

**Monday**


ASSORTED WHOLE **7**  
GRAIN CEREAL  
MANDARIN FRUIT CUP

ASSORTED WHOLE **14**  
GRAIN CEREAL  
APPLES

ASSORTED WHOLE **21**  
GRAIN CEREAL  
ORANGES

ASSORTED WHOLE **28**  
GRAIN CEREAL  
PEARS

**Tuesday**

FAT FREE YOGURT **1**  
GRANOLA  
100% ORANGE JUICE

FAT FREE YOGURT **8**  
GRANOLA  
PEARS

WG BAGELS **15**  
CREAM CHEESE  
STRAWBERRIES

WG BLUEBERRY **22**  
MUFFIN  
PEARS

WG PANCAKES **29**  
TURKEY SAUSAGE  
WATERMELON  
SYRUP

**Wednesday**

WG BAGELS **2**  
CREAM CHEESE  
PINEAPPLE

WG BAGELS **9**  
CREAM CHEESE  
APPLES

WG BANANA BREAD **16**  
100% ORANGE JUICE

WG WAFFLES **23**  
TURKEY BACON  
CANTALOUPE  
SYRUP

WG BANANA BREAD **30**  
APPLES

**Thursday**

STRAWBERRY **3**  
OATMEAL BAR  
MANDARIN FRUIT CUP

WG WAFFLES **10**  
TURKEY BACON  
WATERMELON  
SYRUP

WG MINI CINNAMON **17**  
ROLLS  
PEARS

WG BAGELS **24**  
CREAM CHEESE  
FRUIT SALAD

WG BAGELS **31**  
CREAM CHEESE  
100% GRAPE JUICE

**Friday**

**NO SCHOOL** **4**

WG BANANA **11**  
MUFFIN  
100% ORANGE JUICE

STARWBERRY **18**  
OATMEAL BAR  
MANDARIN FRUIT CUP

FAT FREE YOGURT **25**  
GRANOLA BAR  
APPLES

**AUGUST 1**  
WG FRENCH TOAST  
TURKEY BACON  
FRUIT SALAD  
SYRUP

- 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.

