

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Whole Grain Cereal Apples 1	WG French Toast Turkey Bacon Fruit Jelly 100% Orange Juice 2	WG Pancake Turkey Sausage Patty Fruit Jelly Peach Cup 3	WG Apple Muffin Mandarin Fruit Cup 4	NO SCHOOL 5
Assorted Whole Grain Cereal Oranges 8	WG Waffles Turkey Bacon Fruit Jelly Cantaloupe 9	WG French Toast Turkey Sausage Fruit Jelly 100% Orange Juice 10	WG Blueberry Muffin Pears 11	WG Bagels Cream Cheese Strawberries 12
NO SCHOOL SPRING BREAK 15	NO SCHOOL SPRING BREAK 16	NO SCHOOL SPRING BREAK 17	NO SCHOOL SPRING BREAK 18	NO SCHOOL SPRING BREAK 19
NO SCHOOL 22	Assorted Whole Grain Cereal Oranges 23	Fat Free Yogurt Granola Mandarin Fruit Cup 24	Home Potatoes Turkey Sausage Patty WG Roll Apples 25	Mini Cinnamon Rolls Fruit Salad 26
Assorted Whole Grain Cereal Apples 29	WG Bagel Cream Cheese Strawberries 30	MAY 1 Whole Grain Waffle Turkey Sausage Mandarin Cup Fruit Jelly	MAY 2 WG Apple Muffin 100% Orange Juice	MAY 3 Fat Free Yogurt Granola Bar Pears

- 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.

APRIL 2024 VEGETARIAN

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Whole Grain Cereal Apples 1	WG French Toast Fruit Jelly 100% Orange Juice 2	WG Pancake Fruit Jelly Peach Cup 3	WG Apple Muffin Mandarin Fruit Cup 4	NO SCHOOL 5
Assorted Whole Grain Cereal Oranges 8	WG Waffles Fruit Jelly Cantaloupe 9	WG French Toast Fruit Jelly 100% Orange Juice 10	WG Blueberry Muffin Pears 11	WG Bagels Cream Cheese Strawberries 12
NO SCHOOL SPRING BREAK 15	NO SCHOOL SPRING BREAK 16	NO SCHOOL SPRING BREAK 17	NO SCHOOL SPRING BREAK 18	NO SCHOOL SPRING BREAK 19
NO SCHOOL 22	Assorted Whole Grain Cereal Oranges 23	Fat Free Yogurt Granola Mandarin Fruit Cup 24	Home Potatoes WG Roll Apples 25	Mini Cinnamon Rolls Fruit Salad 26
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- 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

Apr 1, 2024 thru Apr 5, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/01/2024															
K-8 Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	0.00	0.00
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 - 04/02/2024															
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 - 04/03/2024															
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 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
Peach Cup.	8 oz	120	0	0	2.00	0.00	0.0	0	0.0	24	2.0	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

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Top Spanish Cafe & Catering

Apr 1, 2024 thru Apr 5, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		477	44	403	4.05	1.87	350.5	632	1.13	54	19.93	80.86	8.14	1.68	0.00
% of Calories										45.3%	16.7%	67.8%	15.4%	3.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 04/04/2024															
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
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		485	41	284	4.15	2.64	365.1	*656	*1.43	58	15.13	87.57	8.00	1.66	0.00
% of Calories										47.9%	12.5%	72.2%	14.8%	3.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 04/05/2024															
K-8 Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		460	30	440	5.37	2.29	350.8	*797	*25.60	50	16.08	81.88	8.33	1.61	0.00
										98.7%	14.0%	71.2%	16.3%	3.2%	0.0%

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Top Spanish Cafe & Catering

Apr 1, 2024 thru Apr 5, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	460		400 - 500	100%													
Cholesterol (mg)	30																
Sodium 1 (mg)	440		540														
Sodium 2 (mg)	440		485														
Fiber (g)	5.37																
Iron (mg)	2.29																
Calcium (mg)	350.8																
Vitamin A (IU)	797				Missing												
Sugars (g)	50	43.87%															
Vitamin C (mg)	25.60				Missing												
Protein (g)	16.08	13.98%															
Carbohydrate (g)	81.88	71.22%															
Total Fat (g)	8.33	16.30%															
Saturated Fat (g)	1.61	3.15%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

