

Monday

Tuesday

Wednesday

Thursday

Friday



Assorted Whole Grain Cereal
Pears **6**

WG Pancake
Turkey Sausage Patty
Watermelon
Fruit Jelly **7**

WG Waffles **1**
Turkey Breakfast Sausage
Mandarin Cup
Fruit Jelly

WG Apple Muffin **2**
100% Orange Juice

Fat Free Yogurt **3**
Granola
Pears

Assorted Whole Grain Cereal
Mandarin Cup **13**

WG Waffles **14**
Turkey Breakfast Sausage
Pineapple
Fruit Jelly

WG Bagels **15**
Cream Cheese
100% Orange Juice

WG Banana Muffin **16**
Pears

Fat Free Yogurt **17**
Granola
Apples

Assorted Whole Grain Cereal
Apples **20**

WG Pancakes **21**
Turkey Bacon
Cantaloupe
Fruit Jelly

Home Potatoes **22**
Turkey Sausage Patty
WG Roll
Pear Cup

WG Lemon Sliced **23**
Bread Loaf
Fruit Salad

WG Strawberry **24**
Oatmeal Bar
100% Apple Juice

NO SCHOOL **27**

Assorted Whole Grain Cereal
Pears **28**

WG Bagels **29**
Cream Cheese
Watermelon

WG English Muffin **30**
Turkey Ham
Peach Cup

WG Apple Muffin **31**
Fruit Salad

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

This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday



Assorted Whole Grain Cereal
Pears **6**

WG Pancake
Watermelon
Fruit Jelly **7**

WG Waffles
Mandarin Cup
Fruit Jelly **1**

WG Apple Muffin
100% Orange Juice **2**

Fat Free Yogurt
Granola
Pears **3**

Assorted Whole Grain Cereal
Mandarin Cup **13**

WG Waffles
Pineapple
Fruit Jelly **14**

WG Banana
Bread Loaf
Apples **8**

WG Bagels
Cream Cheese
100% Grape Juice **9**

WG French Toast
Fruit Salad
Fruit Jelly **10**

WG Bagels
Cream Cheese
100% Orange Juice **15**

WG Banana Muffin
Pears **16**

Fat Free Yogurt
Granola
Apples **17**

Assorted Whole Grain Cereal
Apples **20**

WG Pancakes
Cantaloupe
Fruit Jelly **21**

Home Potatoes
WG Roll
Pear Cup **22**

WG Lemon Sliced
Bread Loaf
Fruit Salad **23**

WG Strawberry
Oatmeal Bar
100% Apple Juice **24**

NO SCHOOL **27**

Assorted Whole Grain Cereal
Pears **28**

WG Bagels
Cream Cheese
Watermelon **29**

WG English Muffin
American Cheese
Peach Cup **30**

WG Apple Muffin
Fruit Salad **31**

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

This institution is an equal opportunity provider.

Top Spanish Cafe & Catering

May 6, 2024 thru May 10, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/26/2024 8:28:51 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/06/2024															
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
PEARS, FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		401	7	451	13.47	4.25	413.6	1276	15.99	41 41.0%	10.83 10.8%	84.06 83.9%	6.41 14.4%	0.75 1.7%	0.00 0.0%
Nutrient Guideline		400-500		540											<10.00

Tue - 05/07/2024															
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
WATERMELON, CHUNKS	1 CUP	46	0	2	0.61	0.36	10.6	865	12.31	9	0.93	11.48	0.23	0.02	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Gluten Free Pancakes	3 oz	200	0	260	2.00	1.00	25.0	0	0.0	3	3.0	38.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		403	44	405	2.65	2.23	361.1	1497	13.45	39 39.2%	18.85 18.7%	64.34 63.9%	8.37 18.7%	1.70 3.8%	0.00 0.0%
Nutrient Guideline		400-500		540											<10.00

Wed - 05/08/2024															
K-8 Breakfast	Total														
WG Banana Bread Loaf	3.4 oz	260	0	240	2.00	0.00	0.0	0	0.0	24	5.0	45.0	8.0	1.50	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00

