

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

Chicken Drumsticks **5**  
WG Roll  
Corn  
Apples

Beef Meatloaf **6**  
WG Roll  
Mashed Potatoes  
Green Beans  
Bananas

Spaghetti and Beef **7**  
Meatballs in Marinara  
Sauce  
Broccoli  
100% Apple Juice

Cheeseburger on **1**  
WG Bun  
Sweet Potatoes  
Apples  
Ketchup

**2**  
Ground Beef Macaroni  
Green Beans  
Peaches

Chicken Patty **12**  
Sandwich on WG Bun  
Baked Beans  
Oranges  
Ketchup

Cheese Ravioli in **13**  
Marinara Sauce  
Green Beans  
Bananas

Turkey Ham and Cheese **14**  
Sandwich  
Romaine and Tomato  
Salad  
100% Grape Juice

Spanish Rice with **8**  
Chicken  
Black Beans  
Pears

Chicken Nuggets **9**  
WG Roll  
Sweet Potatoes  
Oranges

Turkey Hot Dog on WG **15**  
Bun  
Potato Fries  
Apples

WG Chicken Eggroll **16**  
Brown Rice  
Broccoli  
Tangerines

BBQ Glazed Drumsticks **19**  
WG Roll  
Corn  
Apples

Beef Taco **20**  
Taco Shells  
Black Beans  
Bananas

Green Salad with **21**  
Grilled Chicken  
Corn Chips  
100% Orange Juice  
Ranch

**22**  
Macaroni & Cheese with  
Chicken  
Broccoli  
Tangerines

**23**  
Cheese Pizza  
Green Beans  
Pears

**NO SCHOOL** **26**

Turkey Hot Dog on WG **17**  
Bun  
Potato Fries  
Apples

Turkey Bologna and **28**  
Cheese Sandwich  
Romaine and Tomato  
Salad  
Bananas

Ground Beef Spanish **29**  
Rice  
Pinto Beans  
100% Grape Juice

Chicken Parmesan **30**  
WG Roll  
Mixed Vegetables  
Oranges

- 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*

# MAY 2025 VEGETARIAN

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

**Vegetarian Patty 5**  
WG Roll  
Corn  
Apples

**Black Bean Patty 6**  
WG Roll  
Mashed Potatoes  
Green Beans  
Bananas

**Vegetarian Meat Spaghetti 7**  
in Marinara Sauce  
Broccoli  
100% Apple Juice

**Vegetarian Patty on 1**  
WG Bun  
Sweet Potatoes  
Apples  
Ketchup

**2**  
Vegetarian Meat Pasta  
Green Beans  
Peaches

**Spanish Rice with 8**  
Vegetarian Meat  
Black Beans  
Pears

**Vegetarian Chick'n 9**  
Nuggets  
WG Roll  
Sweet Potatoes  
Oranges

**Vegetarian Patty 12**  
Sandwich on WG Bun  
Baked Beans  
Oranges  
Ketchup

**Cheese Ravioli in 13**  
Marinara Sauce  
Green Beans  
Bananas

**Sunbutter & Jelly 14**  
Sandwich  
Romaine and Tomato  
Salad  
100% Grape Juice

**Black Bean Patty on WG 15**  
Bun  
Potato Fries  
Apples

**Spanish Rice with 16**  
Vegetarian Meat  
Broccoli  
Tangerines

**Vegetarian Patty 19**  
WG Roll  
Corn  
Apples

**Vegetarian Meat Taco 20**  
Taco Shells  
Black Beans  
Bananas

**Green Salad with 21**  
Grilled Tofu  
Corn Chips  
100% Orange Juice  
Ranch

**22**  
Macaroni & Cheese  
Broccoli  
Tangerines

**23**  
Cheese Pizza  
Green Beans  
Pears

**NO SCHOOL 26**

**Black Bean Patty on WG 27**  
Bun  
Potato Fries  
Apples

**Sunbutter & Jelly 28**  
Sandwich  
Romaine and Tomato  
Salad  
Bananas

**Spanish Rice with 29**  
Vegetarian Meat  
Pinto Beans  
100% Grape Juice

**Vegetarian Patty 30**  
Parmesan  
WG Roll  
Mixed Vegetables  
Oranges

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# MAY 2025 GLUTEN FREE

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Drumsticks **5**  
UDIS WG Bread  
Corn  
Apples

Beef Meatloaf **6**  
UDIS WG Bread  
Mashed Potatoes  
Green Beans  
Bananas

GF Rice and Beef **7**  
Meatballs in Marinara  
Sauce  
Broccoli  
100% Apple Juice

