

JUNE 2025

TOP SPANISH CATERING INC



Monday

Baked BBQ Glazed **2**
Chicken Drumstick
WG Roll
Green Beans
Apples

Cheeseburger on **9**
WG Bun
Potato Fries
Apples
Ketchup

Turkey Hot Dogs **16**
Potato Fries
Apples

Chicken Drumstick **23**
WG Roll
Black Beans
Apples
Ketchup

30
SUMMER BREAK

Tuesday

Rice and Beans **3**
With Mozzarella
Corn
Bananas

Beef Taco **10**
Taco Shells
Black Beans
Bananas

Chicken Parmesan **17**
WG Roll
Mixed Vegetables
Oranges

Ground Beef **24**
Macaroni
Carrots
Bananas

Wednesday

Spaghetti & Beef **4**
Meatballs
Marinara Sauce
Carrots
100% Apple Juice

Grilled Chicken **11**
Salad
Corn Chips
Ranch
100% Orange Juice

Ground Beef **18**
Spanish Rice
Pinto Beans
100% Grape Juice

Macaroni & Cheese **25**
With Chicken
Broccoli
100% Orange Juice

Thursday

Turkey Ham and Cheese **5**
Sandwich
Berries & Romaine Lettuce
Salad
Peaches

Spanish Rice with **12**
Chicken
Carrots
Oranges

19
NO SCHOOL

26
SUMMER BREAK

Friday

Turkey Hot Dog **6**
Garbanzo Beans
Oranges

Cheese Pizza **13**
Green Beans
Pears

Turkey Bologna and **20**
Cheese Sandwich
Romaine Lettuce &
Tomato Salad
Bananas

27
SUMMER BREAK

- 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

JUNE 2025 VEGETARIAN

TOP SPANISH CATERING INC



Monday

Vegetarian Patty **2**
WG Roll
Green Beans
Apples

Vegetarian Patty on **9**
WG Bun
Potato Fries
Apples
Ketchup

Vegetarian Meat **16**
Hot Dog Roll
Potato Fries
Apples

Vegetarian Patty **23**
WG Roll
Black Beans
Apples
Ketchup

30
SUMMER BREAK

Tuesday

Rice and Beans **3**
With Mozzarella
Corn
Bananas

Vegetarian Meat Taco **10**
Taco Shells
Black Beans
Bananas

Vegetarian Patty **17**
Parmesan
WG Roll
Mixed Vegetables
Oranges

Vegetarian Meat **24**
Macaroni
Carrots
Bananas

Wednesday

Vegetarian Meat **4**
Pasta
Marinara Sauce
Carrots
100% Apple Juice

Grilled Tofu **11**
Salad
Corn Chips
Ranch
100% Orange Juice

Spanish Rice with **18**
Vegetarian Meat
Pinto Beans
100% Grape Juice

Macaroni & Cheese **25**
Broccoli
100% Orange Juice

Thursday

Tofu and Vegetable **5**
Berries & Romaine Lettuce
Salad
Peaches

Spanish Rice with **12**
Vegetarian Meat
Carrots
Oranges

19
NO SCHOOL

26
SUMMER BREAK

Friday

Black Beam Patty **6**
Hot Dog Roll
Garbanzo Beans
Oranges

Cheese Pizza **13**
Green Beans
Pears

SunButter & Jelly **20**
Sandwich
Romaine Lettuce &
Tomato Salad
Bananas

27
SUMMER BREAK

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JUNE 2025

GLUTEN FREE

Monday

Baked BBQ Glazed **2**
Chicken Drumstick
UDIS GF Bread
Green Beans
Apples

Cheeseburger on **9**
GF Bun
Potato Fries
Apples
Ketchup

Turkey Hot Dogs **16**
GF Bread
Potato Fries
Apples

Chicken Drumstick **23**
GF Bread
Black Beans
Apples
Ketchup

30
SUMMER BREAK

Tuesday

Rice and Beans **3**
With Mozzarella
Corn
Bananas

Beef Taco **10**
Corn Taco Shells
Black Beans
Bananas

Black Bean Patty **17**
Parmesan
GF Bread
Mixed Vegetables
Oranges

Ground Beef **24**
GF Pasta
Carrots
Bananas

Wednesday

GF Pasta & Beef **4**
Meatballs
Marinara Sauce
Carrots
100% Apple Juice

Grilled Chicken **11**
Salad
Corn Chips
Ranch
100% Orange Juice

Ground Beef **18**
Spanish Rice
Pinto Beans
100% Grape Juice

GF Macaroni & Cheese **25**
With Chicken
Broccoli
100% Orange Juice

Thursday

Turkey Ham and Cheese **5**
Sandwich in GF Bread
Berries & Romaine Lettuce
Salad
Peaches

