEANS: frozen,boiled 1/2	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
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, 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		820	41	547	19.67	9.50	417.1	2603	55.83	43	39.84	137.55	14.38	4.18	0.00
% of Calories										21.0%	19.4%	67.1%	15.8%	4.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Jan 29, 2024 thru Feb 2, 2024

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 - 02/02/2024															
K-8 Lunch	Total														
Turkey Bologna 3oz (FF)	2 oz	130	40	500	0.00	0.72	60.0	0	0.0	0	6.0	1.0	11.0	2.50	0.00
American Cheese Pullman	1 oz	40	10	180	0.00	0.00	75.0	0	0.0	1	2.0	1.0	3.0	1.75	0.00
Whole Grain Bun 2oz.	2 oz	110	0	210	2.00	1.00	49.0	0	0.0	2	3.0	23.0	1.0	0.00	0.00
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
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
Ranch Dressing.	12Grams	10	0	125	0.00	0.00	20.0	0	0.0	1	0.0	3.0	0.0	0.00	0.00
Sunflower & Jelly Sandwich	2.8 oz	310	0	300	4.00	5.00	27.0	0	0.0	11	9.0	33.0	15.0	2.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		504	55	1185	8.03	2.33	570.2	16297	97.56	33	21.21	69.41	16.65	4.93	0.00
% of Calories										26.4%	16.8%	55.1%	29.7%	8.8%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		636	53	705	11.55	4.42	418.7	4327	37.57	*35 *49.7%	30.60 19.2%	92.61 58.2%	17.00 24.0%	5.09 7.2%	*0.23 *0.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	636		600 - 650	100%				
Cholesterol (mg)	53							
Sodium 1 (mg)	705		1230					
Sodium 2 (mg)	705		935					
Fiber (g)	11.55							
Iron (mg)	4.42							
Calcium (mg)	418.7							
Vitamin A (IU)	4327							
Sugars (g)	35	22.08%			Missing			
Vitamin C (mg)	37.57							
Protein (g)	30.60	19.24%						
Carbohydrate (g)	92.61	58.23%						
Total Fat (g)	17.00	24.05%						
Saturated Fat (g)	5.09	7.20%	<10.00%					
Trans Fat ¹ (g)	0.23	0.33%			Missing			

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Top Spanish Cafe & Catering

Feb 5, 2024 thru Feb 9, 2024

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 - 02/05/2024															
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
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
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		478	37	558	10.33	3.03	356.6	2310	63.04	*29	19.36	82.27	7.80	2.30	*0.00
% of Calories										*24.6%	16.2%	68.8%	14.7%	4.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	
Tue - 02/06/2024															
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
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
Black Bean Patty	2.9 oz	150	0	320	5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	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
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	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		692	42	623	7.82	2.79	344.1	705	11.43	30	26.04	89.87	25.53	6.31	0.49
% of Calories										17.6%	15.1%	52.0%	33.2%	8.2%	0.6%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Feb 5, 2024 thru Feb 9, 2024

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 - 02/07/2024															
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
Mixed Vegetables. 3/4C.	3/4 CUP	89	0	48	6.01	1.12	34.1	5838	4.37	4	3.9	17.87	0.2	0.04	0.00
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
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
Vegetarian Patty.	2.5 oz	160	0	580	6.00	1.40	90.0	0	0.0	2	17.0	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
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		571	57	668	12.43	2.91	399.0	6848	96.54	35	27.58	75.87	17.39	4.23	0.00
% of Calories										24.7%	19.3%	53.2%	27.4%	6.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 02/08/2024															
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
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
Cheese Quesadilla.	5 oz	418	46	799	3.19	1.58	735.3	304	0.0	0	26.05	27.15	22.22	13.35	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Mayonnaise	12.4 GRA	90	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
KETCHUP: individual (WC)	9 grams	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		666	38	1189	9.29	4.22	354.8	649	4.33	43	24.28	84.06	25.86	8.35	0.49
% of Calories										25.7%	14.6%	50.5%	35.0%	11.3%	0.7%
Nutrient Guideline		600-650		1230										<10.00	