Apr 8, 2024 thru Apr 12, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/08/2024															
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
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		375	7	451	11.34	4.13	463.8	1612	99.35	37	11.59	76.27	6.39	0.73	0.00
% of Calories										39.3%	12.4%	81.4%	15.3%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 04/09/2024															
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.2s	0.25 oz	42	12	219	0.00	0.13	0.0	0	0.0	0	3.54	0.35	2.83	0.71	0.00
Cantaloupe Melon BF 1C	1 cup	53	0	25	1.40	0.33	14.0	5276	57.25	12	1.31	12.73	0.3	0.08	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Gluten Free Waffles	2.6 oz	200	0	220	5.00	1.00	50.0	0	0.0	3	2.0	34.0	7.0	0.50	0.00
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		409	27	637	3.47	2.43	315.5	5907	58.40	37	16.75	63.21	10.26	1.49	0.00
% of Calories										35.7%	16.4%	61.8%	22.6%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 04/10/2024															
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 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% 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 Pancake (1)	1.5 oz	100	0	135	0.50	0.50	15.0	0	0.0	1	1.5	19.5	2.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00

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Top Spanish Cafe & Catering

Apr 8, 2024 thru Apr 12, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		523	46	497	1.94	0.99	282.0	594	85.14	51	21.24	82.77	11.87	2.64	0.00
% of Calories										39.0%	16.2%	63.3%	20.4%	4.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 04/11/2024															
K-8 Breakfast	Total														
Whole Grain Blueberry Muffin 3	3.1 oz	250	35	140	2.00	2.00	23.0	0	0.0	20	5.01	42.06	7.01	1.00	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios	1 oz	100	0	140	3.00	9.00	80.0	300	3.6	1	4.0	21.0	2.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		445	41	272	7.56	2.61	318.1	689	8.94	49	13.66	81.30	8.23	1.71	0.00
% of Calories										43.7%	12.3%	73.1%	16.7%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 04/12/2024															
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
STRAWBERRIES,FRESH	1 CUP	46	0	1	2.88	0.59	23.0	17	84.67	7	0.96	11.06	0.43	0.02	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
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		347	27	485	4.88	2.48	661.5	663	85.97	24	14.99	52.56	8.13	4.73	0.00
% of Calories										27.8%	17.3%	60.6%	21.1%	12.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		420	30	468	5.84	2.53	408.2	1893	67.56	39	15.64	71.22	8.98	2.26	0.00
										84.5%	14.9%	67.8%	19.2%	4.8%	0.0%

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Top Spanish Cafe & Catering

Apr 8, 2024 thru Apr 12, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	420		400 - 500	100%													
Cholesterol (mg)	30																
Sodium 1 (mg)	468		540														
Sodium 2 (mg)	468		485														
Fiber (g)	5.84																
Iron (mg)	2.53																
Calcium (mg)	408.2																
Vitamin A (IU)	1893																
Sugars (g)	39	37.56%															
Vitamin C (mg)	67.56																
Protein (g)	15.64	14.90%															
Carbohydrate (g)	71.22	67.84%															
Total Fat (g)	8.98	19.24%															
Saturated Fat (g)	2.26	4.85%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

Apr 22, 2024 thru Apr 26, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/22/2024															
K-8 Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540											<10.00

Tue - 04/23/2024															
K-8 Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	0.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		375	7	451	11.34	4.13	463.8	1612	99.35	37	11.59	76.27	6.39	0.73	0.00
% of Calories										39.3%	12.4%	81.4%	15.3%	1.8%	0.0%
Nutrient Guideline		400-500		540											<10.00

Wed - 04/24/2024															
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
Granola Bar.	0.89 oz	90	0	55	1.00	0.50	110.0	0	0.0	6	2.0	19.0	1.5	0.00	0.00
Weighted Daily Average		434	12	267	3.25	1.39	550.1	1154	1.49	58	16.32	81.92	4.82	1.69	0.00
% of Calories										53.7%	15.0%	75.5%	10.0%	3.5%	0.0%
Nutrient Guideline		400-500		540											<10.00