Cheeseburger on **1**  
UDIS GF Bun  
Sweet Potatoes  
Apples  
Ketchup

**2**  
GF Ground Beef Macaroni  
Green Beans  
Peaches

Non Breaded Chicken **12**  
UDIS GF Bread  
Baked Beans  
Oranges  
Ketchup

GF Rice and Beef **13**  
Green Beans  
Bananas

Turkey Ham and Cheese **14**  
Sandwich on GF Bread  
Romaine and Tomato  
Salad  
100% Grape Juice

Spanish Rice with **8**  
Chicken  
Black Beans  
Pears

Non Breaded Chicken **9**  
UDIS GF Bread  
Sweet Potatoes  
Oranges

Turkey Hot Dog on **15**  
UDIS GF Bun  
Potato Fries  
Apples

GF Rice and Beans **16**  
Broccoli  
Tangerines

BBQ Glazed Drumsticks **19**  
UDIS GF Bread  
Corn  
Apples

Beef Taco **20**  
Taco Shells  
Black Beans  
Bananas

Green Salad with **21**  
Grilled Chicken  
Corn Chips  
100% Orange Juice  
Ranch

**22**  
GF Macaroni & Cheese  
with  
Chicken  
Broccoli

Cheese Pizza on GF **23**  
Bread Slice  
Green Beans  
Pears

**NO SCHOOL** **26**

Turkey Hot Dog on **27**  
UDIS GF Bun  
Potato Fries  
Apples

Turkey Bologna and **28**  
Cheese Sandwich on GF  
Bread  
Romaine and Tomato  
Salad, Bananas

Ground Beef Spanish **29**  
Rice  
Pinto Beans  
100% Grape Juice

Nonbreaded Chicken **30**  
Parmesan  
UDIS GF Bread  
Mixed Vegetables  
Oranges

- 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

Apr 28, 2025 thru May 2, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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Generated on: 4/24/2025 12:10:17 PM

|                             | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 04/28/2025            |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Lunch                   | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Chicken Patty-3oz *         | 3 oz            | 240            | 25             |              | 3.00         | 1.90         | 30.0          | 0             | 0.0           | 1             | 14.01        | 16.01       | 14.01        | 2.50         | 0.00                       |
| Whole Grain Bun 2oz.        | 2 oz            | 130            | 0              |              | 3.00         | 2.00         | 11.0          | 0             | 0.0           | 2             | 4.0          | 26.0        | 1.5          | 0.00         | 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, 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                       |
| 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                       |
| Gluten Free Bread           | 2 oz            | 140            | 0              |              | 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              |              | 0.00         | 0.00         | 0.0           | 0             | 0.0           | 2             | 0.0          | 3.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average      |                 | 867            | 32             | 1265         | 17.68        | 6.99         | 448.0         | 1115          | 110.42        | *36           | 37.54        | 112.53      | 33.71        | 5.34         | 0.00                       |
| % of Calories               |                 |                |                |              |              |              |               |               |               | *16.6%        | 17.3%        | 51.9%       | 35.0%        | 5.5%         | 0.0%                       |
| Nutrient Guideline          |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                           |         |         |    |     |       |      |       |      |       |       |       |        |       |        |      |
|---------------------------|---------|---------|----|-----|-------|------|-------|------|-------|-------|-------|--------|-------|--------|------|
| Tue - 04/29/2025          |         |         |    |     |       |      |       |      |       |       |       |        |       |        |      |
| K-8 Lunch                 | Total   |         |    |     |       |      |       |      |       |       |       |        |       |        |      |
| BROWN RICE 1C.            | 8 oz    | 160     | 0  |     | 1.88  | 0.68 | 2.5   | 0    | 0.0   | 0     | 0.0   | 32.9   | 1.41  | 0.00   | 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 1/8C.      | 1/8 C   | 20      | 0  |     | 0.00  | 0.27 | 10.0  | 188  | 5.25  | 2     | 0.5   | 3.0    | 0.75  | 0.00   | 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 |
| 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 |
| 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 |
| Weighted Daily Average    |         | 780     | 36 | 480 | 12.65 | 3.76 | 322.4 | 1198 | 31.43 | 48    | 27.77 | 133.69 | 16.88 | 5.97   | 0.00 |
| % of Calories             |         |         |    |     |       |      |       |      |       | 24.4% | 14.2% | 68.5%  | 19.5% | 6.9%   | 0.0% |
| Nutrient Guideline        |         | 600-650 |    |     |       |      |       |      |       |       |       |        |       | <10.00 |      |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Top Spanish Cafe & Catering