# JULY 2025 VEGETARIAN

TOP SPANISH CATERING, INC



Monday



ASSORTED WHOLE GRAIN CEREAL  
MANDARIN FRUIT CUP

7

ASSORTED WHOLE GRAIN CEREAL  
APPLES

14

ASSORTED WHOLE GRAIN CEREAL  
ORANGES

21

ASSORTED WHOLE GRAIN CEREAL  
PEARS

28

Tuesday

FAT FREE YOGURT  
GRANOLA  
100% ORANGE JUICE

1

FAT FREE YOGURT  
GRANOLA  
PEARS

8

WG BAGELS  
CREAM CHEESE  
STRAWBERRIES

15

WG BLUEBERRY MUFFIN  
PEARS

22

WG PANCAKES  
WATERMELON SYRUP

29

Wednesday

WG BAGELS  
CREAM CHEESE  
PINEAPPLE

2

WG BAGELS  
CREAM CHEESE  
APPLES

9

WG BANANA BREAD  
100% ORANGE JUICE

16

WG WAFFLES  
CANTALOUPE  
SYRUP

23

WG BANANA BREAD  
APPLES

30

Thursday

STRAWBERRY OATMEAL BAR  
MANDARIN FRUIT CUP

3

WG WAFFLES  
WATERMELON SYRUP

10

WG MINI CINNAMON ROLLS  
PEARS

17

WG BAGELS  
CREAM CHEESE  
FRUIT SALAD

24

WG BAGELS  
CREAM CHEESE  
100% GRAPE JUICE

31

Friday

NO SCHOOL

4

WG BANANA MUFFIN  
100% ORANGE JUICE

11

STARWBERRY OATMEAL BAR  
MANDARIN FRUIT CUP

18

FAT FREE YOGURT  
GRANOLA BAR  
APPLES

25

AUGUST 1  
WG FRENCH TOAST  
FRUIT SALAD  
SYRUP

- 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*

Top Spanish Cafe & Catering

Jun 30, 2025 thru Jul 4, 2025

Base Menu Spreadsheet

K-8 Breakfast

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) |
|-----------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 06/30/2025            |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Breakfast               | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Cer/CinnamonToast Cruch 2oz | 2 oz            | 220            | 0              | 320          | 8.00         | 3.60         | 120.0         | 600           | 7.2           | 12            | 4.0          | 44.0        | 5.0          | 0.00         | 0.00                       |
| Apples.                     | 1 cup           | 72             | 0              | 1            | 3.31         | 0.17         | 8.3           | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| MILK, 1%, Unflavored.       | 8 oz            | 110            | 10             | 130          | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.     | 8 oz            | 90             | 5              | 130          | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Gluten Free Corn Chex.      | 2 oz            | 200            | 0              | 400          | 2.00         | 14.40        | 120.0         | 600           | 7.2           | 6             | 4.0          | 48.0        | 1.0          | 0.00         | 0.00                       |
| Lactose Free Milk.          | 8 oz            | 80             | 4              | 105          | 0.00         | 0.00         | 300.0         | 750           | 0.0           | 12            | 8.0          | 12.0        | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average      |                 | 390            | 7              | 451          | 11.23        | 3.91         | 404.4         | 1306          | 14.68         | 38            | 12.36        | 76.06       | 6.36         | 0.75         | 0.00                       |
| % of Calories               |                 |                |                |              |              |              |               |               |               | 39.2%         | 12.7%        | 77.9%       | 14.7%        | 1.7%         | 0.0%                       |
| Nutrient Guideline          |                 | 400-500        |                | 540          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                             |         |         |    |     |      |       |       |     |       |       |       |       |      |        |      |
|-----------------------------|---------|---------|----|-----|------|-------|-------|-----|-------|-------|-------|-------|------|--------|------|
| Tue - 07/01/2025            |         |         |    |     |      |       |       |     |       |       |       |       |      |        |      |
| K-8 Breakfast               | Total   |         |    |     |      |       |       |     |       |       |       |       |      |        |      |
| Fat Free Yogurt             | 4 oz    | 100     | 4  | 50  | 0.00 | 0.00  | 120.4 | 100 | 0.0   | 14    | 3.01  | 21.07 | 0.5  | 0.00   | 0.00 |
| 100% Orange Juice (Ardmore) | 1 Cup   | 100     | 0  | 30  | 0.00 | 0.00  | 0.0   | 0   | 84.0  | 20    | 2.0   | 24.0  | 0.0  | 0.00   | 0.00 |
| MILK, 1%, Unflavored.       | 8 oz    | 110     | 10 | 130 | 0.00 | 0.00  | 300.0 | 500 | 2.4   | 12    | 8.0   | 13.0  | 2.5  | 1.50   | 0.00 |
| MILK, Skim, Unflavored.     | 8 oz    | 90      | 5  | 130 | 0.00 | 0.00  | 250.0 | 750 | 0.0   | 12    | 8.0   | 13.0  | 0.0  | 0.00   | 0.00 |
| Gluten Free Cheerios.       | 2 oz    | 140     | 0  | 190 | 4.00 | 10.80 | 80.0  | 400 | 4.8   | 0     | 4.0   | 28.0  | 3.0  | 0.00   | 0.00 |
| Lactose Free Milk.          | 8 oz    | 80      | 4  | 105 | 0.00 | 0.00  | 300.0 | 750 | 0.0   | 12    | 8.0   | 12.0  | 0.0  | 0.00   | 0.00 |
| Granola Bar.                | 0.89 oz | 90      | 0  | 55  | 1.00 | 0.50  | 110.0 | 0   | 0.0   | 6     | 2.0   | 19.0  | 1.5  | 0.00   | 0.00 |
| Weighted Daily Average      |         | 391     | 11 | 271 | 1.18 | 1.03  | 506.4 | 750 | 83.85 | 51    | 15.08 | 77.26 | 3.30 | 0.71   | 0.00 |
| % of Calories               |         |         |    |     |      |       |       |     |       | 52.5% | 15.4% | 79.0% | 7.6% | 1.6%   | 0.0% |
| Nutrient Guideline          |         | 400-500 |    | 540 |      |       |       |     |       |       |       |       |      | <10.00 |      |