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Top Spanish Cafe & Catering

Apr 22, 2024 thru Apr 26, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/25/2024															
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	

Fri - 04/26/2024															
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		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	

Weighted Average		429	16	380	6.76	2.70	430.9	1034	30.00	48	15.14	79.90	6.94	1.62	*0.00
										100.0%	14.1%	74.5%	14.6%	3.4%	*0.0%

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Top Spanish Cafe & Catering

Apr 22, 2024 thru Apr 26, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 3

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	429		400 - 500		100%												
Cholesterol (mg)	16																
Sodium 1 (mg)	380			540													
Sodium 2 (mg)	380			485													
Fiber (g)	6.76																
Iron (mg)	2.70																
Calcium (mg)	430.9																
Vitamin A (IU)	1034																
Sugars (g)	48	44.43%															
Vitamin C (mg)	30.00																
Protein (g)	15.14	14.11%															
Carbohydrate (g)	79.90	74.50%															
Total Fat (g)	6.94	14.56%															
Saturated Fat (g)	1.62	3.40%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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Top Spanish Cafe & Catering

Apr 29, 2024 thru May 3, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/29/2024															
K-8 Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	0.00	0.00
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 - 04/30/2024															
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
STRAWBERRIES,FRESH	1 CUP	46	0	1	2.88	0.59	23.0	17	84.67	7	0.96	11.06	0.43	0.02	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
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		347	27	485	4.88	2.48	661.5	663	85.97	24	14.99	52.56	8.13	4.73	0.00
% of Calories										27.8%	17.3%	60.6%	21.1%	12.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 05/01/2024															
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

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Top Spanish Cafe & Catering

Apr 29, 2024 thru May 3, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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	

Thu - 05/02/2024															
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
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	

Fri - 05/03/2024															
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
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Granola Bar.	0.89 oz	90	0	55	1.00	0.50	110.0	0	0.0	6	2.0	19.0	1.5	0.00	0.00
Weighted Daily Average		396	12	269	6.70	1.71	506.9	1198	9.01	48	14.98	77.12	5.07	1.73	0.00
% of Calories										48.3%	15.1%	77.9%	11.5%	3.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		415	26	402	5.80	2.63	448.0	*891	*39.25	42	15.09	73.55	7.74	2.11	0.00
										92.1%	14.5%	70.9%	16.8%	4.6%	0.0%

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Top Spanish Cafe & Catering

Apr 29, 2024 thru May 3, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	415		400 - 500	100%													
Cholesterol (mg)	26																
Sodium 1 (mg)	402		540														
Sodium 2 (mg)	402		485														
Fiber (g)	5.80																
Iron (mg)	2.63																
Calcium (mg)	448.0																
Vitamin A (IU)	891				Missing												
Sugars (g)	42	40.95%															
Vitamin C (mg)	39.25				Missing												
Protein (g)	15.09	14.55%															
Carbohydrate (g)	73.55	70.90%															
Total Fat (g)	7.74	16.79%															
Saturated Fat (g)	2.11	4.58%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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APRIL 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Hamburger on Whole Grain Bun Potatoes Pears</p>	<p>2</p> <p>Cheese Ravioli In Marinara Sauce Three Bean Salad Bananas</p>	<p>3</p> <p>Beef Stew with Mixed Veggies Brown Rice Broccoli Apples</p>	<p>4</p> <p>Chicken Patty Sandwich on WG Bun Sweet Potatoes Oranges</p>	<p>5</p> <p>NO SCHOOL</p>
<p>8</p> <p>Chicken Drumstick WG Roll Green Beans Apples Ketchup</p>	<p>9</p> <p>Ground Beef Macaroni Broccoli Bananas</p>	<p>10</p> <p>Chicken Nuggets WG Roll Baked Beans Oranges Ketchup</p>	<p>11</p> <p>Chicken Teriyaki Stir Fry Brown Rice Corn 100% Orange Juice</p>	<p>12</p> <p>Turkey Ham & Cheese Sandwich Romaine & Tomato Salad Sun Chip Ranch, Mayo Apple Sauce</p>
<p>15</p> <p>NO SCHOOL SPRING BREAK</p>	<p>16</p> <p>NO SCHOOL SPRING BREAK</p>	<p>17</p> <p>NO SCHOOL SPRING BREAK</p>	<p>18</p> <p>NO SCHOOL SPRING BREAK</p>	<p>19</p> <p>NO SCHOOL SPRING BREAK</p>
<p>22</p> <p>NO SCHOOL</p>	<p>23</p> <p>Chicken Corndog Nuggets Baked Beans Bananas</p>	<p>24</p> <p>Chicken Parmesan WG Roll Broccoli Orange</p>	<p>25</p> <p>Ground Beef Spanish Rice Green Beans & Corn 100% Grape Juice</p>	<p>26</p> <p>Grilled Chicken Salad Corn Chips Apples Ranch Dressing</p>
<p>29</p> <p>Hamburger on WG Bun Potatoes Pears</p>	<p>30</p> <p>Chicken Tacos Black Beans Taco Shells Bananas</p>	<p>MAY 1</p> <p>Spanish Rice with Chicken Green Beans Apples</p>	<p>MAY 2</p> <p>Cheese Pizza Broccoli 100% Orange Juice</p>	<p>MAY 3</p> <p>Turkey Ham & Cheese Sandwich Romaine & Tomato Salad Sun Chip, Ranch, Mayo Apple Sauce</p>