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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)
Fri - 02/09/2024															
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
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
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
Weighted Daily Average		606	68	1486	6.63	*2.99	534.9	22404	76.43	39	32.99	75.32	17.90	7.14	0.00
% of Calories										25.6%	21.8%	49.8%	26.6%	10.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		602	48	905	9.30	*3.19	397.9	6583	50.35	*35	26.05	81.48	18.90	5.66	*0.20
										*52.8%	17.3%	54.1%	28.2%	8.5%	*0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	602		600 - 650	100%				
Cholesterol (mg)	48							
Sodium 1 (mg)	905		1230					
Sodium 2 (mg)	905		935					
Fiber (g)	9.30							
Iron (mg)	3.19				Missing			
Calcium (mg)	397.9							
Vitamin A (IU)	6583							
Sugars (g)	35	23.46%			Missing			
Vitamin C (mg)	50.35							
Protein (g)	26.05	17.30%						
Carbohydrate (g)	81.48	54.10%						
Total Fat (g)	18.90	28.23%						
Saturated Fat (g)	5.66	8.46%	<10.00%					
Trans Fat ¹ (g)	0.20	0.29%			Missing			

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Top Spanish Cafe & Catering

Feb 12, 2024 thru Feb 16, 2024

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 - 02/12/2024															
K-8 Lunch	Total														
Chicken Drumstick.	4.4 oz	220	60	530	1.00	1.00	14.0	0	0.0	0	19.0	6.0	13.0	3.00	0.00
Whole Grain Roll	1.3 oz	90	0	140	2.00	0.72	100.0	0	0.0	2	4.0	16.0	1.0	0.00	0.00
CARROTS: fresh, boiled-K5	1/2 C	27	0	45	2.34	0.27	23.4	13286	2.81	3	0.59	6.41	0.14	0.02	0.00
Apple Sauce	4 oz	50	0	0	1.00	0.00	0.0	0	6.0	11	0.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Black Bean Patty	2.9 oz	150	0	320	5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	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
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 Chicken Tyson	2.3 oz	100	40	90	0.00	0.36	0.0	0	0.0	0	14.0	1.0	4.0	1.00	0.00
Weighted Daily Average		511	66	868	8.97	2.50	445.4	15123	60.58	29	33.34	60.11	15.41	3.74	0.00
% of Calories										22.5%	26.1%	47.0%	27.1%	6.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 02/13/2024															
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
Black beans 3/4C	3/4 C	131	0	183	6.54	1.31	52.3	0	0.0	1	7.85	23.55	0.0	0.00	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		730	61	397	13.42	4.92	376.9	1086	13.83	*30	35.64	95.57	22.62	7.88	*0.68
% of Calories										*16.5%	19.5%	52.4%	27.9%	9.7%	*0.8%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Feb 12, 2024 thru Feb 16, 2024

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 - 02/14/2024															
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
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
Mozarella Cheese	1 oz	86	15	152	0.00	0.00	202.5	101	0.0	0	7.09	0.0	6.08	4.05	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
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
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
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	160	0	580	6.00	1.40	90.0	0	0.0	2	17.0	14.0	7.0	1.00	0.00
Weighted Daily Average		727	116	1083	10.62	3.17	690.1	1848	108.24	35	39.92	90.84	24.77	7.41	0.00
% of Calories										19.4%	22.0%	50.0%	30.7%	9.2%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 02/15/2024															
K-8 Lunch	Total														
Turkey Sausage Jambalaya HS	10 oz	418	52	707	3.31	1.99	26.7	140	22.13	*5	14.89	56.56	14.59	3.27	*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
100% Orange Juice (Ardmore)4oz	1/2 C	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
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		597	59	839	6.72	2.81	351.7	1232	71.14	*29	25.64	88.96	15.75	3.98	*0.00
% of Calories										*19.2%	17.2%	59.6%	23.7%	6.0%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Feb 12, 2024 thru Feb 16, 2024