Apr 28, 2025 thru May 2, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 4/24/2025 12:10:17 PM

|                            | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|----------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Wed - 04/30/2025           |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| 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                       |
| 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                       |
| 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     |                 | 434            | 60             | 860          | 4.07         | 3.14         | 319.8         | 3052          | 7.81          | *33           | 26.31        | 60.75       | 8.21         | 2.26         | *0.00                      |
| % of Calories              |                 |                |                |              |              |              |               |               |               | *30.1%        | 24.2%        | 56.0%       | 17.0%        | 4.7%         | *0.0%                      |
| Nutrient Guideline         |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                          |         |         |    |     |       |      |       |       |       |       |       |       |       |        |      |
|--------------------------|---------|---------|----|-----|-------|------|-------|-------|-------|-------|-------|-------|-------|--------|------|
| Thu - 05/01/2025         |         |         |    |     |       |      |       |       |       |       |       |       |       |        |      |
| 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 |
| Sweet potatoes           | 3/4 cup | 154     | 0  |     | 5.66  | 1.18 | 65.1  | 32945 | 33.6  | 11    | 3.45  | 35.5  | 0.26  | 0.09   | 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   |         | 636     | 52 | 809 | 12.04 | 4.36 | 446.9 | 33645 | 41.15 | 42    | 28.93 | 98.69 | 15.19 | 6.55   | 0.49 |
| % of Calories            |         |         |    |     |       |      |       |       |       | 26.4% | 18.2% | 62.0% | 21.5% | 9.3%   | 0.7% |
| Nutrient Guideline       |         | 600-650 |    |     |       |      |       |       |       |       |       |       |       | <10.00 |      |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Top Spanish Cafe & Catering

Apr 28, 2025 thru May 2, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

|                                 | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|---------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Fri - 05/02/2025                |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| 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                      |
| PEACHES,FRESH K-5 B             | 1 cup           | 59             | 0              |              | 2.25         | 0.38         | 9.0           | 489           | 9.9           | 13            | 1.37         | 14.31       | 0.38         | 0.03         | 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                       |
| 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          |                 | 471            | 57             | 544          | 8.02         | 4.48         | 377.8         | 2249          | 23.47         | *29           | 29.97        | 59.34       | 13.57        | 5.12         | *0.63                      |
| % of Calories                   |                 |                |                |              |              |              |               |               |               | *25.0%        | 25.5%        | 50.4%       | 26.0%        | 9.8%         | *1.2%                      |
| Nutrient Guideline              |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                  |  |     |    |  |       |      |       |      |       |        |       |       |       |      |       |
|------------------|--|-----|----|--|-------|------|-------|------|-------|--------|-------|-------|-------|------|-------|
| Weighted Average |  | 638 | 47 |  | 10.89 | 4.55 | 383.0 | 8252 | 42.85 | *37    | 30.10 | 93.00 | 17.51 | 5.05 | *0.22 |
|                  |  |     |    |  |       |      |       |      |       | *52.9% | 18.9% | 58.3% | 24.7% | 7.1% | *0.3% |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 638      |           | 600 - 650     | 100%        |           |           |         |                         |
| Cholesterol (mg)           | 47       |           |               |             |           |           |         |                         |
| Sodium 1a (mg)             | 792      |           | 1110          | 71%         |           |           |         |                         |
| Fiber (g)                  | 10.89    |           |               |             |           |           |         |                         |
| Iron (mg)                  | 4.55     |           |               |             |           |           |         |                         |
| Calcium (mg)               | 383.0    |           |               |             |           |           |         |                         |
| Vitamin A (IU)             | 8252     |           |               |             |           |           |         |                         |
| Sugars (g)                 | 37       | 23.52%    |               |             | Missing   |           |         |                         |
| Vitamin C (mg)             | 42.85    |           |               |             |           |           |         |                         |
| Protein (g)                | 30.10    | 18.89%    |               |             |           |           |         |                         |
| Carbohydrate (g)           | 93.00    | 58.34%    |               |             |           |           |         |                         |
| Total Fat (g)              | 17.51    | 24.72%    |               |             |           |           |         |                         |
| Saturated Fat (g)          | 5.05     | 7.13%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.22     | 0.32%     |               |             | Missing   |           |         |                         |

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
*<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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# Top Spanish Cafe & Catering