- 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.

APRIL 2024

VEGETARIAN LUNCH

TOP SPANISH CATERING, INC

Monday	Tuesday	Wednesday	Thursday	Friday
1 Vegetarian Patty on Whole Grain Bun Potatoes Pears	2 Cheese Ravioli In Marinara Sauce Three Bean Salad Bananas	3 Spanish Rice with Vegetarian Meat Broccoli Apples	4 Black Bean Patty on WG Bun Sweet Potatoes Oranges	5 NO SCHOOL
8 Vegetarian Patty WG Roll Green Beans Apples Ketchup	9 Vegetarian Meat Pasta Broccoli Bananas	10 Morning Star Veggie Chick'n Nuggets WG Roll Baked Beans Oranges	11 Spanish Rice with Vegetarian Meat Corn 100% Orange Juice	12 Cheese Sandwich Romaine & Tomato Salad Sun Chip Ranch, Mayo Apple Sauce
15 NO SCHOOL SPRING BREAK	16 NO SCHOOL SPRING BREAK	17 NO SCHOOL SPRING BREAK	18 NO SCHOOL SPRING BREAK	19 NO SCHOOL SPRING BREAK
22 NO SCHOOL	23 Black Bean Patty WG Roll Baked Beans Bananas	24 Vegetarian Patty Parmesan WG Roll Broccoli Orange	25 Spanish Rice with Vegetarian Meat Green Beans & Corn 100% Grape Juice	26 Grilled Tofu Salad Corn Chips Apples Ranch Dressing
29 Vegetarian Patty on WG Bun Potatoes Pears	30 Vegetarian Meat Tacos Black Beans Taco Shells Bananas	MAY 1 Rice with Vegetarian Meat Green Beans Apples	MAY 2 Cheese Pizza Broccoli 100% Orange Juice	MAY 3 Cheese Sandwich Romaine & Tomato Salad Sun Chip Ranch, Mayo, Apple Sauce