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 - 02/16/2024															
K-8 Lunch	Total														
Macaroni and Cheese	6 oz	290	30	980	2.00	1.08	420.0	800	0.0	6	17.0	31.0	11.0	6.00	0.00
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
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		528	38	1117	11.66	2.24	753.5	2859	64.14	37	29.97	78.31	12.53	6.72	0.00
% of Calories										28.3%	22.7%	59.3%	21.4%	11.4%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		619	68	861	10.28	3.13	523.5	4430	63.59	*32 *46.6%	32.90 21.3%	82.76 53.5%	18.22 26.5%	5.95 8.6%	*0.14 *0.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	619		600 - 650	100%				
Cholesterol (mg)	68							
Sodium 1 (mg)	861		1230					
Sodium 2 (mg)	861		935					
Fiber (g)	10.28							
Iron (mg)	3.13							
Calcium (mg)	523.5							
Vitamin A (IU)	4430							
Sugars (g)	32	20.71%			Missing			
Vitamin C (mg)	63.59							
Protein (g)	32.90	21.27%						
Carbohydrate (g)	82.76	53.50%						
Total Fat (g)	18.22	26.50%						
Saturated Fat (g)	5.95	8.65%	<10.00%					
Trans Fat ¹ (g)	0.14	0.20%			Missing			

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Top Spanish Cafe & Catering

Feb 26, 2024 thru Mar 1, 2024

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 - 02/26/2024															
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	160	0	580	6.00	1.40	90.0	0	0.0	2	17.0	14.0	7.0	1.00	0.00
Weighted Daily Average		547	43	1160	10.08	3.40	460.7	1208	20.26	36	27.58	79.07	14.02	5.49	*0.48
% of Calories										26.4%	20.2%	57.8%	23.1%	9.0%	*0.8%
Nutrient Guideline		600-650		1230										<10.00	
Tue - 02/27/2024															
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
Black beans 3/4C	3/4 C	131	0	183	6.54	1.31	52.3	0	0.0	1	7.85	23.55	0.0	0.00	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		742	76	527	14.02	4.30	372.8	1353	15.42	*31	45.59	99.46	17.83	5.11	*0.00
% of Calories										*16.7%	24.6%	53.6%	21.6%	6.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Feb 26, 2024 thru Mar 1, 2024

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 - 02/28/2024															
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
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, 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		521	83	427	10.16	4.28	363.5	21458	26.84	*32	40.04	80.54	5.87	1.92	*0.00
% of Calories										*24.9%	30.8%	61.9%	10.1%	3.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 02/29/2024															
K-8 Lunch	Total														
Pizza Cheese K-5.	1 Slices	412	30	1164	2.00	1.80	445.0	952	21.0	10	21.17	39.0	18.65	8.60	0.00
BROCCOLI: frozen, boiled MS	3/4 CUP	39	0	15	4.14	0.84	45.5	1395	55.34	2	4.28	7.38	0.17	0.02	0.00
100% Orange Juice (Ardmore)4oz	1/2 C	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
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		596	37	1313	6.16	2.67	755.3	2969	119.42	34	34.23	71.40	19.71	9.10	0.00
% of Calories										22.8%	23.0%	47.9%	29.7%	13.7%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Feb 26, 2024 thru Mar 1, 2024

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 - 03/01/2024															
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
FRUIT SALAD: 1/2C (MAG)	1/2 C	80	0	10	1.00	0.40	0.0	0	0.0	20	0.0	21.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Black Bean Patty	2.9 oz	150	0	320	5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	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
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	12.4 GRA	90	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
Weighted Daily Average		667	42	632	5.75	2.88	338.2	629	1.16	36	24.75	83.92	25.14	6.17	0.49
% of Calories										21.6%	14.9%	50.3%	33.9%	8.3%	0.7%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		615	56	812	9.24	3.51	458.1	5523	36.62	*34 *49.7%	34.44 22.4%	82.88 53.9%	16.51 24.2%	5.56 8.1%	*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	615		600 - 650	100%				
Cholesterol (mg)	56							
Sodium 1 (mg)	812		1230					
Sodium 2 (mg)	812		935					
Fiber (g)	9.24							
Iron (mg)	3.51							
Calcium (mg)	458.1							
Vitamin A (IU)	5523							
Sugars (g)	34	22.07%			Missing			
Vitamin C (mg)	36.62							
Protein (g)	34.44	22.42%						
Carbohydrate (g)	82.88	53.94%						
Total Fat (g)	16.51	24.18%						
Saturated Fat (g)	5.56	8.14%	<10.00%					
Trans Fat ¹ (g)	0.19	0.29%			Missing			

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