|                         |          |     |    |     |      |       |       |     |       |    |      |       |     |      |      |
|-------------------------|----------|-----|----|-----|------|-------|-------|-----|-------|----|------|-------|-----|------|------|
| Wed - 07/02/2025        |          |     |    |     |      |       |       |     |       |    |      |       |     |      |      |
| K-8 Breakfast           | Total    |     |    |     |      |       |       |     |       |    |      |       |     |      |      |
| Whole Grain Bagel (BCW) | 2 oz     | 130 | 0  | 250 | 2.00 | 1.60  | 40.0  | 0   | 0.0   | 3  | 5.0  | 26.0  | 0.5 | 0.00 | 0.00 |
| Cream Cheese.           | 28 GRAMS | 70  | 20 | 100 | 0.00 | 0.00  | 320.0 | 0   | 0.0   | 2  | 1.0  | 2.0   | 6.0 | 4.00 | 0.00 |
| Pineapple, Fresh        | 1 C      | 83  | 0  | 2   | 2.31 | 0.48  | 21.5  | 96  | 78.87 | 16 | 0.89 | 21.65 | 0.2 | 0.01 | 0.00 |
| MILK, 1%, Unflavored.   | 8 oz     | 110 | 10 | 130 | 0.00 | 0.00  | 300.0 | 500 | 2.4   | 12 | 8.0  | 13.0  | 2.5 | 1.50 | 0.00 |
| MILK, Skim, Unflavored. | 8 oz     | 90  | 5  | 130 | 0.00 | 0.00  | 250.0 | 750 | 0.0   | 12 | 8.0  | 13.0  | 0.0 | 0.00 | 0.00 |
| Gluten Free Corn Chex.  | 2 oz     | 200 | 0  | 400 | 2.00 | 14.40 | 120.0 | 600 | 7.2   | 6  | 4.0  | 48.0  | 1.0 | 0.00 | 0.00 |
| Lactose Free Milk.      | 8 oz     | 80  | 4  | 105 | 0.00 | 0.00  | 300.0 | 750 | 0.0   | 12 | 8.0  | 12.0  | 0.0 | 0.00 | 0.00 |

*\*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

Jun 30, 2025 thru Jul 4, 2025

Base Menu Spreadsheet

K-8 Breakfast

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) |
|------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Weighted Daily Average |                 | 383            | 27             | 484          | 4.31         | 2.37         | 659.4         | 741           | 80.17         | 33            | 14.87        | 63.10       | 7.89         | 4.72         | 0.00                       |
| % of Calories          |                 |                |                |              |              |              |               |               |               | 34.8%         | 15.5%        | 65.9%       | 18.5%        | 11.1%        | 0.0%                       |
| Nutrient Guideline     |                 | 400-500        |                | 540          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                              |        |         |    |     |      |       |       |     |      |       |       |       |       |        |      |
|------------------------------|--------|---------|----|-----|------|-------|-------|-----|------|-------|-------|-------|-------|--------|------|
| Thu - 07/03/2025             |        |         |    |     |      |       |       |     |      |       |       |       |       |        |      |
| K-8 Breakfast                | Total  |         |    |     |      |       |       |     |      |       |       |       |       |        |      |
| WG Strawberry Oatmeal Bar HS | 2.4 oz | 280     | 10 | 150 | 2.00 | 2.00  | 20.0  | 0   | 0.0  | 18    | 4.0   | 46.0  | 9.0   | 1.00   | 0.00 |
| Mandarin Fruit Cup.          | 1 C    | 140     | 0  | 0   | 2.00 | 0.00  | 60.0  | 0   | 0.0  | 28    | 2.0   | 32.0  | 0.0   | 0.00   | 0.00 |
| MILK, 1%, Unflavored.        | 8 oz   | 110     | 10 | 130 | 0.00 | 0.00  | 300.0 | 500 | 2.4  | 12    | 8.0   | 13.0  | 2.5   | 1.50   | 0.00 |
| MILK, Skim, Unflavored.      | 8 oz   | 90      | 5  | 130 | 0.00 | 0.00  | 250.0 | 750 | 0.0  | 12    | 8.0   | 13.0  | 0.0   | 0.00   | 0.00 |
| Gluten Free Cheerios.        | 2 oz   | 140     | 0  | 190 | 4.00 | 10.80 | 80.0  | 400 | 4.8  | 0     | 4.0   | 28.0  | 3.0   | 0.00   | 0.00 |
| Lactose Free Milk.           | 8 oz   | 80      | 4  | 105 | 0.00 | 0.00  | 300.0 | 750 | 0.0  | 12    | 8.0   | 12.0  | 0.0   | 0.00   | 0.00 |
| Weighted Daily Average       |        | 511     | 17 | 279 | 4.06 | 2.34  | 358.4 | 648 | 1.33 | 57    | 13.96 | 89.80 | 9.85  | 1.66   | 0.00 |
| % of Calories                |        |         |    |     |      |       |       |     |      | 44.7% | 10.9% | 70.3% | 17.4% | 2.9%   | 0.0% |
| Nutrient Guideline           |        | 400-500 |    | 540 |      |       |       |     |      |       |       |       |       | <10.00 |      |

