

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Whole Grain Cereal Apples 2	WG Apple Muffin 100% Orange Juice 3	WG Pancakes Turkey Bacon Fruit Jelly Pears 4	WG Bagels Cream Cheese Oranges 5	WG Mini Cinnamon Roll Cantaloupe 6
Assorted Whole Grain Cereal Pears 9	WG Pancakes Turkey Breakfast Sausage Syrup Fruit Salad 10	WG Banana Bread Loaf Apples 11	WG Bagels Cream Cheese 100% Orange Juice 12	WG Strawberry Oatmeal Bar Peach Cup 13
Assorted Whole Grain Cereal Pears 16	WG Bagels Cream Cheese 100% Orange Juice 17	Fat Free Yogurt Granola Fruit Salad 18	WG Pancakes Turkey Breakfast Sausage Apples Syrup 19	WG Banana Bread Loaf Bananas 20
NO SCHOOL 23	NO SCHOOL 24	NO SCHOOL 25	NO SCHOOL 26	NO SCHOOL 27
NO SCHOOL 30	NO SCHOOL 31			

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

This institution is an equal opportunity provider

DECEMBER 2024 VEGETARIAN

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Whole Grain Cereal Apples 2	WG Apple Muffin 100% Orange Juice 3	WG Pancakes Fruit Jelly Pears 4	WG Bagels Cream Cheese Oranges 5	WG Mini Cinnamon Roll Cantaloupe 6
Assorted Whole Grain Cereal Pears 9	WG Pancakes Syrup Fruit Salad 10	WG Banana Bread Loaf Apples 11	WG Bagels Cream Cheese 100% Orange Juice 12	WG Strawberry Oatmeal Bar Peach Cup 13
Assorted Whole Grain Cereal Pears 16	WG Bagels Cream Cheese 100% Orange Juice 17	Fat Free Yogurt Granola Fruit Salad 18	WG Pancakes Apples Syrup 19	WG Banana Bread Loaf Bananas 20
NO SCHOOL 23	NO SCHOOL 24	NO SCHOOL 25	NO SCHOOL 26	NO SCHOOL 27
NO SCHOOL 30	NO SCHOOL 31			

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

This institution is an equal opportunity provider

DECEMBER 2024 GLUTEN FREE

Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free Corn Chex Cereal Apples 2	Gluten Free Cheerios 100% Orange Juice 3	Vans GF Pancake Turkey Bacon Fruit Jelly Pears 4	Gluten Free Corn Chex Cereal Oranges 5	Gluten Free Cheerios Cantaloupe 6
Gluten Free Corn Chex Cereal Pears 9	Vans GF Pancake Turkey Breakfast Sausage Syrup Fruit Salad 10	Gluten Free Cheerios Apples 11	Gluten Free Corn Chex Cereal 100% Orange Juice 12	Gluten Free Cheerios Peach Cup 13
Gluten Free Cheerios Pears 16	Gluten Free Corn Chex Cereal 100% Orange Juice 17	Gluten Free Cheerios Fruit Salad 18	Vans GF Pancake Turkey Breakfast Sausage Apples Syrup 19	Gluten Free Cheerios Bananas 20
NO SCHOOL 23	NO SCHOOL 24	NO SCHOOL 25	NO SCHOOL 26	NO SCHOOL 27
NO SCHOOL 30	NO SCHOOL 31			

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

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Top Spanish Cafe & Catering

Dec 2, 2024 thru Dec 6, 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 - 12/02/2024															
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 - 12/03/2024															
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	

Wed - 12/04/2024															
K-8 Breakfast	Total														
Whole Grain Pancakes 2.6oz	2 oz	160	8	180	2.00	1.46	73.2	0	0.0	10	4.0	30.0	3.0	0.00	0.00
Turkey Bacon.3s	0.54 oz	64	19	331	0.00	0.19	0.0	0	0.0	1	5.33	0.53	4.27	1.07	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Gluten Free 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

Dec 2, 2024 thru Dec 6, 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		462	33	638	7.56	1.99	366.5	676	8.79	48	17.92	80.49	8.65	1.78	0.00
% of Calories										41.5%	15.5%	69.6%	16.8%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 12/05/2024															
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
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		377	27	485	5.39	2.09	704.7	1026	92.31	30	15.43	60.81	7.92	4.73	0.00
% of Calories										32.0%	16.4%	64.6%	18.9%	11.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 12/06/2024															
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
Cantaloupe Melon BF 1C	1 cup	53	0	25	1.40	0.33	14.0	5276	57.25	12	1.31	12.73	0.3	0.08	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		389	7	423	4.50	2.68	325.8	5932	58.68	38	13.49	65.45	9.24	2.21	0.00
% of Calories										38.7%	13.9%	67.4%	21.4%	5.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		409	23	462	6.17	2.66	421.4	*1919	*51.98	41	14.48	72.49	8.04	2.23	0.00
										89.9%	14.2%	70.9%	17.7%	4.9%	0.0%