May 5, 2025 thru May 9, 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 <sup>1</sup> (g) |
|-------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 05/05/2025        |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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        | 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                    |
| 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                    |
| 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  |              | 574         | 65          | 802       | 8.55      | 2.61      | 302.8      | 967        | 12.13      | 31         | 32.54     | 77.48    | 16.55     | 3.81      | 0.00                    |
| % of Calories           |              |             |             |           |           |           |            |            |            | 21.9%      | 22.7%     | 54.0%    | 25.9%     | 6.0%      | 0.0%                    |
| Nutrient Guideline      |              | 600-650     |             |           |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                                |         |         |    |      |      |      |       |      |       |       |       |       |       |        |       |
|--------------------------------|---------|---------|----|------|------|------|-------|------|-------|-------|-------|-------|-------|--------|-------|
| Tue - 05/06/2025               |         |         |    |      |      |      |       |      |       |       |       |       |       |        |       |
| K-8 Lunch                      | Total   |         |    |      |      |      |       |      |       |       |       |       |       |        |       |
| Meatloaf 3oz                   | 2 oz    | 180     | 35 |      | 1.00 | 1.80 | 20.0  | 200  | 3.6   | 5     | 12.0  | 8.0   | 11.0  | 4.50   | 0.50  |
| 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  |
| Mashed Potatoes-HR k-8 Side    | 1/2 cup | 87      | 2  |      | 1.58 | 0.28 | 25.2  | 28   | 6.51  | 2     | 2.01  | 18.45 | 0.6   | 0.32   | *N/A* |
| GREEN BEANS: frozen,boiled 1/2 | 1/2 C   | 19      | 0  |      | 2.03 | 0.45 | 28.4  | 283  | 2.77  | 1     | 1.01  | 4.35  | 0.11  | 0.03   | 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, 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  |
| 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  |
| Weighted Daily Average         |         | 569     | 43 | 1159 | 8.81 | 3.62 | 356.9 | 1209 | 24.18 | 35    | 26.37 | 84.99 | 14.60 | 5.58   | *0.48 |
| % of Calories                  |         |         |    |      |      |      |       |      |       | 24.7% | 18.5% | 59.7% | 23.1% | 8.8%   | *0.8% |
| Nutrient Guideline             |         | 600-650 |    |      |      |      |       |      |       |       |       |       |       | <10.00 |       |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Top Spanish Cafe & Catering

May 5, 2025 thru May 9, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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|                               | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Wed - 05/07/2025              |                 |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| 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 1/2C (F)       | 1/2 C           | 50             | 0              |              | 2.00         | 1.44         | 20.0         | 500           | 0.0           | 6             | 1.0          | 10.0        | 1.0          | 0.00         | 0.00                       |
| BROCCOLI: fresh, boiled.1/2   | 1/2 cup         | 27             | 0              |              | 2.57         | 0.52         | 31.2         | 1207          | 50.62         | 1             | 1.86         | 5.6         | 0.32         | 0.06         | 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                       |
| Weighted Daily Average        |                 | 772            | 36             | 469          | 10.09        | 6.42         | 360.6        | 2292          | 51.86         | *33           | 36.83        | 116.30      | 16.44        | 6.00         | 0.00                       |
| % of Calories                 |                 |                |                |              |              |              |              |               |               | *16.9%        | 19.1%        | 60.3%       | 19.2%        | 7.0%         | 0.0%                       |
| Nutrient Guideline            |                 | 600-650        |                |              |              |              |              |               |               |               |              |             |              | <10.00       |                            |

|                           |       |         |    |     |       |      |       |      |       |        |       |       |       |        |       |
|---------------------------|-------|---------|----|-----|-------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| Thu - 05/08/2025          |       |         |    |     |       |      |       |      |       |        |       |       |       |        |       |
| 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 |
| 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  |
| 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, 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    |       | 622     | 62 | 630 | 13.77 | 4.74 | 379.5 | 1014 | 19.95 | *32    | 39.67 | 97.76 | 7.23  | 2.40   | *0.00 |
| % of Calories             |       |         |    |     |       |      |       |      |       | *20.8% | 25.5% | 62.9% | 10.5% | 3.5%   | *0.0% |
| Nutrient Guideline        |       | 600-650 |    |     |       |      |       |      |       |        |       |       |       | <10.00 |       |

