

Monday

Tuesday
Wednesday
Thursday
Friday

Assorted Whole
Grain Cereal
Pear Cup

4

Whole Grain French
Toast
Turkey Bacon
100% Orange Juice
Fruit Jelly

5

WG Bagels
Cream Cheese
Fruit Salad

6

WG Apple Muffin
Peach Cup

7

Fat Free Yogurt
Granola Bar
Mandarin Fruit Cup

1

Home Potatoes
Turkey Breakfast Sausage
WG Roll
Apples

8

Assorted Whole
Grain Cereal
Orange

11

Whole Grain
Pancakes
Turkey Bacon
Cantaloupe
Fruit Jelly

12

WG Banana Muffin
Apples

13

WG Mini
Cinnamon Rolls
100% Orange Juice

14

Fat Free Yogurt
Granola
Peach Cup

15

Assorted Whole
Grain Cereal
Apples

18

Whole Grain
Pancakes
Turkey Bacon
Pineapple
Fruit Jelly

19

WG Lemon Sliced
Bread Loaf
100% Orange Juice

20

Home Potatoes
Turkey Breakfast Sausage
WG Roll
Pears

21

Whole Grain Waffles
Turkey Breakfast Link
Mandarin Cup
Fruit Jelly

22

Assorted Whole
Grain Cereal
Apples

25

Fat Free Yogurt
Granola
Cantaloupe

26

WG Bagels
Cream Cheese
Mandarin Fruit Cup

27

Whole Grain
French Toast
Turkey Bacon
Pears
Fruit Jelly

28

WG Strawberry
Oatmeal Bar
100% Apple 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.



BREAKFAST

MARCH 2024 VEGETARIAN

TOP SPANISH CATERING, INC

Monday



Tuesday

Wednesday

Thursday

Friday

Assorted Whole Grain Cereal
Pear Cup

4

Whole Grain French Toast
100% Orange Juice
Fruit Jelly

5

WG Bagels
Cream Cheese
Fruit Salad

6

WG Apple Muffin
Peach Cup

7

Fat Free Yogurt
Granola Bar
Mandarin Fruit Cup

1

Home Potatoes
WG Roll
Apples

8

Assorted Whole Grain Cereal
Orange

11

Whole Grain Pancakes
Cantaloupe
Fruit Jelly

12

WG Banana Muffin
Apples

13

WG Mini Cinnamon Rolls
100% Orange Juice

14

Fat Free Yogurt
Granola
Peach Cup

15

Assorted Whole Grain Cereal
Apples

18

Whole Grain Pancakes
Pineapple
Fruit Jelly

19

WG Lemon Sliced Bread Loaf
100% Orange Juice

20

Home Potatoes
WG Roll
Pears

21

Whole Grain Waffles
Mandarin Cup
Fruit Jelly

22

Assorted Whole Grain Cereal
Apples

25

Fat Free Yogurt
Granola
Cantaloupe

26

WG Bagels
Cream Cheese
Mandarin Fruit Cup

27

Whole Grain French Toast
Pears
Fruit Jelly

28

WG Strawberry Oatmeal Bar
100% Apple 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.

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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 - 03/04/2024															
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
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 - 03/05/2024															
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.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
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 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	621	2.04	0.72	282.5	594	85.14	51	18.83	82.99	10.81	2.36	0.00
% of Calories										40.6%	14.9%	65.6%	19.2%	4.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 03/06/2024															
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
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
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

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

Mar 4, 2024 thru Mar 29, 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		379	27	488	3.09	2.37	632.1	645	1.30	37	14.09	62.32	7.62	4.62	0.00
% of Calories										38.9%	14.9%	65.7%	18.1%	11.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 03/07/2024															
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
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		485	41	294	4.15	3.36	305.1	*1056	*121.43	60	13.13	89.57	8.00	1.66	0.00
% of Calories										49.6%	10.8%	73.8%	14.8%	3.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 03/08/2024															
K-8 Breakfast	Total														
Boiled potatoes and onions	1/2 cup	92	0	27	2.04	0.85	12.9	8	10.25	2	2.22	18.65	1.29	0.20	*0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Whole Grain Roll	1.3 oz	90	0	140	2.00	0.72	100.0	0	0.0	2	4.0	16.0	1.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		412	37	386	7.35	2.12	398.1	713	17.74	30	20.46	66.71	7.61	1.92	*0.00
% of Calories										29.2%	19.9%	64.8%	16.6%	4.2%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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 - 03/11/2024															
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 - 03/12/2024															
K-8 Breakfast	Total														
Whole Grain Pancakes 2.6oz	2 oz	160	8	180	2.00	1.46	73.2	0	0.0	10	4.0	30.0	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
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 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		414	33	661	3.45	2.00	364.5	5908	58.39	43	18.59	66.11	8.70	1.82	0.00
% of Calories										41.4%	18.0%	63.9%	18.9%	4.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 03/13/2024															
K-8 Breakfast	Total														
Whole Grain Banana Muffin 3.6	3.6 oz	280	30	180	2.00	2.00	26.0	0	0.0	26	5.0	51.0	7.0	1.00	0.00
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