- 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

Apr 1, 2024 thru Apr 5, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/01/2024															
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	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
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		614	42	532	11.41	3.85	318.7	675	8.80	31	26.99	90.31	16.21	4.80	0.50
% of Calories										20.5%	17.6%	58.9%	23.8%	7.0%	0.7%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 04/02/2024															
K-8 Lunch	Total														
Cheese Ravioli	3.7 oz	180	51	490	2.00	1.44	150.0	200	0.0	1	14.0	24.0	3.5	1.50	0.00
Marinara Sauce 1/4C (F)	1/4 C	25	0	45	1.00	0.72	10.0	250	0.0	3	0.5	5.0	0.5	0.00	0.00
Three Bean Salad 3/4C	3/4 C	144	0	533	7.20	1.44	77.7	*N/A*	*N/A*	13	5.76	27.35	2.16	0.00	0.00
BANANAS MS Lunch	1/2 Cup	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Vegetarian Meat Spaghetti	6 oz	453	0	476	17.17	5.86	94.9	85	2.38	3	27.41	86.32	6.37	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		556	58	1197	13.43	3.94	518.7	*1144	*11.45	43	29.74	96.95	7.77	2.33	0.00
% of Calories										31.1%	21.4%	69.7%	12.6%	3.8%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Apr 1, 2024 thru Apr 5, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/03/2024															
K-8 Lunch	Total														
BEEF STEW	4 oz	382	18	1168	12.37	5.57	252.4	33134	30.5	*12	13.03	58.11	12.24	2.74	*0.00
BROWN RICE-HS 1 Cup.	8 OZ	209	0	28	1.92	0.86	8.2	0	0.0	*0	5.7	40.98	2.21	0.46	*0.00
MIXED VEG. :frozen,boiled 1/2C	1/2 CUP	59	0	32	4.00	0.75	22.8	3892	2.91	3	2.6	11.91	0.14	0.03	0.00
BROCCOLI: frozen, boiled MS	3/4 CUP	39	0	15	4.14	0.84	45.5	1395	55.34	2	4.28	7.38	0.17	0.02	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
SPANISH RICE With VG Meat	6 Oz	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		850	25	1352	25.50	8.04	606.9	37769	95.45	*43	33.94	148.66	15.92	3.91	*0.00
% of Calories										*20.4%	16.0%	70.0%	16.9%	4.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 04/04/2024															
K-8 Lunch	Total														
Chicken Patty.	1 oz	120	50	210	0.00	0.36	20.0	100	0.0	0	6.0	5.0	8.0	2.00	0.00
Whole Grain Bun 2oz.	2 oz	130	0	250	3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
Sweet potatoes	3/4 cup	154	0	62	5.66	1.18	65.1	32945	33.6	11	3.45	35.5	0.26	0.09	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Black Bean Patty	2.9 oz	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
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
Weighted Daily Average		581	55	658	12.25	3.79	440.4	34050	125.77	38	23.28	99.26	11.07	2.80	0.00
% of Calories										26.4%	16.0%	68.4%	17.1%	4.3%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 04/05/2024															
K-8 Lunch	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Apr 1, 2024 thru Apr 5, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average		650	45	935	15.65	4.90	471.2	*18410	*60.37	*39 *54.1%	28.49 17.5%	108.79 66.9%	12.74 17.6%	3.46 4.8%	*0.13 *0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	650		600 - 650	100%				
Cholesterol (mg)	45							
Sodium 1 (mg)	935		1230					
Sodium 2 (mg)	935		935					
Fiber (g)	15.65							
Iron (mg)	4.90							
Calcium (mg)	471.2							
Vitamin A (IU)	18410				Missing			
Sugars (g)	39	24.04%			Missing			
Vitamin C (mg)	60.37				Missing			
Protein (g)	28.49	17.52%						
Carbohydrate (g)	108.79	66.93%						
Total Fat (g)	12.74	17.63%						
Saturated Fat (g)	3.46	4.79%	<10.00%					
Trans Fat ¹ (g)	0.13	0.17%			Missing			