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Top Spanish Cafe & Catering

May 6, 2024 thru May 10, 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)
Weighted Daily Average		426	7	371	5.46	0.90	291.5	731	7.78	49	13.48	76.53	9.18	2.17	0.00
% of Calories										46.2%	12.7%	71.8%	19.4%	4.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 05/09/2024															
K-8 Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
100% Grape Juice 8oz	8 oz	160	0	40	0.00	0.00	40.0	0	2.4	36	0.0	38.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free 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		461	27	523	2.00	1.89	678.5	645	3.70	53	14.03	79.50	7.69	4.71	0.00
% of Calories										46.0%	12.2%	69.0%	15.0%	9.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 05/10/2024															
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 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
FRUIT SALAD: 1C (MAG)	1 C	160	0	20	2.00	0.80	0.0	0	0.0	40	0.0	42.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Gluten Free Pancake (1)	1.5 oz	100	0	135	0.50	0.50	15.0	0	0.0	1	1.5	19.5	2.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		566	29	612	3.94	1.52	282.0	594	1.13	71	16.85	101.11	10.73	2.35	0.00
% of Calories										50.4%	11.9%	71.4%	17.1%	3.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		451	23	472	5.51	2.16	405.4	949	8.41	51	14.81	81.11	8.48	2.34	0.00
										101.4%	13.1%	71.9%	16.9%	4.7%	0.0%

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Top Spanish Cafe & Catering

May 6, 2024 thru May 10, 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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	451		400 - 500	100%													
Cholesterol (mg)	23																
Sodium 1 (mg)	472		540														
Sodium 2 (mg)	472		485														
Fiber (g)	5.51																
Iron (mg)	2.16																
Calcium (mg)	405.4																
Vitamin A (IU)	949																
Sugars (g)	51	45.05%															
Vitamin C (mg)	8.41																
Protein (g)	14.81	13.12%															
Carbohydrate (g)	81.11	71.86%															
Total Fat (g)	8.48	16.90%															
Saturated Fat (g)	2.34	4.66%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

May 13, 2024 thru May 17, 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 - 05/13/2024															
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
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		439	7	449	9.96	3.93	457.6	1232	8.33	52	12.19	88.96	6.16	0.71	0.00
% of Calories										47.1%	11.1%	81.0%	12.6%	1.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 05/14/2024															
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
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, 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		458	45	492	4.37	2.88	322.9	726	80.02	40	18.80	72.03	11.36	1.71	0.00
% of Calories										35.2%	16.4%	63.0%	22.3%	3.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 05/15/2024															
K-8 Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
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 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

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Top Spanish Cafe & Catering

May 13, 2024 thru May 17, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 2

Generated on: 4/26/2024 8:30:03 AM

	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		401	27	513	2.00	1.89	638.5	645	85.30	37	16.03	65.50	7.69	4.71	0.00
% of Calories										37.0%	16.0%	65.3%	17.3%	10.6%	0.0%
Nutrient Guideline		400-500		540											<10.00

Thu - 05/16/2024															
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
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		475	36	314	7.66	2.96	324.0	701	9.08	54	13.77	90.28	8.24	1.70	0.00
% of Calories										45.6%	11.6%	76.0%	15.6%	3.2%	0.0%
Nutrient Guideline		400-500		540											<10.00

Fri - 05/17/2024															
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
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
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		367	12	268	4.53	1.55	499.3	1228	7.73	45	14.71	69.22	5.06	1.73	0.00
% of Calories										48.9%	16.0%	75.5%	12.4%	4.2%	0.0%
Nutrient Guideline		400-500		540											<10.00

Weighted Average		428	25	407	5.70	2.64	448.5	906	38.09	46	15.10	77.20	7.70	2.11	0.00
										95.9%	14.1%	72.1%	16.2%	4.4%	0.0%