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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	36	314	5.46	2.80	316.2	731	7.78	51	13.49	82.23	8.23	1.70	0.00
% of Calories										45.9%	12.1%	73.8%	16.6%	3.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 03/14/2024															
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
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		436	7	428	3.10	2.35	311.7	656	85.43	45	14.18	76.72	8.95	2.13	0.00
% of Calories										41.7%	13.0%	70.4%	18.5%	4.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 03/15/2024															
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
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	

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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 - 03/18/2024															
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
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 - 03/19/2024															
K-8 Breakfast	Total														
Whole Grain Pancakes 2.6oz	2 oz	160	8	180	2.00	1.46	73.2	0	0.0	10	4.0	30.0	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
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 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		443	33	638	4.36	2.15	371.9	728	80.00	47	18.17	75.03	8.60	1.76	0.00
% of Calories										42.2%	16.4%	67.7%	17.5%	3.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 03/20/2024															
K-8 Breakfast	Total														
WG Lemon Sliced Bread Loaf	3.4 oz	230	0	250	2.00	0.00	0.0	0	0.0	15	5.0	44.0	8.0	1.50	0.00
100% 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

Mar 4, 2024 thru Mar 29, 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		426	7	409	2.15	0.74	283.2	656	85.43	46 43.5%	15.13 14.2%	80.52 75.6%	8.95 18.9%	2.13 4.5%	0.00 0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 03/21/2024															
K-8 Breakfast	Total														
Boiled potatoes and onions	1/2 cup	92	0	27	2.04	0.85	12.9	8	10.25	2	2.22	18.65	1.29	0.20	*0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
PEARS, FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Whole Grain Roll	1.3 oz	90	0	140	2.00	0.72	100.0	0	0.0	2	4.0	16.0	1.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		441	37	386	9.56	2.28	405.8	683	19.04	33 30.0%	20.74 18.8%	74.76 67.8%	7.62 15.5%	1.93 3.9%	*0.00 *0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 03/22/2024															
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 % of Calories		515	45	490	4.06	2.40	361.5	631	1.15	52 40.4%	19.91 15.5%	82.39 64.0%	11.16 19.5%	1.69 3.0%	0.00 0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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 - 03/25/2024															
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
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 - 03/26/2024															
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
Cantaloupe Melon BF 1C	1 cup	53	0	25	1.40	0.33	14.0	5276	57.25	12	1.31	12.73	0.3	0.08	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free 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		438	12	346	3.67	2.21	613.3	6430	58.75	49	17.63	81.89	6.59	1.77	0.00
% of Calories										44.7%	16.1%	74.8%	13.6%	3.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 03/27/2024															
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
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

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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		439	27	478	4.09	1.97	692.1	645	1.30	45	16.09	73.32	7.62	4.62	0.00
% of Calories										40.9%	14.6%	66.7%	15.6%	9.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 03/28/2024															
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.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, 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		508	29	592	7.56	1.04	298.5	639	8.79	49	17.47	86.10	11.06	2.40	0.00
% of Calories										38.4%	13.8%	67.8%	19.6%	4.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 03/29/2024															
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
100% Apple Juice (Ardmore)	1 C	120	0	30	0.00	0.00	0.0	0	0.0	26	0.0	28.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		361	12	243	1.20	1.69	292.7	656	1.43	47	10.28	64.57	5.62	1.18	0.00
% of Calories										51.7%	11.4%	71.6%	14.0%	3.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		437	23	446	5.86	2.52	409.9	*1419	*44.58	46	15.45	78.50	7.93	1.92	*0.00
										94.6%	14.2%	71.9%	16.4%	4.0%	*0.0%