Spanish Rice with **12**
Chicken
Carrots
Oranges

19
NO SCHOOL

26
SUMMER BREAK

Friday

Turkey Hot Dog **6**
GF Bread
Garbanzo Beans
Oranges

Cheese Pizza **13**
In GF Bread Slice
Green Beans
Pears

Turkey Bologna and **20**
Cheese Sandwich in GF
Bread
Romaine Lettuce &
Tomato Salad, Bananas

27
SUMMER BREAK

- 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

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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Generated on: 5/28/2025 11:41:21 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 - 06/02/2025															
K-8 Lunch	Total														
Baked BBQ Glazed Chicken Drum	3.2 oz	190	90		0.00	0.60	0.0	0	0.0	9	17.0	12.0	8.0	2.00	0.00
Whole Grain Roll	1.1 oz	80	0		1.00	0.80	0.0	0	0.0	1	2.0	14.0	1.5	0.00	0.00
GREEN BEANS.	3/4 CUP	30	0		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		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Vegetarian Patty.	2.5 oz	140	0		3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
Weighted Daily Average		469	94	1099	7.67	2.31	330.8	1156	11.93	38	28.87	64.72	11.06	2.77	0.00
% of Calories										32.4%	24.6%	55.2%	21.2%	5.3%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 06/03/2025															
K-8 Lunch	Total														
Rice and Beans..	1/2 Cup	315	0		5.85	1.75	31.6	93	16.73	*2	2.89	62.93	2.91	0.11	*0.00
CORN: frozen, yellow	3/4 CUP	107	0		3.17	0.62	4.0	263	4.62	4	3.37	25.48	0.88	0.14	0.00
Mozarella Cheese	1 oz	81	20		0.00	0.00	200.5	0	0.0	1	7.09	2.03	6.08	3.04	0.00
BANANAS MS Lunch	1/2 Cup	105	0		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		698	28	383	11.94	2.63	517.3	1061	32.33	*33	22.56	128.75	11.36	4.12	*0.00
% of Calories										*19.0%	12.9%	73.7%	14.6%	5.3%	*0.0%
Nutrient Guideline		600-650												<10.00	

Wed - 06/04/2025															
K-8 Lunch	Total														
Spaghetti-8 oz	8 oz	360	0		4.22	3.02	16.2	0	0.0	*N/A*	13.15	69.99	2.11	0.39	0.00
Beef Meatballs	2.5 oz	180	30		1.00	1.40	30.0	0	0.0	1	13.0	4.0	12.0	5.00	0.00
Marinara Sauce 1/4C (F)	1/4 C	25	0		1.00	0.72	10.0	250	0.0	3	0.5	5.0	0.5	0.00	0.00
Carrots 1/2C.	1/2 C	27	0		2.43	0.39	26.4	12303	1.72	*N/A*	0.43	5.72	0.5	0.09	0.00
100% Apple Juice (Ardmore)4oz	1/2 C	60	0		0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		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		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	554	0		15.14	7.19	34.5	85	2.38	5	30.37	90.37	10.37	1.00	0.00