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Top Spanish Cafe & Catering

May 13, 2024 thru May 17, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 3

Generated on: 4/26/2024 8:30:03 AM

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	428		400 - 500	100%													
Cholesterol (mg)	25																
Sodium 1 (mg)	407		540														
Sodium 2 (mg)	407		485														
Fiber (g)	5.70																
Iron (mg)	2.64																
Calcium (mg)	448.5																
Vitamin A (IU)	906																
Sugars (g)	46	42.64%															
Vitamin C (mg)	38.09																
Protein (g)	15.10	14.11%															
Carbohydrate (g)	77.20	72.14%															
Total Fat (g)	7.70	16.20%															
Saturated Fat (g)	2.11	4.44%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

May 20, 2024 thru May 24, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/26/2024 8:30:26 AM

	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 - 05/20/2024															
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 Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		371	7	450	11.27	4.09	405.9	1306	14.68	38	10.54	76.01	6.39	0.75	0.00
% of Calories										41.1%	11.4%	81.9%	15.5%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 05/21/2024															
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.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, 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		393	27	553	3.45	1.93	364.5	5908	58.39	43	16.85	65.94	7.31	1.47	0.00
% of Calories										43.4%	17.1%	67.1%	16.7%	3.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 05/22/2024															
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
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, 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

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Top Spanish Cafe & Catering

May 20, 2024 thru May 24, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 2

Generated on: 4/26/2024 8:30:26 AM

	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		480	37	385	10.04	3.96	389.8	639	11.39	44	22.10	83.65	7.37	1.89	*0.00
% of Calories										36.5%	18.4%	69.7%	13.8%	3.5%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 05/23/2024																
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
	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		486	7	399	4.14	1.54	283.2	656	1.43	66	13.13	98.52	8.95	2.13	0.00	
% of Calories										54.6%	10.8%	81.1%	16.6%	3.9%	0.0%	
Nutrient Guideline		400-500		540										<10.00		

Fri - 05/24/2024																
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		418	18	406	6.02	2.64	347.2	1833	17.46	47	14.58	77.74	7.13	1.48	*0.00
										102.2%	13.9%	74.4%	15.3%	3.2%	*0.0%

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Top Spanish Cafe & Catering

May 20, 2024 thru May 24, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 3

Generated on: 4/26/2024 8:30:26 AM

Nutrient	Menu AVG	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	418		400 - 500	100%													
Cholesterol (mg)	18																
Sodium 1 (mg)	406		540														
Sodium 2 (mg)	406		485														
Fiber (g)	6.02																
Iron (mg)	2.64																
Calcium (mg)	347.2																
Vitamin A (IU)	1833																
Sugars (g)	47	45.43%															
Vitamin C (mg)	17.46																
Protein (g)	14.58	13.95%															
Carbohydrate (g)	77.74	74.35%															
Total Fat (g)	7.13	15.34%															
Saturated Fat (g)	1.48	3.20%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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Top Spanish Cafe & Catering

May 27, 2024 thru May 31, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/26/2024 8:31:10 AM

	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 - 05/27/2024															
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 - 05/28/2024															
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
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		401	7	451	13.47	4.25	413.6	1276	15.99	41	10.83	84.06	6.41	0.75	0.00
% of Calories										41.0%	10.8%	83.9%	14.4%	1.7%	0.0%
Nutrient Guideline		400-500		540											<10.00

Wed - 05/29/2024															
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
WATERMELON,CHUNKS	1 CUP	46	0	2	0.61	0.36	10.6	865	12.31	9	0.93	11.48	0.23	0.02	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
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	2.61	2.26	649.1	1510	13.61	26	14.95	52.98	7.92	4.73	0.00
% of Calories										30.6%	17.3%	61.1%	20.6%	12.3%	0.0%
Nutrient Guideline		400-500		540											<10.00