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Top Spanish Cafe & Catering

May 5, 2025 thru May 9, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

|                            | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|----------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Fri - 05/09/2025           |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Lunch                  | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Chicken Nuggets            | 3 oz            | 260            | 30             |              | 2.00         | 2.00         | 43.0          | 0             | 0.0           | 0             | 17.0         | 15.0        | 14.0         | 2.50         | 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                       |
| Sweet potatoes             | 3/4 cup         | 154            | 0              |              | 5.66         | 1.18         | 65.1          | 32945         | 33.6          | 11            | 3.45         | 35.5        | 0.26         | 0.09         | 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                       |
| Vegetarian Chick'N Nuggets | 3oz (4piece)    | 170            | 0              |              | 3.00         | 2.20         | 40.0          | 0             | 0.0           | 2             | 12.0         | 18.0        | 8.0          | 1.00         | 0.00                       |
| Diced Chicken Tyson 4oz    | 4 oz            | 175            | 74             |              | 0.00         | 0.81         | 0.0           | 0             | 0.0           | 0             | 24.3         | 1.35        | 6.75         | 2.03         | 0.00                       |
| Gluten Free Bread          | 2 oz            | 140            | 0              |              | 4.00         | 0.48         | 0.0           | 0             | 0.0           | 2             | 2.0          | 26.0        | 3.33         | 1.67         | 0.00                       |
| Weighted Daily Average     |                 | 714            | 36             | 990          | 13.08        | 4.87         | 489.7         | 33956         | 125.76        | 37            | 33.57        | 107.83      | 16.35        | 3.26         | 0.00                       |
| % of Calories              |                 |                |                |              |              |              |               |               |               | 20.9%         | 18.8%        | 60.4%       | 20.6%        | 4.1%         | 0.0%                       |
| Nutrient Guideline         |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                  |  |     |    |  |       |      |       |      |       |               |                |                |                |              |                |
|------------------|--|-----|----|--|-------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Weighted Average |  | 650 | 48 |  | 10.86 | 4.45 | 377.9 | 7887 | 46.78 | *34<br>*46.7% | 33.80<br>20.8% | 96.87<br>59.6% | 14.23<br>19.7% | 4.21<br>5.8% | *0.10<br>*0.1% |
|------------------|--|-----|----|--|-------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 650      |           | 600 - 650     | 100%        |           |           |         |                         |
| Cholesterol (mg)           | 48       |           |               |             |           |           |         |                         |
| Sodium 1a (mg)             | 810      |           | 1110          | 73%         |           |           |         |                         |
| Fiber (g)                  | 10.86    |           |               |             |           |           |         |                         |
| Iron (mg)                  | 4.45     |           |               |             |           |           |         |                         |
| Calcium (mg)               | 377.9    |           |               |             |           |           |         |                         |
| Vitamin A (IU)             | 7887     |           |               |             |           |           |         |                         |
| Sugars (g)                 | 34       | 20.76%    |               |             | Missing   |           |         |                         |
| Vitamin C (mg)             | 46.78    |           |               |             |           |           |         |                         |
| Protein (g)                | 33.80    | 20.79%    |               |             |           |           |         |                         |
| Carbohydrate (g)           | 96.87    | 59.60%    |               |             |           |           |         |                         |
| Total Fat (g)              | 14.23    | 19.71%    |               |             |           |           |         |                         |
| Saturated Fat (g)          | 4.21     | 5.83%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.10     | 0.13%     |               |             | Missing   |           |         |                         |