|                        |         |         |   |     |      |      |     |   |      |      |      |      |      |        |      |
|------------------------|---------|---------|---|-----|------|------|-----|---|------|------|------|------|------|--------|------|
| Fri - 07/04/2025       |         |         |   |     |      |      |     |   |      |      |      |      |      |        |      |
| K-8 Breakfast          | Total   |         |   |     |      |      |     |   |      |      |      |      |      |        |      |
| NO SCHOOL TODAY        | SERVING | 0       | 0 | 0   | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0    | 0.0  | 0.0  | 0.0  | 0.00   | 0.00 |
| Weighted Daily Average |         | 0       | 0 | 0   | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0    | 0.00 | 0.00 | 0.00 | 0.00   | 0.00 |
| % of Calories          |         |         |   |     |      |      |     |   |      | 0.0% | 0.0% | 0.0% | 0.0% | 0.0%   | 0.0% |
| Nutrient Guideline     |         | 400-500 |   | 540 |      |      |     |   |      |      |      |      |      | <10.00 |      |

|                  |  |     |    |     |      |      |       |     |       |       |       |       |       |      |      |
|------------------|--|-----|----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|------|------|
| Weighted Average |  | 419 | 16 | 371 | 5.20 | 2.41 | 482.1 | 862 | 45.01 | 45    | 14.07 | 76.55 | 6.85  | 1.96 | 0.00 |
|                  |  |     |    |     |      |      |       |     |       | 96.7% | 13.4% | 73.1% | 14.7% | 4.2% | 0.0% |

*\*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

Jun 30, 2025 thru Jul 4, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

|                            |          | 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                   | 419      |                 | 400 - 500      | 100%           |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Cholesterol (mg)           | 16       |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sodium 1 (mg)              | 371      |                 | 540            | 69%            |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Fiber (g)                  | 5.20     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Iron (mg)                  | 2.41     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Calcium (mg)               | 482.1    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin A (IU)             | 862      |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sugars (g)                 | 45       | 42.98%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin C (mg)             | 45.01    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Protein (g)                | 14.07    | 13.44%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Carbohydrate (g)           | 76.55    | 73.12%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Total Fat (g)              | 6.85     | 14.72%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Saturated Fat (g)          | 1.96     | 4.21%           | <10.00%        |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%           |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |

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*\* - 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