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Top Spanish Cafe & Catering

May 27, 2024 thru May 31, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 2

Generated on: 4/26/2024 8:31:10 AM

	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 - 05/30/2024															
K-8 Breakfast	Total														
Whole Grain English Muffin	2 oz	120	0	250	2.00	1.08	80.0	0	0.0	1	5.0	24.0	1.5	0.00	0.00
Turkey Ham BF	1 oz	60	30	180	0.00	0.36	0.0	0	0.0	0	7.0	1.0	3.0	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
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
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		408	38	570	4.10	1.46	369.1	657	1.20	38	22.42	67.20	5.88	1.76	0.00
% of Calories										36.9%	22.0%	65.9%	13.0%	3.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 05/31/2024															
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
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		505	41	304	4.14	3.44	305.1	*656	*1.43	70	13.13	97.57	8.00	1.66	0.00
% of Calories										55.5%	10.4%	77.3%	14.2%	3.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		415	28	452	6.08	2.85	434.2	*1025	*8.06	44	15.33	75.45	7.05	2.22	0.00
										95.0%	14.8%	72.7%	15.3%	4.8%	0.0%

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Top Spanish Cafe & Catering

May 27, 2024 thru May 31, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 3

Generated on: 4/26/2024 8:31:10 AM

Nutrient	Menu AVG	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)	Error Messages (if any)
Calories	415		400 - 500		100%												
Cholesterol (mg)	28																
Sodium 1 (mg)	452			540													
Sodium 2 (mg)	452			485													
Fiber (g)	6.08																
Iron (mg)	2.85																
Calcium (mg)	434.2																
Vitamin A (IU)	1025					Missing											
Sugars (g)	44	42.24%															
Vitamin C (mg)	8.06					Missing											
Protein (g)	15.33	14.77%															
Carbohydrate (g)	75.45	72.71%															
Total Fat (g)	7.05	15.29%															
Saturated Fat (g)	2.22	4.82%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%															

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MAY 2024

Monday



Chicken Nuggets **6**
WG Roll
Corn and Broccoli
Apple Sauce
Ketchup

Beef Hot Dog **13**
Hot Dog Roll
Baked Beans
Diced Pear Cup

Cheeseburger on **20**
WG Bun
Potato Fries
Pears

NO SCHOOL **27**

Tuesday



Beef Taco **7**
Taco Shells
Black Beans
Bananas

Baked Glazed **14**
Chicken Drumstick
WG Roll
Mixed Vegetables
Bananas, Ketchup

Chicken Taco **21**
Taco Shells
Black Beans
Bananas

Chicken Corn Dog **28**
Nuggets
Baked Beans
Oranges

Wednesday

Spanish Rice with **1**
Chicken
Green Beans
Apples

Turkey Bologna and **8**
Cheese Sandwich
Carrot Sticks
100% Orange Juice
Ranch, Mayo

Salisbury Steak **15**
Brown Rice
Green Beans
Apples

Beef Lasagna **22**
WG Roll
Broccoli
Orange

Chicken Parmesan **29**
WG Roll
Broccoli
Bananas

Thursday

Cheese Pizza **2**
Broccoli
100% Orange Juice

Chicken Teriyaki **9**
Brown Rice
Green Beans
Pears

Spaghetti & **16**
Meatballs
Marinara Sauce
Carrots
100% Grape Juice

Turkey Sausage **23**
Jambalaya
Mixed Vegetables
100% Orange Juice

Ground Beef **30**
Spanish Rice
Green Beans & Corn
100% Grape Juice

Friday

Turkey Ham & **3**
Cheese Sandwich
Romaine &
Tomato Salad, Ranch
Apple Sauce, Sunchip, Mayo

Macaroni & **10**
Cheese
Carrots
Orange

Green Salad **17**
With Grilled Chicken
Corn Chips
Orange
Ranch

Chicken Salad **24**
Sandwich
Coleslaw
Peaches

Green Salad with **31**
Grilled Chicken
Corn Chips
Apples
Ranch

- 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.