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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	437		400 - 500	100%												
Cholesterol (mg)	23															
Sodium 1 (mg)	446		540													
Sodium 2 (mg)	446		485													
Fiber (g)	5.86															
Iron (mg)	2.52															
Calcium (mg)	409.9															
Vitamin A (IU)	1419				Missing											
Sugars (g)	46	42.03%														
Vitamin C (mg)	44.58				Missing											
Protein (g)	15.45	14.15%														
Carbohydrate (g)	78.50	71.93%														
Total Fat (g)	7.93	16.35%														
Saturated Fat (g)	1.92	3.95%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			Missing											

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MARCH 2024

TOP SPANISH CATERING, INC

Monday



Tuesday

Wednesday

Thursday

Friday

Chicken Drumstick **4**
WG Roll
Baked Beans
Apples

Spanish Rice with **5**
Chicken
Green Beans
Bananas

Beef Lasagna **6**
WG Roll
Broccoli
Oranges

Chicken Patty **7**
Sandwich on WG Bun
Corn
100% Orange Juice

Cheeseburger on **1**
WG Bun
Sweet Potatoes
Fruit Salad

Beef Hot Dog **8**
Hot Dog Roll
Sweet Potatoes
Pears, Ketchup

Chicken Nuggets **11**
WG Roll
Corn, Broccoli & Green
Beans
Apples

Beef Tacos **12**
Taco Shells
Black Beans
Bananas

Turkey Ham **13**
Sandwich on WG Bun
Carrot Sticks
Ranch Dressing
100% Orange Juice

Turkey Jambalaya **14**
Mixed Vegetables
Pears

Turkey Pepperoni **15**
Pizza
Carrots
Tangerine

Cheeseburger on **18**
WG Bun
Oven Fried Potatoes
Ketchup,
Mixed Fruit Cup

Chicken Tacos **19**
Taco Shells
Black Beans
Banana

Grilled Chicken **20**
Salad
Corn Chips
Ranch Dressing, Oranges

Ground Beef **21**
Spanish Rice
Green Beans & Corn
100% Grape Juice

Macaroni & Cheese **22**
Broccoli
Apples

Chicken Patty on **25**
WG Bun
Black Beans
Pears

Spaghetti & **26**
Meatballs
Broccoli
Banana

Chicken & Cheese **27**
Quesadilla
Corn
Apples

Salisbury Steak **28**
Brown Rice
Carrots
100% Orange Juice

Chicken Salad **29**
Sandwich on WG Bun
Coleslaw
Diced Peach Cup

- 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.



MARCH 2024 VEGETARIAN

TOP SPANISH CATERING, INC

Monday



Tuesday

Wednesday

Thursday

Friday

Vegetarian Patty **1**
WG Bun
Sweet Potatoes
Fruit Salad

Morning Star **4**
Plant Based
Chick'n Nuggets
WG Roll
Baked Beans, Apples

Spanish Rice with **5**
Vegetarian Meat
Green Beans
Bananas

Vegetarian Lasagna **6**
WG Roll
Broccoli
Oranges

Vegetarian Patty **7**
Sandwich on WG Bun
Corn
100% Orange Juice

Black Bean Patty **8**
Hot Dog Roll
Sweet Potatoes
Pears, Ketchup

Morning Star Plant **11**
Based Chick'n Nuggets
WG Roll, Corn, Broccoli &
Green Beans
Apples

Vegetarian Meat **12**
Tacos
Taco Shells
Black Beans
Bananas

Sunbutter & Jelly **13**
Sandwich
Carrot Sticks
Ranch Dressing
100% Orange Juice

Vegetarian Meat **14**
Jambalaya
Mixed Vegetables
Pears

Cheese Pizza **15**
Carrots
Tangerine

Black Bean Patty **18**
WG Bun
Oven Fried Potatoes
Ketchup,
Mixed Fruit Cup

Vegetarian Meat **19**
Tacos
Taco Shells
Black Beans
Banana

Green Salad with **20**
Tofu
Corn Chips
Ranch Dressing, Oranges

Spanish Rice with **21**
Vegetarian Meat
Green Beans & Corn
100% Grape Juice

Macaroni & Cheese **22**
Broccoli
Apples

Vegetarian Patty on **25**
WG Bun
Black Beans
Pears

Vegetarian Meat **26**
Spaghetti
Broccoli
Banana

Cheese **27**
Quesadilla
Corn
Apples

Rice and Beans **28**
Carrots
100% Orange Juice

Sunbutter & jelly **29**
Sandwich
Coleslaw
Diced Peach Cup

- 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.