Jul 7, 2025 thru Jul 11, 2025

Base Menu Spreadsheet

K-8 Breakfast

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) |
|-------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 07/07/2025              |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Breakfast                 | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Cer/Cinnamon Toast Crunch 2oz | 2 oz            | 220            | 0              | 320          | 8.00         | 3.60         | 120.0         | 600           | 7.2           | 12            | 4.0          | 44.0        | 5.0          | 0.00         | 0.00                       |
| Mandarin Fruit Cup.           | 1 C             | 140            | 0              | 0            | 2.00         | 0.00         | 60.0          | 0             | 0.0           | 28            | 2.0          | 32.0        | 0.0          | 0.00         | 0.00                       |
| MILK, 1%, Unflavored.         | 8 oz            | 110            | 10             | 130          | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.       | 8 oz            | 90             | 5              | 130          | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average        |                 | 450            | 7              | 436          | 9.82         | 3.52         | 438.4         | 1181          | 8.17          | 51            | 13.51        | 87.35       | 6.07         | 0.71         | 0.00                       |
| % of Calories                 |                 |                |                |              |              |              |               |               |               | 45.5%         | 12.0%        | 77.7%       | 12.1%        | 1.4%         | 0.0%                       |
| Nutrient Guideline            |                 | 400-500        |                | 540          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                         |         |         |    |     |      |       |       |     |      |       |       |       |      |        |      |
|-------------------------|---------|---------|----|-----|------|-------|-------|-----|------|-------|-------|-------|------|--------|------|
| Tue - 07/08/2025        |         |         |    |     |      |       |       |     |      |       |       |       |      |        |      |
| K-8 Breakfast           | Total   |         |    |     |      |       |       |     |      |       |       |       |      |        |      |
| Fat Free Yogurt         | 4 oz    | 100     | 4  | 50  | 0.00 | 0.00  | 120.4 | 100 | 0.0  | 14    | 3.01  | 21.07 | 0.5  | 0.00   | 0.00 |
| PEARS, FRESH            | 1 cup   | 101     | 0  | 2   | 5.52 | 0.32  | 16.0  | 45  | 7.65 | 17    | 0.64  | 27.11 | 0.25 | 0.04   | 0.00 |
| MILK, 1%, Unflavored.   | 8 oz    | 110     | 10 | 130 | 0.00 | 0.00  | 300.0 | 500 | 2.4  | 12    | 8.0   | 13.0  | 2.5  | 1.50   | 0.00 |
| MILK, Skim, Unflavored. | 8 oz    | 90      | 5  | 130 | 0.00 | 0.00  | 250.0 | 750 | 0.0  | 12    | 8.0   | 13.0  | 0.0  | 0.00   | 0.00 |
| Gluten Free Cheerios.   | 2 oz    | 140     | 0  | 190 | 4.00 | 10.80 | 80.0  | 400 | 4.8  | 0     | 4.0   | 28.0  | 3.0  | 0.00   | 0.00 |
| Granola.                | 1.78 oz | 180     | 0  | 110 | 2.00 | 1.00  | 220.0 | 0   | 0.0  | 12    | 4.0   | 38.0  | 3.0  | 0.00   | 0.00 |
| Weighted Daily Average  |         | 477     | 11 | 292 | 7.58 | 1.84  | 615.1 | 757 | 8.89 | 54    | 15.31 | 98.37 | 5.01 | 0.75   | 0.00 |
| % of Calories           |         |         |    |     |      |       |       |     |      | 45.3% | 12.8% | 82.5% | 9.5% | 1.4%   | 0.0% |
| Nutrient Guideline      |         | 400-500 |    | 540 |      |       |       |     |      |       |       |       |      | <10.00 |      |

|                         |          |         |    |     |      |      |       |     |      |       |       |       |       |        |      |
|-------------------------|----------|---------|----|-----|------|------|-------|-----|------|-------|-------|-------|-------|--------|------|
| Wed - 07/09/2025        |          |         |    |     |      |      |       |     |      |       |       |       |       |        |      |
| K-8 Breakfast           | Total    |         |    |     |      |      |       |     |      |       |       |       |       |        |      |
| Whole Grain Bagel (BCW) | 2 oz     | 130     | 0  | 250 | 2.00 | 1.60 | 40.0  | 0   | 0.0  | 3     | 5.0   | 26.0  | 0.5   | 0.00   | 0.00 |
| Cream Cheese.           | 28 GRAMS | 70      | 20 | 100 | 0.00 | 0.00 | 320.0 | 0   | 0.0  | 2     | 1.0   | 2.0   | 6.0   | 4.00   | 0.00 |
| Apples.                 | 1 cup    | 72      | 0  | 1   | 3.31 | 0.17 | 8.3   | 75  | 6.35 | 14    | 0.36  | 19.06 | 0.23  | 0.04   | 0.00 |
| MILK, 1%, Unflavored.   | 8 oz     | 110     | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4  | 12    | 8.0   | 13.0  | 2.5   | 1.50   | 0.00 |
| MILK, Skim, Unflavored. | 8 oz     | 90      | 5  | 130 | 0.00 | 0.00 | 250.0 | 750 | 0.0  | 12    | 8.0   | 13.0  | 0.0   | 0.00   | 0.00 |
| Fruit Jelly.            | 14 GRAMS | 35      | 0  | 0   | 0.00 | 0.00 | 0.0   | 0   | 0.0  | 8     | 0.0   | 9.0   | 0.0   | 0.00   | 0.00 |
| Weighted Daily Average  |          | 365     | 27 | 469 | 5.27 | 1.73 | 628.5 | 669 | 7.48 | 31    | 13.84 | 59.02 | 7.90  | 4.75   | 0.00 |
| % of Calories           |          |         |    |     |      |      |       |     |      | 33.9% | 15.2% | 64.8% | 19.5% | 11.7%  | 0.0% |
| Nutrient Guideline      |          | 400-500 |    | 540 |      |      |       |     |      |       |       |       |       | <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