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

May 12, 2025 thru May 16, 2025

K-8 Lunch

Generated on: 4/24/2025 12:10:59 PM

|                          | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|--------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 05/12/2025         |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Lunch                | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Chicken Patty-3oz *      | 3 oz            | 240            | 25             |              | 3.00         | 1.90         | 30.0          | 0             | 0.0           | 1             | 14.01        | 16.01       | 14.01        | 2.50         | 0.00                       |
| Whole Grain Bun 2oz.     | 2 oz            | 130            | 0              |              | 3.00         | 2.00         | 11.0          | 0             | 0.0           | 2             | 4.0          | 26.0        | 1.5          | 0.00         | 0.00                       |
| Baked Beans 3/4C         | 3/4 C           | 201            | 0              |              | 7.20         | 2.45         | 72.0          | 0             | 0.0           | 16            | 10.08        | 41.74       | 0.72         | 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                       |
| 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                       |
| 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                       |
| Gluten Free Bread        | 2 oz            | 140            | 0              |              | 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              |              | 0.00         | 0.00         | 0.0           | 0             | 0.0           | 2             | 0.0          | 3.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average   |                 | 755            | 32             | 1466         | 16.60        | 6.55         | 455.0         | 1010          | 92.17         | 46            | 37.57        | 118.95      | 17.57        | 3.23         | 0.00                       |
| % of Calories            |                 |                |                |              |              |              |               |               |               | 24.3%         | 19.9%        | 63.0%       | 20.9%        | 3.8%         | 0.0%                       |
| Nutrient Guideline       |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                         |         |         |    |     |       |      |       |      |       |       |       |        |       |        |      |
|-------------------------|---------|---------|----|-----|-------|------|-------|------|-------|-------|-------|--------|-------|--------|------|
| Tue - 05/13/2025        |         |         |    |     |       |      |       |      |       |       |       |        |       |        |      |
| K-8 Lunch               | Total   |         |    |     |       |      |       |      |       |       |       |        |       |        |      |
| Cheese Ravioli          | 3.7 oz  | 180     | 55 |     | 2.00  | 1.60 | 120.0 | 0    | 0.0   | 2     | 14.0  | 23.0   | 3.5   | 1.50   | 0.00 |
| Marinara Sauce 1/2C (F) | 1/2 C   | 50      | 0  |     | 2.00  | 1.44 | 20.0  | 500  | 0.0   | 6     | 1.0   | 10.0   | 1.0   | 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 |
| 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 |
| Vegetarian Meat Pasta.  | 6 oz    | 559     | 0  |     | 17.61 | 7.81 | 61.5  | 500  | 0.0   | 11    | 24.86 | 104.09 | 7.5   | 0.69   | 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  |         | 466     | 62 | 661 | 10.35 | 4.08 | 466.8 | 1658 | 15.85 | 36    | 25.93 | 80.12  | 6.28  | 2.40   | 0.00 |
| % of Calories           |         |         |    |     |       |      |       |      |       | 31.3% | 22.3% | 68.8%  | 12.1% | 4.6%   | 0.0% |
| Nutrient Guideline      |         | 600-650 |    |     |       |      |       |      |       |       |       |        |       | <10.00 |      |

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*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

May 12, 2025 thru May 16, 2025

K-8 Lunch

Generated on: 4/24/2025 12:11:00 PM

|                            | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|----------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Wed - 05/14/2025           |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| 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                       |
| 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                       |
| 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                       |
| 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                       |
| 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                      |
| 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                       |
| 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                       |
| Mayonnaise                 | 12.4 GRA        | 90             | 0              |              | 0.00         | 0.00         | 0.0           | 0             | 0.0           | 0             | 0.0          | 0.0         | 10.0         | 1.50         | 0.00                       |
| Weighted Daily Average     |                 | 573            | 70             | 1223         | 4.07         | 3.14         | 411.7         | 3052          | 7.81          | *34           | 28.23        | 64.71       | 21.09        | 5.44         | *0.00                      |
| % of Calories              |                 |                |                |              |              |              |               |               |               | *23.8%        | 19.7%        | 45.2%       | 33.1%        | 8.6%         | *0.0%                      |
| Nutrient Guideline         |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                               |            |         |    |      |       |      |       |     |      |       |       |        |       |        |      |
|-------------------------------|------------|---------|----|------|-------|------|-------|-----|------|-------|-------|--------|-------|--------|------|
| Thu - 05/15/2025              |            |         |    |      |       |      |       |     |      |       |       |        |       |        |      |
| 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 |      |