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Top Spanish Cafe & Catering

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories		748	36	438	8.99	5.60	346.2	13148	2.96	*29 *15.3%	34.92 18.7%	111.63 59.7%	16.15 19.4%	6.03 7.3%	0.00 0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 06/05/2025															
K-8 Lunch	Total														
Turkey Ham 3oz (JO).	3.01 oz	110	55		0.00	0.70	0.0	0	0.0	0	14.0	1.0	5.0	1.50	0.00
Whole Grain Bun 2oz.	2 oz	130	0		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		0.99	0.46	15.5	4094	1.88	1	0.58	1.55	0.14	0.02	0.00
tomatoes 3/4C	3/4 C	24	0		1.62	0.36	13.5	1125	18.5	4	1.19	5.25	0.27	0.04	0.00
Strawberries, fresh	0.25 cup	23	0		1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	0.00
MILK, 1%, Unflavored.	8 oz	110	10		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		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		2.25	0.38	9.0	489	9.9	13	1.37	14.31	0.38	0.03	0.00
Tofu and Vegetable Sandwich	2.2 oz	59	0		0.73	1.06	44.0	0	0.0	0	6.6	2.2	2.93	0.37	0.00
Ranch Dressing.	12Grams	10	0		0.00	0.00	20.0	0	0.0	1	0.0	3.0	0.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		465	62	996	9.32	4.23	358.1	6346	73.76	35 30.3%	29.86 25.7%	69.68 59.9%	8.81 17.0%	2.33 4.5%	0.00 0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 06/06/2025															
K-8 Lunch	Total														
HOT DOG ON A BUN:Turkey Frank	4oz Hotdog	249	45		2.98	1.79	105.9	0	0.0	4	12.97	27.86	11.99	2.50	0.00
Hot Dog Bun-Ultra	2oz Bun	130	0		3.00	1.08	26.0	0	0.0	3	6.0	26.0	2.0	0.00	0.00
Orange Navel K-8	1/2 Cup	75	0		3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
Garbanzo/Chickpeas, Sauteed	3/4 C	313	0		8.28	2.89	64.9	104	18.25	*6	10.05	35.32	16.86	2.11	0.00
MILK, Skim, Unflavored.	8 oz	90	5		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		863	51	1626	17.73	5.94	537.1	1114	110.43	*38 *17.5%	38.46 17.8%	120.97 56.1%	32.00 33.4%	5.30 5.5%	0.00 0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/09/2025															
K-8 Lunch	Total														
Beef Patty 2.25 Oz	2.25 oz	130	35		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		3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
Potato Fries 3/4C. mcca	3/4 C	200	0		2.00	0.60	20.0	0	0.0	2	2.0	34.02	8.0	1.00	0.00
Apples.	1 cup	72	0		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		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		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	140	0		3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
KETCHUP: individual (WC)	9 grams	10	0		0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
American Cheese Pullman	1 oz	40	10		0.00	0.00	75.0	0	0.0	1	2.0	1.0	3.0	1.75	0.00
Weighted Daily Average		682	52	787	8.39	3.78	401.7	700	7.55	33	27.48	97.20	22.94	7.46	0.49
% of Calories										19.3%	16.1%	57.0%	30.3%	9.8%	0.6%
Nutrient Guideline		600-650												<10.00	

Tue - 06/10/2025															
K-8 Lunch	Total														
BEEF for TACOs 3oz.*	3 oz	185	54		0.70	2.21	21.4	312	2.4	*1	15.49	2.77	12.18	4.60	*0.69
Black beans 1C	1 C	174	0		8.72	1.74	69.8	0	0.0	2	10.47	31.4	0.0	0.00	0.00
Taco Shell-7" HS/Mission	2 shells	210	0		3.00	0.00	30.0	0	0.0	1	3.0	28.0	9.0	1.00	0.00
BANANAS MS Lunch	1/2 Cup	105	0		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Vegetarian Meat Taco.	3 oz	213	0		7.00	2.59	61.8	4062	7.67	5	19.06	20.63	7.82	1.03	0.00
Weighted Daily Average		774	61	460	15.59	4.27	403.6	1080	13.90	*31	38.31	102.39	22.69	6.39	*0.68
% of Calories										*15.8%	19.8%	52.9%	26.4%	7.4%	*0.8%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/11/2025															
K-8 Lunch	Total														
Green Salad with Grilled Chick	1 Salad Bo	201	60		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		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		0.00	0.00	20.0	0	0.0	1	0.0	3.0	0.0	0.00	0.00
100% Orange Juice (Ardmore)4oz	1/2 C	50	0		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		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		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		4.20	2.89	103.8	5039	23.29	*1	12.41	20.39	5.34	0.78	*0.00
Weighted Daily Average		520	66	1134	4.22	1.69	376.1	5664	66.49	*25	32.18	63.41	14.64	2.54	*0.00
% of Calories										*19.0%	24.8%	48.8%	25.3%	4.4%	*0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 06/12/2025															
K-8 Lunch	Total														
SPANISH RICE With Chicken	6 Oz	287	56		1.53	3.09	34.2	340	11.14	*2	23.23	33.51	5.6	1.65	*0.00
CARROTS: fresh, boiled-MS	3/4 CUP	42	0		3.60	0.41	36.0	20440	4.32	4	0.91	9.86	0.22	0.04	0.00
Orange Navel K-8	1/2 Cup	75	0		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
SPANISH RICE With VG Meat	6 Oz	388	0		6.93	3.74	60.9	340	11.14	*2	21.75	51.43	10.39	1.26	*0.00
Weighted Daily Average		507	62	516	8.70	3.72	413.4	21789	107.63	*31	33.49	76.27	7.42	2.42	*0.00
% of Calories										*24.4%	26.4%	60.2%	13.2%	4.3%	*0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 06/13/2025															
K-8 Lunch	Total														
Pizza Cheese K-5.	1 Slices	402	40		2.00	2.58	450.9	750	21.0	12	21.17	42.05	18.65	6.57	0.00
GREEN BEANS.	3/4 CUP	30	0		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		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00