Jul 7, 2025 thru Jul 11, 2025

Base Menu Spreadsheet

K-8 Breakfast

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) |
|-------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Thu - 07/10/2025              |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Breakfast                 | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Whole Grain Waffles 2.6oz     | 2 oz            | 180            | 8              | 220          | 0.00         | 1.40         | 60.0          | 0             | 0.0           | 4             | 4.0          | 24.0        | 6.0          | 1.00         | 0.00                       |
| Turkey Bacon.3s               | 0.54 oz         | 64             | 19             | 331          | 0.00         | 0.21         | 0.0           | 0             | 0.0           | 1             | 5.33         | 0.53        | 4.27         | 1.07         | 0.00                       |
| WATERMELON,CHUNKS             | 1 CUP           | 46             | 0              | 2            | 0.61         | 0.36         | 10.6          | 865           | 12.31         | 9             | 0.93         | 11.48       | 0.23         | 0.02         | 0.00                       |
| MILK, Skim, Unflavored.       | 8 oz            | 90             | 5              | 130          | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| MILK, 1%, Unflavored.         | 8 oz            | 110            | 10             | 130          | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| Gluten Free Waffle (1)        | 1.3 oz          | 100            | 0              | 110          | 2.50         | 0.50         | 25.0          | 0             | 0.0           | 2             | 1.0          | 17.0        | 3.5          | 0.25         | 0.00                       |
| SYRUP. (A)                    | 43grams         | 120            | 0              | 0            | 0.00         | 0.00         | 0.0           | 0             | 0.0           | 19            | 0.0          | 31.0        | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average        |                 | 505            | 33             | 669          | 0.66         | 1.98         | 332.6         | 1458          | 13.46         | 44            | 17.74        | 79.73       | 11.65        | 2.78         | 0.00                       |
| % of Calories                 |                 |                |                |              |              |              |               |               |               | 35.1%         | 14.0%        | 63.1%       | 20.8%        | 5.0%         | 0.0%                       |
| Nutrient Guideline            |                 | 400-500        |                | 540          |              |              |               |               |               |               |              |             |              | <10.00       |                            |
| Fri - 07/11/2025              |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Breakfast                 | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Whole Grain Banana Muffin 3.6 | 3.6 oz          | 280            | 30             | 180          | 2.00         | 2.00         | 26.0          | 0             | 0.0           | 26            | 5.0          | 51.0        | 7.0          | 1.00         | 0.00                       |
| 100% Orange Juice (Ardmore)   | 1 Cup           | 100            | 0              | 30           | 0.00         | 0.00         | 0.0           | 0             | 84.0          | 20            | 2.0          | 24.0        | 0.0          | 0.00         | 0.00                       |
| MILK, 1%, Unflavored.         | 8 oz            | 110            | 10             | 130          | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.       | 8 oz            | 90             | 5              | 130          | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average        |                 | 464            | 36             | 326          | 1.92         | 1.92         | 286.1         | 594           | 85.14         | 56            | 14.39        | 85.26       | 7.90         | 1.67         | 0.00                       |
| % of Calories                 |                 |                |                |              |              |              |               |               |               | 48.6%         | 12.4%        | 73.6%       | 15.3%        | 3.2%         | 0.0%                       |
| Nutrient Guideline            |                 | 400-500        |                | 540          |              |              |               |               |               |               |              |             |              | <10.00       |                            |
|                               |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Weighted Average              |                 | 452            | 23             | 439          | 5.05         | 2.20         | 460.1         | 932           | 24.63         | 47            | 14.96        | 81.95       | 7.71         | 2.13         | 0.00                       |
|                               |                 |                |                |              |              |              |               |               |               | 94.3%         | 13.2%        | 72.5%       | 15.3%        | 4.2%         | 0.0%                       |