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Top Spanish Cafe & Catering

Dec 2, 2024 thru Dec 6, 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	409		400 - 500	100%													
Cholesterol (mg)	23																
Sodium 1 (mg)	462		540														
Sodium 2 (mg)	462		485														
Fiber (g)	6.17																
Iron (mg)	2.66																
Calcium (mg)	421.4																
Vitamin A (IU)	1919				Missing												
Sugars (g)	41	39.95%															
Vitamin C (mg)	51.98				Missing												
Protein (g)	14.48	14.17%															
Carbohydrate (g)	72.49	70.93%															
Total Fat (g)	8.04	17.69%															
Saturated Fat (g)	2.23	4.90%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

Dec 9, 2024 thru Dec 13, 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 - 12/09/2024															
K-8 Breakfast	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	160	4.00	1.80	60.0	300	3.6	6	2.0	22.0	2.5	0.00	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		312	7	295	9.49	2.29	353.5	980	12.44	35	10.72	62.46	3.91	0.75	0.00
% of Calories										45.3%	13.7%	80.0%	11.3%	2.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 12/10/2024															
K-8 Breakfast	Total														
Whole Grain Pancake 1.3oz	1 oz	80	4	90	1.00	0.73	36.6	0	0.0	5	2.0	15.0	1.5	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
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
SYRUP. (A)..	43grams	240	0	0	0.00	0.00	0.0	0	0.0	38	0.0	62.0	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		642	40	333	3.04	1.94	313.9	632	1.13	95	15.93	132.86	6.64	1.68	0.00
% of Calories										59.2%	9.9%	82.8%	9.3%	2.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 12/11/2024															
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

Dec 9, 2024 thru Dec 13, 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		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 - 12/12/2024															
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
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
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	

Fri - 12/13/2024															
K-8 Breakfast	Total														
WG Strawberry Oatmeal Bar HS	2.4 oz	280	10	150	2.00	2.00	20.0	0	0.0	18	4.0	46.0	9.0	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 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		494	17	284	4.15	2.64	302.2	656	1.43	53	14.18	86.42	9.90	1.66	0.00
% of Calories										43.1%	11.5%	70.0%	18.0%	3.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		455	20	359	4.83	1.93	379.9	729	21.62	54	14.07	84.75	7.46	2.19	0.00
										106.8%	12.4%	74.5%	14.8%	4.3%	0.0%

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Top Spanish Cafe & Catering

Dec 9, 2024 thru Dec 13, 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	455		400 - 500	100%													
Cholesterol (mg)	20																
Sodium 1 (mg)	359		540														
Sodium 2 (mg)	359		485														
Fiber (g)	4.83																
Iron (mg)	1.93																
Calcium (mg)	379.9																
Vitamin A (IU)	729																
Sugars (g)	54	47.45%															
Vitamin C (mg)	21.62																
Protein (g)	14.07	12.36%															
Carbohydrate (g)	84.75	74.50%															
Total Fat (g)	7.46	14.76%															
Saturated Fat (g)	2.19	4.34%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

Dec 16, 2024 thru Dec 20, 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 - 12/16/2024															
K-8 Breakfast	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	160	4.00	1.80	60.0	300	3.6	6	2.0	22.0	2.5	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
Weighted Daily Average		304	7	282	9.43	2.08	335.8	932	12.31	35	10.19	60.96	3.87	0.75	0.00
% of Calories										45.6%	13.4%	80.2%	11.5%	2.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 12/17/2024															
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
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	

Wed - 12/18/2024															
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
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
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		453	12	287	3.24	2.18	491.2	1154	1.49	70	14.35	91.74	4.82	1.69	0.00
% of Calories										61.8%	12.7%	80.9%	9.6%	3.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Dec 16, 2024 thru Dec 20, 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)
Thu - 12/19/2024															
K-8 Breakfast	Total														
Whole Grain Pancakes 2.6oz	2 oz	160	8	180	2.00	1.46	73.2	0	0.0	10	4.0	30.0	3.0	0.00	0.00
Turkey 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, 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
SYRUP. (A)	43grams	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		505	44	392	5.31	2.01	342.6	669	7.48	55	17.77	92.41	8.29	1.72	0.00
% of Calories										43.4%	14.1%	73.2%	14.8%	3.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 12/20/2024															
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
Banana2	1 C	210	0	2	6.14	0.61	11.8	151	20.53	29	2.57	53.9	0.78	0.26	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		565	7	372	8.28	1.35	295.0	807	21.96	64	15.70	111.37	9.72	2.40	0.00
% of Calories										45.2%	11.1%	78.9%	15.5%	3.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average		446	20	369	5.65	1.90	420.6	842	25.71	52	14.81	84.40	6.88	2.25	0.00
										105.1%	13.3%	75.8%	13.9%	4.6%	0.0%

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Top Spanish Cafe & Catering

Dec 16, 2024 thru Dec 20, 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	446		400 - 500	100%													
Cholesterol (mg)	20																
Sodium 1 (mg)	369		540														
Sodium 2 (mg)	369		485														
Fiber (g)	5.65																
Iron (mg)	1.90																
Calcium (mg)	420.6																
Vitamin A (IU)	842																
Sugars (g)	52	46.72%															
Vitamin C (mg)	25.71																
Protein (g)	14.81	13.29%															
Carbohydrate (g)	84.40	75.76%															
Total Fat (g)	6.88	13.90%															
Saturated Fat (g)	2.25	4.55%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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