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Top Spanish Cafe & Catering

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		633	48	1376	10.76	3.61	788.6	1880	34.21	43	31.42	89.07	20.26	7.37	0.00
% of Calories										27.5%	19.9%	56.3%	28.8%	10.5%	0.0%
Nutrient Guideline		600-650												<10.00	

Mon - 06/16/2025															
K-8 Lunch	Total														
HOT DOG ON A BUN:Turkey Frank	4oz Hotdog	249	45		2.98	1.79	105.9	0	0.0	4	12.97	27.86	11.99	2.50	0.00
Hot Dog Bun-Ultra	2oz Bun	130	0		3.00	1.08	26.0	0	0.0	3	6.0	26.0	2.0	0.00	0.00
Apples.	1 cup	72	0		3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Potato Fries 3/4C. mcca	3/4 C	200	0		2.00	0.60	20.0	0	0.0	2	2.0	34.02	8.0	1.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		746	51	1306	11.38	3.62	434.3	704	7.51	35	29.37	119.41	23.15	4.20	0.00
% of Calories										18.9%	15.7%	64.0%	27.9%	5.1%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 06/17/2025															
K-8 Lunch	Total														
Chicken Patty.	1 oz	120	50		0.00	0.36	20.0	100	0.0	0	6.0	5.0	8.0	2.00	0.00
Marinara Sauce 1/4C (F)	1/4 C	25	0		1.00	0.72	10.0	250	0.0	3	0.5	5.0	0.5	0.00	0.00
Mozarella Cheese	1 oz	81	20		0.00	0.00	200.5	0	0.0	1	7.09	2.03	6.08	3.04	0.00
Whole Grain Roll	1.1 oz	80	0		1.00	0.80	0.0	0	0.0	1	2.0	14.0	1.5	0.00	0.00
Mixed Vegetables.	1 CUP	118	0		8.01	1.49	45.5	7784	5.82	6	5.21	23.82	0.27	0.06	0.00
MILK, 1%, Unflavored.	8 oz	110	10		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Vegetarian Patty.	2.5 oz	140	0		3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
Weighted Daily Average		599	77	794	13.45	3.59	618.2	9143	97.99	36	30.36	82.14	17.76	5.82	0.00
% of Calories										23.9%	20.3%	54.8%	26.7%	8.7%	0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Jun 2, 2025 thru Jun 27, 2025

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)
Wed - 06/18/2025															
K-8 Lunch	Total														
GROUND BEEF & SPANISH RICE	3/4 CUP	376	58		3.00	3.48	37.5	352	11.14	*2	18.32	38.74	14.52	4.94	*0.73
k-8															
Pinto Beans 1/2C	1/2 C	105	0		4.36	1.74	36.6	0	0.0	1	6.11	18.32	0.0	0.00	0.00
100% Grape Juice 4oz	4 oz	80	0		0.00	0.00	20.0	0	0.0	18	0.0	18.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		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		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	388	0		6.93	3.74	60.9	340	11.14	*2	21.75	51.43	10.39	1.26	*0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		660	63	705	7.51	5.23	370.8	982	12.29	*33	32.55	88.50	15.56	5.52	*0.71
% of Calories										*19.7%	19.7%	53.6%	21.2%	7.5%	*1.0%
Nutrient Guideline		600-650												<10.00	

Thu - 06/19/2025															
K-8 Lunch	Total														
NO SCHOOL TODAY	SERVING	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												<10.00	