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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 - 03/04/2024															
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 3/4C	3/4 C	201	0	561	7.20	2.45	72.0	0	0.0	16	10.08	41.74	0.72	0.00	0.00
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
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
Gluten Free Bread	2 oz	140	0	267	4.00	0.48	0.0	0	0.0	2	2.0	26.0	3.33	1.67	0.00
Weighted Daily Average		681	66	1356	13.62	4.33	471.1	705	7.50	44	41.16	96.23	15.89	3.71	0.00
% of Calories										26.0%	24.2%	56.6%	21.0%	4.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	
Tue - 03/05/2024															
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
GREEN BEANS.	3/4 CUP	30	0	1	3.24	0.71	45.4	453	4.43	2	1.61	6.97	0.18	0.05	0.00
BANANAS MS Lunch	1/2 Cup	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
MILK, 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		529	83	358	8.28	4.63	365.4	1509	30.85	*30	41.49	82.05	6.01	2.03	*0.00
% of Calories										*22.9%	31.3%	62.0%	10.2%	3.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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 - 03/06/2024															
K-8 Lunch	Total														
Beef Lasagna.	1 C	280	40	700	2.00	1.44	200.0	500	1.2	8	16.0	35.0	8.0	4.50	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0	270	2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
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
Orange Navel K-8	1/2 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Vegetable Lasagna.	1 C	300	25	920	3.00	0.36	250.0	500	3.6	6	13.0	37.0	11.0	5.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Vegetarian Meat Pasta.	6 oz	559	0	332	17.61	7.81	61.5	500	0.0	11	24.86	104.09	7.5	0.69	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		628	47	1126	11.67	3.98	630.1	2908	149.22	*36	33.70	100.39	10.75	5.28	*0.00
% of Calories										*23.0%	21.5%	64.0%	15.4%	7.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 03/07/2024															
K-8 Lunch	Total														
Chicken Patty-3oz *	3 oz	240	25	440	3.00	1.90	30.0	0	0.0	1	14.01	16.01	14.01	2.50	0.00
Whole Grain Bun 2oz.	2 oz	130	0	250	3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	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
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
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
Diced Chicken Tyson	2.3 oz	101	43	97	0.00	0.78	5.4	0	0.0	0	13.97	0.78	3.88	1.16	0.00
Gluten Free Bread	2 oz	140	0	267	4.00	0.48	0.0	0	0.0	2	2.0	26.0	3.33	1.67	0.00
Weighted Daily Average		626	32	840	9.23	4.52	322.2	893	47.77	29	30.51	92.54	17.50	3.34	0.00
% of Calories										18.6%	19.5%	59.1%	25.2%	4.8%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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 - 03/08/2024															
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
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
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	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
Gluten Free Bread	2 oz	140	0	267	4.00	0.48	0.0	0	0.0	2	2.0	26.0	3.33	1.67	0.00
Weighted Daily Average		633	36	963	14.30	4.19	376.6	33626	43.04	43	24.11	102.59	15.79	6.64	0.48
% of Calories										26.9%	15.2%	64.8%	22.4%	9.4%	0.7%
Nutrient Guideline		600-650		1230										<10.00	