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Top Spanish Cafe & Catering

Jul 7, 2025 thru Jul 11, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

|                            |          | 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                   | 452      |                 | 400 - 500      | 100%           |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Cholesterol (mg)           | 23       |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sodium 1 (mg)              | 439      |                 | 540            | 81%            |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Fiber (g)                  | 5.05     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Iron (mg)                  | 2.20     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Calcium (mg)               | 460.1    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin A (IU)             | 932      |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sugars (g)                 | 47       | 41.89%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin C (mg)             | 24.63    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Protein (g)                | 14.96    | 13.24%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Carbohydrate (g)           | 81.95    | 72.52%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Total Fat (g)              | 7.71     | 15.34%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Saturated Fat (g)          | 2.13     | 4.24%           | <10.00%        |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%           |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |

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Top Spanish Cafe & Catering

Jul 14, 2025 thru Jul 18, 2025

Base Menu Spreadsheet

K-8 Breakfast

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) |
|------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 07/14/2025             |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Breakfast                | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Cer/Cinnamon Toast Cruch 2oz | 2 oz            | 220            | 0              | 320          | 8.00         | 3.60         | 120.0         | 600           | 7.2           | 12            | 4.0          | 44.0        | 5.0          | 0.00         | 0.00                       |
| Apples.                      | 1 cup           | 72             | 0              | 1            | 3.31         | 0.17         | 8.3           | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| MILK, 1%, Unflavored.        | 8 oz            | 110            | 10             | 130          | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.      | 8 oz            | 90             | 5              | 130          | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Gluten Free Corn Chex.       | 2 oz            | 200            | 0              | 400          | 2.00         | 14.40        | 120.0         | 600           | 7.2           | 6             | 4.0          | 48.0        | 1.0          | 0.00         | 0.00                       |
| Weighted Daily Average       |                 | 386            | 7              | 446          | 11.23        | 3.91         | 389.4         | 1269          | 14.68         | 38            | 11.96        | 75.46       | 6.36         | 0.75         | 0.00                       |
| % of Calories                |                 |                |                |              |              |              |               |               |               | 39.0%         | 12.4%        | 78.1%       | 14.8%        | 1.7%         | 0.0%                       |
| Nutrient Guideline           |                 | 400-500        |                | 540          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                         |          |         |    |     |      |       |       |     |       |       |       |       |       |        |      |
|-------------------------|----------|---------|----|-----|------|-------|-------|-----|-------|-------|-------|-------|-------|--------|------|
| Tue - 07/15/2025        |          |         |    |     |      |       |       |     |       |       |       |       |       |        |      |
| K-8 Breakfast           | Total    |         |    |     |      |       |       |     |       |       |       |       |       |        |      |
| Whole Grain Bagel (BCW) | 2 oz     | 130     | 0  | 250 | 2.00 | 1.60  | 40.0  | 0   | 0.0   | 3     | 5.0   | 26.0  | 0.5   | 0.00   | 0.00 |
| Cream Cheese.           | 28 GRAMS | 70      | 20 | 100 | 0.00 | 0.00  | 320.0 | 0   | 0.0   | 2     | 1.0   | 2.0   | 6.0   | 4.00   | 0.00 |
| STRAWBERRIES,FRESH      | 1 CUP    | 46      | 0  | 1   | 2.88 | 0.59  | 23.0  | 17  | 84.67 | 7     | 0.96  | 11.06 | 0.43  | 0.02   | 0.00 |
| MILK, 1%, Unflavored.   | 8 oz     | 110     | 10 | 130 | 0.00 | 0.00  | 300.0 | 500 | 2.4   | 12    | 8.0   | 13.0  | 2.5   | 1.50   | 0.00 |
| MILK, Skim, Unflavored. | 8 oz     | 90      | 5  | 130 | 0.00 | 0.00  | 250.0 | 750 | 0.0   | 12    | 8.0   | 13.0  | 0.0   | 0.00   | 0.00 |
| Gluten Free Corn Chex.  | 2 oz     | 200     | 0  | 400 | 2.00 | 14.40 | 120.0 | 600 | 7.2   | 6     | 4.0   | 48.0  | 1.0   | 0.00   | 0.00 |
| Weighted Daily Average  |          | 343     | 27 | 478 | 4.88 | 2.48  | 646.0 | 625 | 85.97 | 24    | 14.54 | 51.91 | 8.13  | 4.73   | 0.00 |
| % of Calories           |          |         |    |     |      |       |       |     |       | 27.4% | 17.0% | 60.6% | 21.3% | 12.4%  | 0.0% |
| Nutrient Guideline      |          | 400-500 |    | 540 |      |       |       |     |       |       |       |       |       | <10.00 |      |