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Top Spanish Cafe & Catering

Apr 8, 2024 thru Apr 12, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/08/2024															
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
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
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
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
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		520	65	889	9.74	2.62	447.0	1156	11.93	32	33.01	64.31	15.39	3.74	0.00
% of Calories										25.0%	25.4%	49.5%	26.7%	6.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 04/09/2024															
K-8 Lunch	Total														
GROUND BEEF & MACARONI 3/4 .cup	3/4 CUP	285	52	413	2.19	3.38	47.1	666	8.15	*3	19.23	24.38	12.21	4.51	*0.66
BANANAS MS Lunch	1/2 Cup	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
BROCCOLI: frozen, boiled MS	3/4 CUP	39	0	15	4.14	0.84	45.5	1395	55.34	2	4.28	7.38	0.17	0.02	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
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 Spaghetti K-8	6 oz	245	0	463	11.18	4.08	64.1	1003	4.79	*0	14.83	45.69	3.01	0.11	0.00
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
Meatballs.	2.25 oz	240	45	560	1.00	1.91	42.4	20	1.12	1	13.0	5.0	18.0	8.00	1.00
Weighted Daily Average		528	58	562	9.78	4.57	375.5	2778	74.75	*31	32.69	72.74	13.64	5.23	*0.64
% of Calories										*23.7%	24.8%	55.1%	23.2%	8.9%	*1.1%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Apr 8, 2024 thru Apr 12, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/10/2024															
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
Baked Beans 3/4C	3/4 C	201	0	561	7.20	2.45	72.0	0	0.0	16	10.08	41.74	0.72	0.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Black Bean Patty	2.9 oz	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
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		733	89	1423	13.73	6.78	494.9	1201	92.16	44	36.67	116.00	14.83	3.18	0.00
% of Calories										24.0%	20.0%	63.3%	18.2%	3.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

	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 - 04/11/2024															
K-8 Lunch	Total														
CHICKEN STIR-FRY.	3 OZ	194	45	217	1.58	0.76	23.9	148	41.4	*2	16.52	6.71	11.12	2.10	*0.00
BROWN RICE 1/2C.	4 OZ	119	0	0	1.40	0.50	0.0	0	0.0	0	0.0	24.5	1.05	0.00	0.00
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
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
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
Weighted Daily Average		571	50	381	6.36	1.95	307.1	1048	88.02	*28	28.94	82.63	14.10	2.91	*0.00
% of Calories										*19.6%	20.3%	57.9%	22.2%	4.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Apr 8, 2024 thru Apr 12, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/12/2024															
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
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	130	0	250	3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
Romaine Lettuce K-5.*	1 C	8	0	4	0.99	0.46	15.5	4094	1.88	1	0.58	1.55	0.14	0.02	0.00
tomatoes salad 1/2 C	1/2 cup	16	0	4	1.08	0.24	9.0	750	12.33	2	0.79	3.5	0.18	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
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
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
Cheese Sandwich	4 oz	199	15	489	2.98	1.99	110.9	200	0.0	2	7.98	26.76	7.49	3.50	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
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
Sun Chip Original	1	138	0	119	2.96	1.27	0.0	0	0.0	0	1.97	18.77	5.93	0.99	0.00
Weighted Daily Average		693	70	1345	9.14	4.72	406.6	5481	21.36	29	30.99	81.73	26.85	6.47	0.00
% of Calories										17.0%	17.9%	47.2%	34.9%	8.4%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		609	66	920	9.75	4.13	406.2	2333	57.65	*33 *48.8%	32.46 21.3%	83.48 54.8%	16.96 25.1%	4.31 6.4%	*0.13 *0.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	609		600 - 650	100%				
Cholesterol (mg)	66							
Sodium 1 (mg)	920		1230					
Sodium 2 (mg)	920		935					
Fiber (g)	9.75							
Iron (mg)	4.13							
Calcium (mg)	406.2							
Vitamin A (IU)	2333							
Sugars (g)	33	21.70%			Missing			
Vitamin C (mg)	57.65							
Protein (g)	32.46	21.32%						
Carbohydrate (g)	83.48	54.84%						
Total Fat (g)	16.96	25.07%						
Saturated Fat (g)	4.31	6.36%	<10.00%					
Trans Fat ¹ (g)	0.13	0.19%			Missing			

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Top Spanish Cafe & Catering

Apr 22, 2024 thru Apr 26, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/22/2024															
K-8 Lunch	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230											<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/23/2024															
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
Banana	1/2 C	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
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
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
Weighted Daily Average		604	57	802	11.34	3.32	329.1	705	11.43	40	27.25	85.41	17.41	4.31	0.00
% of Calories										26.6%	18.1%	56.6%	26.0%	6.4%	0.0%
Nutrient Guideline		600-650		1230											<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/24/2024															
K-8 Lunch	Total														
Chicken Patty.	1 oz	120	50	210	0.00	0.36	20.0	100	0.0	0	6.0	5.0	8.0	2.00	0.00
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
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
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		539	72	967	8.06	2.36	717.3	2792	153.29	32	29.56	65.06	18.31	6.84	0.00
% of Calories										23.9%	21.9%	48.3%	30.6%	11.4%	0.0%
Nutrient Guideline		600-650		1230											<10.00