Fri - 06/20/2025															
K-8 Lunch	Total														
Turkey Bologna 3oz (FF)	2 oz	130	40		0.00	0.72	60.0	0	0.0	0	6.0	1.0	11.0	2.50	0.00
Whole Grain Bun 2oz.	2 oz	130	0		3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
BANANAS MS Lunch	1/2 Cup	105	0		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		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		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Romaine Lettuce and Tomato	3/4 C	12	0		1.03	0.35	12.3	2422	6.66	*0	0.69	2.54	0.16	0.02	*0.00
Sunflower & Jelly Sandwich	2.8 oz	310	0		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		478	46	866	7.14	3.47	363.2	3127	18.07	*29	19.93	69.70	14.35	3.35	*0.00
% of Calories										*24.3%	16.7%	58.3%	27.0%	6.3%	*0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/23/2025															
K-8 Lunch	Total														
Chicken Drumstick.	5.15 oz	220	60		1.00	1.00	14.0	0	0.0	0	19.0	6.0	13.0	3.00	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0		2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
Black beans 3/4C	3/4 C	131	0		6.54	1.31	52.3	0	0.0	1	7.85	23.55	0.0	0.00	0.00
Apples.	1 cup	72	0		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Vegetarian Patty.	2.5 oz	140	0		3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
Diced Chicken Tyson	2.3 oz	101	43		0.00	0.47	0.0	0	0.0	0	13.97	0.78	3.88	1.16	0.00
KETCHUP: individual (WC)	9 grams	10	0		0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		659	65	1190	12.93	4.00	391.2	704	7.51	31	39.17	89.56	15.21	3.69	0.00
% of Calories										18.6%	23.8%	54.3%	20.8%	5.0%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 06/24/2025															
K-8 Lunch	Total														
GROUND BEEF & MACARONI 3/4 .cup	3/4 CUP	285	52		2.19	3.38	47.1	666	8.15	*3	19.23	24.38	12.21	4.51	*0.66
Banana2	1 C	210	0		6.14	0.61	11.8	151	20.53	29	2.57	53.9	0.78	0.26	0.00
CARROTS: fresh, boiled-MS	3/4 CUP	42	0		3.60	0.41	36.0	20440	4.32	4	0.91	9.86	0.22	0.04	0.00
MILK, Skim, Unflavored.	8 oz	90	5		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Vegetarian Spaghetti K-8	6 oz	245	0		11.18	4.08	64.1	1003	4.79	*0	14.83	45.69	3.01	0.11	0.00
Weighted Daily Average		634	57	615	12.26	4.41	371.3	21898	33.99	*48	30.48	101.84	14.01	5.35	*0.63
% of Calories										*30.2%	19.2%	64.2%	19.9%	7.6%	*0.9%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/25/2025															
K-8 Lunch	Total														
Mac&Cheese with Chicken	6 oz	332	58		2.00	0.23	371.0	493	1.0	8	21.99	30.39	12.94	7.08	0.00
BROCCOLI: frozen, boiled HS	1 CUP	52	0		5.52	1.12	60.7	1860	73.78	3	5.7	9.84	0.22	0.03	0.00
100% Orange Juice (Ardmore)4oz	1/2 C	50	0		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		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		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		0.00	0.47	0.0	0	0.0	0	13.97	0.78	3.88	1.16	0.00
Weighted Daily Average		526	65	961	7.49	1.35	691.6	2949	117.92	32	36.15	64.35	14.20	7.74	0.00
% of Calories										24.4%	27.5%	48.9%	24.3%	13.2%	0.0%
Nutrient Guideline		600-650												<10.00	
Thu - 06/26/2025															
K-8 Lunch	Total														
NO SCHOOL TODAY	SERVING	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												<10.00	
Fri - 06/27/2025															
K-8 Lunch	Total														
NO SCHOOL TODAY	SERVING	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												<10.00	
Weighted Average		627	58		10.32	3.73	453.7	5497	44.50	*34 *48.8%	31.50 20.1%	90.56 57.8%	16.56 23.8%	4.85 7.0%	*0.15 *0.2%

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Top Spanish Cafe & Catering

Jun 2, 2025 thru Jun 27, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

		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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	627		600 - 650	100%												
Cholesterol (mg)	58															
Sodium 1a (mg)	897		1110	81%												
Fiber (g)	10.32															
Iron (mg)	3.73															
Calcium (mg)	453.7															
Vitamin A (IU)	5497															
Sugars (g)	34	21.70%			Missing											
Vitamin C (mg)	44.50															
Protein (g)	31.50	20.09%														
Carbohydrate (g)	90.56	57.76%														
Total Fat (g)	16.56	23.77%														
Saturated Fat (g)	4.85	6.95%	<10.00%													
Trans Fat ¹ (g)	0.15	0.21%			Missing											

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