Mon - 03/11/2024															
K-8 Lunch	Total														
Chicken Nuggets	3 oz	220	85	380	1.00	2.70	40.0	200	0.0	0	13.0	14.0	12.0	2.50	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0	270	2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
CORN: frozen, yellow 1/2C	1/2 CUP	67	0	1	1.98	0.39	2.5	164	2.89	3	2.1	15.92	0.55	0.08	0.00
Broccoli Florets, Raw.1/2C	1/2 C	15	0	15	1.14	0.32	20.7	274	39.25	*N/A*	1.24	2.92	0.16	0.02	*N/A*
GREEN BEANS: fresh,boiled	1/2 cup	44	0	1	4.00	0.81	55.0	791	12.13	5	2.36	9.85	0.35	0.08	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, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Black Bean Patty	2.9 oz	150	0	320	5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	1.00	0.00
Diced Chicken Tyson 4oz	4 oz	175	74	169	0.00	1.35	9.4	0	0.0	0	24.3	1.35	6.75	2.03	0.00
Gluten Free Bread	2 oz	140	0	267	4.00	0.48	0.0	0	0.0	2	2.0	26.0	3.33	1.67	0.00
Weighted Daily Average		621	89	792	11.28	5.65	434.8	2050	61.41	*31	30.74	93.72	14.91	3.33	*0.00
% of Calories										*20.1%	19.8%	60.3%	21.6%	4.8%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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)
Tue - 03/12/2024															
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	186	0	792	8.26	1.99	95.7	4062	7.67	6	15.13	24.57	5.79	0.74	0.00
Weighted Daily Average		730	61	397	13.43	4.91	377.1	1085	13.90	*30	35.66	95.64	22.66	7.89	*0.68
% of Calories										*16.5%	19.5%	52.4%	27.9%	9.7%	*0.8%
Nutrient Guideline		600-650		1230										<10.00	
Wed - 03/13/2024															
K-8 Lunch	Total														
Turkey Ham 3oz (JO).	3 oz	110	55	478	0.00	0.70	0.0	0	0.0	0	13.95	1.0	4.98	1.50	0.00
Whole Grain Bun 2oz.	2 oz	130	0	250	3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	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
100% Orange Juice (Ardmore)4oz	1/2 C	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Ranch Dressing.	12Grams	10	0	125	0.00	0.00	20.0	0	0.0	1	0.0	3.0	0.0	0.00	0.00
Sunflower & Jelly Sandwich	2.8 oz	310	0	300	4.00	5.00	27.0	0	0.0	11	9.0	33.0	15.0	2.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Gluten Free Bread	2 oz	140	0	267	4.00	0.48	0.0	0	0.0	2	2.0	26.0	3.33	1.67	0.00
Weighted Daily Average		441	60	1046	5.63	3.07	338.1	15916	48.55	30	27.49	64.19	8.28	2.28	0.00
% of Calories										27.0%	25.0%	58.3%	16.9%	4.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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)
Thu - 03/14/2024															
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
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
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
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		705	58	869	14.98	3.52	355.1	6663	36.73	*38	27.34	114.75	15.95	4.00	*0.00
% of Calories										*21.7%	15.5%	65.1%	20.4%	5.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 03/15/2024															
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
TANGERINES,FRESH MS. L	1/2 C	47	0	2	1.58	0.13	32.6	599	23.5	9	0.71	11.74	0.27	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
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		582	68	1482	7.21	*2.77	567.4	22803	39.93	33	33.70	70.06	18.17	7.17	0.00
% of Calories										22.7%	23.2%	48.1%	28.1%	11.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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 - 03/18/2024															
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	130	0	250	3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	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
Gluten Free Bread	2 oz	140	0	267	4.00	0.48	0.0	0	0.0	2	2.0	26.0	3.33	1.67	0.00
Weighted Daily Average		597	42	608	6.76	3.89	300.2	629	1.16	36	25.76	87.00	15.65	4.68	0.49
% of Calories										24.1%	17.3%	58.3%	23.6%	7.1%	0.7%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 03/19/2024															
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	186	0	792	8.26	1.99	95.7	4062	7.67	6	15.13	24.57	5.79	0.74	0.00
Weighted Daily Average		744	76	527	14.05	4.26	373.3	1351	15.58	*31	45.63	99.62	17.91	5.13	*0.00
% of Calories										*16.7%	24.5%	53.6%	21.7%	6.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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 - 03/20/2024															
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
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
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		614	65	1108	10.98	2.10	509.4	6430	206.46	*41	33.83	89.44	14.70	2.51	*0.00
% of Calories										*26.6%	22.0%	58.3%	21.5%	3.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	
Thu - 03/21/2024															
K-8 Lunch	Total														
GROUND BEEF &SPANISH RICE	3/4 CUP	376	58	234	3.00	3.48	37.5	352	11.14	*2	18.32	38.74	14.52	4.94	*0.73
k-8															
Green Beans & Corn	1 C	186	0	461	8.38	2.20	58.1	333	6.35	*N/A*	8.47	41.45	1.31	0.29	*0.00
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