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

May 12, 2025 thru May 16, 2025

K-8 Lunch

Generated on: 4/24/2025 12:11:00 PM

|                             | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Fri - 05/16/2025            |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Lunch                   | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| WG Chicken Egg Roll         | 3 oz            | 160            | 30             |              | 3.00         | 1.80         | 40.0          | 400           | 4.8           | 2             | 9.0          | 20.0        | 5.0          | 1.50         | 0.00                       |
| BROWN RICE 1C.              | 8 oz            | 160            | 0              |              | 1.88         | 0.68         | 2.5           | 0             | 0.0           | 0             | 0.0          | 32.9        | 1.41         | 0.00         | 0.00                       |
| BROCCOLI: frozen, boiled MS | 3/4 CUP         | 39             | 0              |              | 4.14         | 0.84         | 45.5          | 1395          | 55.34         | 2             | 4.28         | 7.38        | 0.17         | 0.02         | 0.00                       |
| TANGERINES,FRESH MS. L      | 1/2 C           | 47             | 0              |              | 1.58         | 0.13         | 32.6          | 599           | 23.5          | 9             | 0.71         | 11.74       | 0.27         | 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                       |
| 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      |                 | 506            | 37             | 541          | 10.64        | 3.47         | 396.9         | 3023          | 84.90         | *25           | 22.20        | 84.96       | 8.12         | 2.28         | *0.00                      |
| % of Calories               |                 |                |                |              |              |              |               |               |               | *20.0%        | 17.6%        | 67.2%       | 14.5%        | 4.1%         | *0.0%                      |
| Nutrient Guideline          |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                  |  |     |    |  |       |      |       |      |       |        |       |       |       |      |       |
|------------------|--|-----|----|--|-------|------|-------|------|-------|--------|-------|-------|-------|------|-------|
| Weighted Average |  | 609 | 50 |  | 10.61 | 4.17 | 432.9 | 1889 | 41.64 | *35    | 28.66 | 93.63 | 15.24 | 3.51 | *0.00 |
|                  |  |     |    |  |       |      |       |      |       | *52.3% | 18.8% | 61.5% | 22.5% | 5.2% | *0.0% |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 609      |           | 600 - 650     | 100%        |           |           |         |                         |
| Cholesterol (mg)           | 50       |           |               |             |           |           |         |                         |
| Sodium 1a (mg)             | 1039     |           | 1110          | 94%         |           |           |         |                         |
| Fiber (g)                  | 10.61    |           |               |             |           |           |         |                         |
| Iron (mg)                  | 4.17     |           |               |             |           |           |         |                         |
| Calcium (mg)               | 432.9    |           |               |             |           |           |         |                         |
| Vitamin A (IU)             | 1889     |           |               |             |           |           |         |                         |
| Sugars (g)                 | 35       | 23.26%    |               |             | Missing   |           |         |                         |
| Vitamin C (mg)             | 41.64    |           |               |             |           |           |         |                         |
| Protein (g)                | 28.66    | 18.82%    |               |             |           |           |         |                         |
| Carbohydrate (g)           | 93.63    | 61.49%    |               |             |           |           |         |                         |
| Total Fat (g)              | 15.24    | 22.52%    |               |             |           |           |         |                         |
| Saturated Fat (g)          | 3.51     | 5.19%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%     |               |             | Missing   |           |         |                         |

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 19, 2025 thru May 23, 2025

K-8 Lunch

Generated on: 4/24/2025 12:11:24 PM

|                               | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 05/19/2025              |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| 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                       |
| Corn.                         | 3/4 C           | 105            | 0              |              | 3.00         | 0.60         | 4.5           | 0             | 0.0           | 5             | 3.0          | 24.0        | 0.75         | 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                       |
| 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        |                 | 553            | 94             | 1183         | 7.43         | 2.20         | 290.0         | 704           | 7.51          | 42            | 30.26        | 84.75       | 11.63        | 2.72         | 0.00                       |
| % of Calories                 |                 |                |                |              |              |              |               |               |               | 30.7%         | 21.9%        | 61.2%       | 18.9%        | 4.4%         | 0.0%                       |
| Nutrient Guideline            |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                          |          |         |    |     |       |      |       |      |       |        |       |        |       |        |       |
|--------------------------|----------|---------|----|-----|-------|------|-------|------|-------|--------|-------|--------|-------|--------|-------|
| Tue - 05/20/2025         |          |         |    |     |       |      |       |      |       |        |       |        |       |        |       |
| 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

May 19, 2025 thru May 23, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 4/24/2025 12:11:24 PM

|                                | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|--------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Wed - 05/21/2025               |                 |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| 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 - 05/22/2025            |        |         |    |     |      |      |       |      |       |       |       |       |       |        |      |
| 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 |
| TANGERINES,FRESH MS. L      | 1/2 C  | 47      | 0  |     | 1.58 | 0.13 | 32.6  | 599  | 23.5  | 9     | 0.71  | 11.74 | 0.27  | 0.03   | 0.00 |
| MILK, 1%, Unflavored.       | 8 oz   | 110     | 10 |     | 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      |        | 523     | 65 | 947 | 9.08 | 1.49 | 724.2 | 3548 | 99.42 | 31    | 35.86 | 64.09 | 14.47 | 7.78   | 0.00 |
| % of Calories               |        |         |    |     |      |      |       |      |       | 24.1% | 27.4% | 49.0% | 24.9% | 13.4%  | 0.0% |
| Nutrient Guideline          |        | 600-650 |    |     |      |      |       |      |       |       |       |       |       | <10.00 |      |

|                         |          |         |    |      |       |      |       |      |       |       |       |       |       |        |      |
|-------------------------|----------|---------|----|------|-------|------|-------|------|-------|-------|-------|-------|-------|--------|------|
| Fri - 05/23/2025        |          |         |    |      |       |      |       |      |       |       |       |       |       |        |      |
| 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 |
| 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 |      |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