MAY 2024 VEGETARIAN

Monday
Tuesday
Wednesday
Thursday
Friday


Chick'n Nuggets **6**
WG Roll
Corn and Broccoli
Apple Sauce
Ketchup

Vegetarian Meat Taco **7**
Taco Shells
Black Beans
Bananas

Sunbutter & Jelly **8**
Sandwich
Carrot Sticks
100% Orange Juice
Ranch, Mayo

Vegetarian Meat **9**
Teriyaki
Brown Rice
Green Beans
Pears

Macaroni & **10**
Cheese
Carrots
Orange

Black Bean Patty **13**
Hot Dog Roll
Baked Beans
Diced Pear Cup

Vegetarian Patty **14**
WG Roll
Mixed Vegetables
Bananas, Ketchup

Rice and Beans **15**
Green Beans
Apples

Vegetarian Meat **16**
Spaghetti
Carrots
100% Grape Juice

Green Salad **17**
With Tofu
Corn Chips
Orange
Ranch

Vegetarian Patty on **20**
WG Bun
Potato Fries
Pears

Vegetarian Meat Taco **21**
Taco Shells
Black Beans
Bananas

Vegetarian Pasta **22**
WG Roll
Broccoli
Orange

Vegetarian Meat **23**
Jambalaya
Mixed Vegetables
100% Orange Juice

SunButter & Jelly **24**
Sandwich
Coleslaw
Peaches

NO SCHOOL **27**

Black Bean Patty **28**
WG Roll
Baked Beans
Oranges

Vegetarian Patty **29**
WG Roll
Broccoli
Bananas

Spanish Rice with **30**
Vegetarian Meat
Green Beans & Corn
100% Grape Juice

Green Salad with **31**
Tofu
Corn Chips
Apples
Ranch

- 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

May 6, 2024 thru May 10, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 4/26/2024 8:31:37 AM

	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 - 05/06/2024															
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: fresh, boiled	3/4 cup	55	0	64	5.15	1.05	62.4	2415	101.24	2	3.71	11.2	0.64	0.12	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
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		627	89	925	11.28	5.56	421.5	3400	111.28	31	30.85	95.15	15.04	3.36	0.00
% of Calories										19.6%	19.7%	60.7%	21.6%	4.8%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 05/07/2024															
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	

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Top Spanish Cafe & Catering

May 6, 2024 thru May 10, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 4/26/2024 8:31:37 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/08/2024															
K-8 Lunch	Total														
Turkey Bologna 3oz (FF)	2 oz	130	40	500	0.00	0.72	60.0	0	0.0	0	6.0	1.0	11.0	2.50	0.00
American Cheese Pullman	1 oz	40	10	180	0.00	0.00	75.0	0	0.0	1	2.0	1.0	3.0	1.75	0.00
Whole Grain Bun 2oz.	2 oz	130	0	250	3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
100% Orange Juice (Ardmore)4oz	1/2 C	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
MILK, 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
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
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
Mayonnaise	12.4 GRA	90	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
Weighted Daily Average		588	55	1302	5.60	3.09	467.5	15916	48.55	30	21.76	64.97	26.90	6.40	0.00
% of Calories										20.6%	14.8%	44.2%	41.2%	9.8%	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 - 05/09/2024															
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 1C.	8 oz	160	0	2	1.88	0.68	2.5	0	0.0	0	0.0	32.9	1.41	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
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
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		585	50	370	12.41	2.53	366.9	1282	53.49	*33	26.82	87.31	13.99	2.86	*0.00
% of Calories										*22.8%	18.3%	59.7%	21.5%	4.4%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