SPANISH RICE With VG Meat	6 Oz	356	0	675	8.45	3.01	101.8	340	11.14	*3	17.01	56.18	7.94	0.92	*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		740	63	862	11.58	5.67	394.3	1314	19.83	*32	34.77	112.86	16.78	5.79	*0.71
% of Calories										*17.2%	18.8%	61.0%	20.4%	7.0%	*0.9%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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 - 03/22/2024															
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
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
Diced Chicken Tyson	2.3 oz	101	43	97	0.00	0.78	5.4	0	0.0	0	13.97	0.78	3.88	1.16	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
Gluten Free Bread	2 oz	140	0	267	4.00	0.48	0.0	0	0.0	2	2.0	26.0	3.33	1.67	0.00
Weighted Daily Average		499	38	1118	9.47	2.09	745.9	2889	62.84	34	29.69	70.34	12.53	6.72	0.00
% of Calories										27.5%	23.8%	56.4%	22.6%	12.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Mon - 03/25/2024															
K-8 Lunch	Total														
Chicken Patty-3oz *	3 oz	240	25	440	3.00	1.90	30.0	0	0.0	1	14.01	16.01	14.01	2.50	0.00
Whole Grain Bun 2oz.	2 oz	130	0	250	3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	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
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
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
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
Diced Chicken Tyson	2.3 oz	101	43	97	0.00	0.78	5.4	0	0.0	0	13.97	0.78	3.88	1.16	0.00
Gluten Free Bread	2 oz	140	0	267	4.00	0.48	0.0	0	0.0	2	2.0	26.0	3.33	1.67	0.00
Weighted Daily Average		702	32	1009	18.12	5.53	386.6	674	8.81	34	34.64	105.73	16.86	3.24	0.00
% of Calories										19.2%	19.8%	60.3%	21.6%	4.2%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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)
Tue - 03/26/2024															
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	180	30	200	1.00	1.40	30.0	0	0.0	1	13.0	4.0	12.0	5.00	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
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		855	36	479	20.72	8.97	365.0	2396	62.13	38	39.15	141.15	17.54	5.72	0.00
% of Calories										17.9%	18.3%	66.0%	18.5%	6.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	
Wed - 03/27/2024															
K-8 Lunch	Total														
Chicken and Cheese Quesadilla	4 oz	386	55	672	4.00	2.34	362.5	101	0.0	0	27.09	35.0	15.08	6.55	0.00
CORN: frozen, yellow	3/4 CUP	107	0	1	3.17	0.62	4.0	263	4.62	4	3.37	25.48	0.88	0.14	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Cheese Quesadilla.	1 Quesadill	84	9	160	0.64	0.32	147.1	61	0.0	0	5.21	5.43	4.44	2.67	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		653	61	785	10.35	3.05	642.8	1067	12.12	30	38.02	91.41	16.99	7.30	0.00
% of Calories										18.6%	23.3%	56.0%	23.4%	10.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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)
Thu - 03/28/2024															
K-8 Lunch	Total														
Salisbury Steak (AP)	2.14 oz	140	30	250	1.00	1.08	20.0	0	1.16	1	10.0	3.0	10.0	4.00	0.00
BROWN RICE 1/2C.	4 OZ	119	0	0	1.40	0.50	0.0	0	0.0	0	0.0	24.5	1.05	0.00	0.00
CARROTS: fresh, boiled-MS	3/4 CUP	42	0	70	3.60	0.41	36.0	20440	4.32	4	0.91	9.86	0.22	0.04	0.00
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
Rice and Beans..	1/2 Cup	327	0	61	6.26	2.16	34.8	93	16.73	*2	3.71	64.97	3.11	0.11	*0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		452	36	458	6.12	2.01	332.8	21072	49.14	*27	19.74	63.50	12.21	4.63	*0.00
% of Calories										*24.0%	17.5%	56.1%	24.3%	9.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	
Fri - 03/29/2024															
K-8 Lunch	Total														
Chicken Salad.	3 oz	142	43	206	0.69	0.44	11.6	2757	1.41	*1	14.29	5.22	6.75	1.47	*0.00
Whole Grain Bun 2oz.	2 oz	130	0	250	3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	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
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
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		547	58	826	7.82	3.89	356.5	6488	95.80	*30	27.91	75.92	14.68	2.99	*0.00
% of Calories										*22.1%	20.4%	55.5%	24.1%	4.9%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	
Weighted Average															
		629	55	851	11.28	*4.15	432.2	6623	50.64	*34 *48.5%	32.75 20.8%	92.46 58.8%	15.09 21.6%	4.72 6.8%	*0.12 *0.2%

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Top Spanish Cafe & Catering

Mar 4, 2024 thru Mar 29, 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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	629		600 - 650	100%												
Cholesterol (mg)	55															
Sodium 1 (mg)	851		1230													
Sodium 2 (mg)	851		935													
Fiber (g)	11.28															
Iron (mg)	4.15				Missing											
Calcium (mg)	432.2															
Vitamin A (IU)	6623															
Sugars (g)	34	21.56%			Missing											
Vitamin C (mg)	50.64															
Protein (g)	32.75	20.83%														
Carbohydrate (g)	92.46	58.80%														
Total Fat (g)	15.09	21.59%														
Saturated Fat (g)	4.72	6.75%	<10.00%													
Trans Fat ¹ (g)	0.12	0.17%			Missing											

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.