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Top Spanish Cafe & Catering

Apr 22, 2024 thru Apr 26, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/25/2024															
K-8 Lunch	Total														
GROUND BEEF & SPANISH RICE k-8	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
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	

Fri - 04/26/2024															
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
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
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		535	65	1106	7.51	1.86	385.3	5743	30.78	*29	31.38	69.88	14.47	2.50	*0.00
% of Calories										*21.7%	23.5%	52.3%	24.3%	4.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		604	64	934	9.62	3.30	456.5	2639	53.83	*33	30.74	83.30	16.74	4.86	*0.18
										*49.6%	20.3%	55.1%	24.9%	7.2%	*0.3%

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Top Spanish Cafe & Catering

Apr 22, 2024 thru Apr 26, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 3

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	604		600 - 650	100%													
Cholesterol (mg)	64																
Sodium 1 (mg)	934		1230														
Sodium 2 (mg)	934		935														
Fiber (g)	9.62																
Iron (mg)	3.30																
Calcium (mg)	456.5																
Vitamin A (IU)	2639																
Sugars (g)	33	22.03%			Missing												
Vitamin C (mg)	53.83																
Protein (g)	30.74	20.34%															
Carbohydrate (g)	83.30	55.12%															
Total Fat (g)	16.74	24.93%															
Saturated Fat (g)	4.86	7.24%	<10.00%														
Trans Fat ¹ (g)	0.18	0.26%			Missing												

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Top Spanish Cafe & Catering

Apr 29, 2024 thru May 3, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 3/21/2024 12:58:10 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/29/2024															
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
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		614	42	532	11.41	3.85	318.7	675	8.80	31	26.99	90.31	16.21	4.80	0.50
% of Calories										20.5%	17.6%	58.9%	23.8%	7.0%	0.7%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 04/30/2024															
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	

Wed - 05/01/2024															
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
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
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

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Top Spanish Cafe & Catering

Apr 29, 2024 thru May 3, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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	83	358	8.52	4.49	367.8	1508	26.93	*30	40.56	74.16	5.86	1.94	*0.00
% of Calories										*24.4%	32.7%	59.8%	10.6%	3.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 05/02/2024															
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	

Fri - 05/03/2024															
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
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	130	0	250	3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
Romaine Lettuce K-5.*	1 C	8	0	4	0.99	0.46	15.5	4094	1.88	1	0.58	1.55	0.14	0.02	0.00
tomatoes salad 1/2 C	1/2 cup	16	0	4	1.08	0.24	9.0	750	12.33	2	0.79	3.5	0.18	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
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
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
Cheese Sandwich	4 oz	199	15	489	2.98	1.99	110.9	200	0.0	2	7.98	26.76	7.49	3.50	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
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
Sun Chip Original	1	138	0	119	2.96	1.27	0.0	0	0.0	0	1.97	18.77	5.93	0.99	0.00
Weighted Daily Average		693	70	1345	9.14	4.72	406.6	5481	21.36	29	30.99	81.73	26.85	6.47	0.00
% of Calories										17.0%	17.9%	47.2%	34.9%	8.4%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Apr 29, 2024 thru May 3, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 3

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average		629	62	815	9.86	4.00	444.4	2397	38.42	*31 *44.7%	35.68 22.7%	83.44 53.1%	17.31 24.8%	5.49 7.9%	*0.10 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	629		600 - 650	100%				
Cholesterol (mg)	62							
Sodium 1 (mg)	815		1230					
Sodium 2 (mg)	815		935					
Fiber (g)	9.86							
Iron (mg)	4.00							
Calcium (mg)	444.4							
Vitamin A (IU)	2397							
Sugars (g)	31	19.88%			Missing			
Vitamin C (mg)	38.42							
Protein (g)	35.68	22.71%						
Carbohydrate (g)	83.44	53.10%						
Total Fat (g)	17.31	24.78%						
Saturated Fat (g)	5.49	7.86%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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