May 6, 2024 thru May 10, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 3

Generated on: 4/26/2024 8:31:37 AM

	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 - 05/10/2024															
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
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
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
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		506	38	1172	9.00	1.70	794.3	22239	96.49	35	27.37	73.07	12.58	6.72	0.00
% of Calories										27.8%	21.6%	57.7%	22.4%	12.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		607	59	833	10.35	3.56	485.5	8785	64.74	*32 *47.3%	28.49 18.8%	83.23 54.8%	18.23 27.0%	5.45 8.1%	*0.14 *0.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	607		600 - 650	100%				
Cholesterol (mg)	59							
Sodium 1 (mg)	833		1230					
Sodium 2 (mg)	833		935					
Fiber (g)	10.35							
Iron (mg)	3.56							
Calcium (mg)	485.5							
Vitamin A (IU)	8785							
Sugars (g)	32	21.03%			Missing			
Vitamin C (mg)	64.74							
Protein (g)	28.49	18.77%						
Carbohydrate (g)	83.23	54.83%						
Total Fat (g)	18.23	27.02%						
Saturated Fat (g)	5.45	8.07%	<10.00%					
Trans Fat ¹ (g)	0.14	0.20%			Missing			

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Top Spanish Cafe & Catering

May 13, 2024 thru May 17, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 4/26/2024 8:32:07 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/13/2024															
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
Diced Pear Cup	4 oz	70	0	0	3.00	1.00	0.0	0	0.0	14	1.0	18.0	0.0	0.00	0.00
Baked Beans. (F) 3/4C	3/4 C	92	0	183	5.23	1.41	26.2	0	0.0	8	3.93	19.63	0.0	0.00	0.00
KETCHUP: individual (WC)	9 grams	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
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		556	36	1083	12.29	5.15	324.3	644	3.08	39	25.05	82.18	15.33	6.52	0.48
% of Calories										27.9%	18.0%	59.1%	24.8%	10.6%	0.8%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 05/14/2024															
K-8 Lunch	Total														
Baked Glazed Chicken Drumstick	3.2 oz	150	90	350	0.00	0.60	0.0	0	0.0	1	17.0	2.0	8.0	2.00	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
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
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
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
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		583	94	891	11.30	3.55	359.9	6543	15.79	35	34.17	88.27	10.74	2.85	0.00
% of Calories										23.8%	23.4%	60.5%	16.6%	4.4%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

May 13, 2024 thru May 17, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 4/26/2024 8:32:07 AM

	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 - 05/15/2024															
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 1C.	8 oz	160	0	2	1.88	0.68	2.5	0	0.0	0	0.0	32.9	1.41	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
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
Whole Grain Roll	1.3 oz	90	0	140	2.00	0.72	100.0	0	0.0	2	4.0	16.0	1.0	0.00	0.00
Weighted Daily Average		502	36	379	9.54	2.65	353.2	1159	13.60	*29	19.81	75.81	12.77	4.68	*0.00
% of Calories										*23.4%	15.8%	60.4%	22.9%	8.4%	*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)
Thu - 05/16/2024															
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
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% Grape Juice 4oz	4 oz	80	0	20	0.00	0.00	20.0	0	1.2	18	0.0	19.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Vegetarian Meat Spaghetti	6 oz	453	0	476	17.17	5.86	94.9	85	2.38	3	27.41	86.32	6.37	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		845	36	536	18.67	8.55	383.9	21552	6.76	45	36.92	137.46	17.05	5.57	0.00
% of Calories										21.2%	17.5%	65.1%	18.2%	5.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

May 13, 2024 thru May 17, 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)	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 - 05/17/2024															
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 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
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		539	65	1106	7.59	1.90	443.2	6049	115.45	*28	32.43	70.13	14.46	2.48	*0.00
% of Calories										*20.6%	24.1%	52.1%	24.2%	4.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		605	54	799	11.88	4.36	372.9	7189	30.94	*35	29.68	90.77	14.07	4.42	*0.10
										*52.2%	19.6%	60.0%	20.9%	6.6%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	605		600 - 650	100%				
Cholesterol (mg)	54							
Sodium 1 (mg)	799		1230					
Sodium 2 (mg)	799		935					
Fiber (g)	11.88							
Iron (mg)	4.36							
Calcium (mg)	372.9							
Vitamin A (IU)	7189							
Sugars (g)	35	23.21%			Missing			
Vitamin C (mg)	30.94							
Protein (g)	29.68	19.62%						
Carbohydrate (g)	90.77	60.02%						
Total Fat (g)	14.07	20.93%						
Saturated Fat (g)	4.42	6.58%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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Top Spanish Cafe & Catering