May 19, 2025 thru May 23, 2025

K-8 Lunch

Generated on: 4/24/2025 12:11:25 PM

|                  | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g)   | Carb<br>(g)    | T-Fat<br>(g)   | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|----------------|----------------|----------------|--------------|----------------------------|
| Weighted Average |                 | 601            | 67             |              | 9.42         | 2.65         | 516.5         | 2575          | 44.30         | *35<br>*51.7% | 33.61<br>22.4% | 80.74<br>53.8% | 16.74<br>25.1% | 5.36<br>8.0% | *0.14<br>*0.2%             |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 601      |           | 600 - 650     | 100%        |           |           |         |                         |
| Cholesterol (mg)           | 67       |           |               |             |           |           |         |                         |
| Sodium 1a (mg)             | 1020     |           | 1110          | 92%         |           |           |         |                         |
| Fiber (g)                  | 9.42     |           |               |             |           |           |         |                         |
| Iron (mg)                  | 2.65     |           |               |             |           |           |         |                         |
| Calcium (mg)               | 516.5    |           |               |             |           |           |         |                         |
| Vitamin A (IU)             | 2575     |           |               |             |           |           |         |                         |
| Sugars (g)                 | 35       | 22.98%    |               |             | Missing   |           |         |                         |
| Vitamin C (mg)             | 44.30    |           |               |             |           |           |         |                         |
| Protein (g)                | 33.61    | 22.38%    |               |             |           |           |         |                         |
| Carbohydrate (g)           | 80.74    | 53.78%    |               |             |           |           |         |                         |
| Total Fat (g)              | 16.74    | 25.08%    |               |             |           |           |         |                         |
| Saturated Fat (g)          | 5.36     | 8.03%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.14     | 0.20%     |               |             | Missing   |           |         |                         |

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 26, 2025 thru May 30, 2025

K-8 Lunch

Generated on: 4/24/2025 12:11:45 PM

|                        | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 05/26/2025       |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| 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       |                            |

|                               |            |         |    |      |       |      |       |     |      |       |       |        |       |        |      |
|-------------------------------|------------|---------|----|------|-------|------|-------|-----|------|-------|-------|--------|-------|--------|------|
| Tue - 05/27/2025              |            |         |    |      |       |      |       |     |      |       |       |        |       |        |      |
| 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 |      |

|                            |         |         |    |     |      |      |       |      |       |        |       |       |       |        |       |
|----------------------------|---------|---------|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| Wed - 05/28/2025           |         |         |    |     |      |      |       |      |       |        |       |       |       |        |       |
| 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

Base Menu Spreadsheet

Portion Values - Detailed

May 26, 2025 thru May 30, 2025

K-8 Lunch

Generated on: 4/24/2025 12:11:45 PM

|                           | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|---------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Thu - 05/29/2025          |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| 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       |                            |
| Fri - 05/30/2025          |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| 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       |                            |
| Weighted Average          |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
|                           |                 | 621            | 59             |              | 9.87         | 3.98         | 446.6         | 3489          | 33.96         | *33           | 28.05        | 89.94       | 17.71        | 4.72         | *0.18                      |
|                           |                 |                |                |              |              |              |               |               |               | *48.1%        | 18.1%        | 57.9%       | 25.7%        | 6.8%         | *0.3%                      |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
\* - denotes combined nutrient totals with either missing or incomplete nutrient data  
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

May 26, 2025 thru May 30, 2025

K-8 Lunch

Generated on: 4/24/2025 12:11:45 PM

|                            |          | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calc<br>(mg)            | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|----------------------------|----------|-----------------|----------------|----------------|--------------|--------------|--------------|-------------------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Nutrient                   | Menu AVG | % of Cals       | Weekly Target  | % of Target    | Miss Data    | Shortfall    | Overage      | Error Messages (if any) |               |               |               |              |             |              |              |                            |
| Calories                   | 621      |                 | 600 - 650      | 100%           |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Cholesterol (mg)           | 59       |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sodium 1a (mg)             | 918      |                 | 1110           | 83%            |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Fiber (g)                  | 9.87     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Iron (mg)                  | 3.98     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Calcium (mg)               | 446.6    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin A (IU)             | 3489     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sugars (g)                 | 33       | 21.36%          |                |                | Missing      |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin C (mg)             | 33.96    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Protein (g)                | 28.05    | 18.07%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Carbohydrate (g)           | 89.94    | 57.93%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Total Fat (g)              | 17.71    | 25.66%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Saturated Fat (g)          | 4.72     | 6.84%           | <10.00%        |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Trans Fat <sup>1</sup> (g) | 0.18     | 0.26%           |                |                | Missing      |              |              |                         |               |               |               |              |             |              |              |                            |

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
*<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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