May 20, 2024 thru May 24, 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 - 05/20/2024															
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 - 05/21/2024															
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

May 20, 2024 thru May 24, 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)
Wed - 05/22/2024															
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	

	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 - 05/23/2024															
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
100% Orange Juice (Ardmore)4oz	1/2 C	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Vegetarian Jambalaya	6 oz	583	0	235	14.37	8.79	169.5	864	125.46	*5	18.61	114.29	8.47	1.61	*0.00
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	58	883	9.46	3.20	339.1	6618	71.08	*31	27.70	99.64	15.70	3.96	*0.00
% of Calories										*18.9%	17.0%	61.0%	21.6%	5.5%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

May 20, 2024 thru May 24, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 3

Generated on: 4/26/2024 8:32:32 AM

	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 - 05/24/2024															
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
PEACHES,FRESH K-5 Lunch	1/2 cup	59	0	0	2.25	0.38	9.0	489	9.9	13	1.37	14.31	0.38	0.03	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		536	58	821	9.07	3.90	365.5	6777	45.70	*28	29.27	73.23	15.05	3.02	*0.00
% of Calories										*20.7%	21.8%	54.7%	25.3%	5.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		635	56	778	11.13	3.84	405.4	3666	58.08	*31	32.66	92.64	15.13	4.44	*0.10
										*44.6%	20.6%	58.4%	21.4%	6.3%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	635		600 - 650	100%				
Cholesterol (mg)	56							
Sodium 1 (mg)	778		1230					
Sodium 2 (mg)	778		935					
Fiber (g)	11.13							
Iron (mg)	3.84							
Calcium (mg)	405.4							
Vitamin A (IU)	3666							
Sugars (g)	31	19.83%			Missing			
Vitamin C (mg)	58.08							
Protein (g)	32.66	20.58%						
Carbohydrate (g)	92.64	58.37%						
Total Fat (g)	15.13	21.44%						
Saturated Fat (g)	4.44	6.29%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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Top Spanish Cafe & Catering

May 27, 2024 thru May 31, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 4/26/2024 8:32:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/27/2024															
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)	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 - 05/28/2024															
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
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
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		574	57	802	11.66	3.21	389.5	1010	92.17	39	27.36	77.77	17.26	4.21	0.00
% of Calories										27.1%	19.1%	54.2%	27.1%	6.6%	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)
Wed - 05/29/2024															
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 1/2C (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
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
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
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		579	72	761	9.74	3.37	657.0	2613	62.04	36	29.45	76.70	17.97	6.95	0.00
% of Calories										24.6%	20.4%	53.0%	27.9%	10.8%	0.0%
Nutrient Guideline		600-650		1230											<10.00

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Top Spanish Cafe & Catering

May 27, 2024 thru May 31, 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 - 05/30/2024															
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 - 05/31/2024															
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		607	64	883	10.12	3.53	456.5	2670	51.21	*34	30.74	84.30	16.62	4.86	*0.18
										*50.1%	20.3%	55.6%	24.6%	7.2%	*0.3%

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Top Spanish Cafe & Catering

May 27, 2024 thru May 31, 2024

Base Menu Spreadsheet

K-8 Lunch

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	607		600 - 650	100%													
Cholesterol (mg)	64																
Sodium 1 (mg)	883		1230														
Sodium 2 (mg)	883		935														
Fiber (g)	10.12																
Iron (mg)	3.53																
Calcium (mg)	456.5																
Vitamin A (IU)	2670																
Sugars (g)	34	22.26%				Missing											
Vitamin C (mg)	51.21																
Protein (g)	30.74	20.26%															
Carbohydrate (g)	84.30	55.55%															
Total Fat (g)	16.62	24.64%															
Saturated Fat (g)	4.86	7.21%	<10.00%														
Trans Fat ¹ (g)	0.18	0.26%				Missing											

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