|                             |        |         |    |     |      |       |       |     |       |       |       |       |       |        |      |
|-----------------------------|--------|---------|----|-----|------|-------|-------|-----|-------|-------|-------|-------|-------|--------|------|
| Wed - 07/16/2025            |        |         |    |     |      |       |       |     |       |       |       |       |       |        |      |
| K-8 Breakfast               | Total  |         |    |     |      |       |       |     |       |       |       |       |       |        |      |
| WG Banana Bread Loaf        | 3.4 oz | 260     | 0  | 240 | 2.00 | 0.00  | 0.0   | 0   | 0.0   | 24    | 5.0   | 45.0  | 8.0   | 1.50   | 0.00 |
| 100% Orange Juice (Ardmore) | 1 Cup  | 100     | 0  | 30  | 0.00 | 0.00  | 0.0   | 0   | 84.0  | 20    | 2.0   | 24.0  | 0.0   | 0.00   | 0.00 |
| MILK, 1%, Unflavored.       | 8 oz   | 110     | 10 | 130 | 0.00 | 0.00  | 300.0 | 500 | 2.4   | 12    | 8.0   | 13.0  | 2.5   | 1.50   | 0.00 |
| MILK, Skim, Unflavored.     | 8 oz   | 90      | 5  | 130 | 0.00 | 0.00  | 250.0 | 750 | 0.0   | 12    | 8.0   | 13.0  | 0.0   | 0.00   | 0.00 |
| Gluten Free Cheerios.       | 2 oz   | 140     | 0  | 190 | 4.00 | 10.80 | 80.0  | 400 | 4.8   | 0     | 4.0   | 28.0  | 3.0   | 0.00   | 0.00 |
| Weighted Daily Average      |        | 448     | 7  | 389 | 2.06 | 0.44  | 264.4 | 611 | 85.33 | 54    | 14.51 | 80.24 | 8.90  | 2.13   | 0.00 |
| % of Calories               |        |         |    |     |      |       |       |     |       | 48.4% | 13.0% | 71.7% | 17.9% | 4.3%   | 0.0% |
| Nutrient Guideline          |        | 400-500 |    | 540 |      |       |       |     |       |       |       |       |       | <10.00 |      |

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Top Spanish Cafe & Catering

Jul 14, 2025 thru Jul 18, 2025

Base Menu Spreadsheet

K-8 Breakfast

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) |
|-------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Thu - 07/17/2025              |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Breakfast                 | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| WG Mini Cinnis Cinnamon Rolls | 2.29 oz         | 240            | 0              | 270          | 3.00         | 1.70         | 30.0          | 0             | 0.0           | 14            | 4.0          | 40.0        | 8.0          | 1.50         | 0.00                       |
| PEARS,FRESH                   | 1 cup           | 101            | 0              | 2            | 5.52         | 0.32         | 16.0          | 45            | 7.65          | 17            | 0.64         | 27.11       | 0.25         | 0.04         | 0.00                       |
| MILK, 1%, Unflavored.         | 8 oz            | 110            | 10             | 130          | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.       | 8 oz            | 90             | 5              | 130          | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Gluten Free Cheerios.         | 2 oz            | 140            | 0              | 190          | 4.00         | 10.80        | 80.0          | 400           | 4.8           | 0             | 4.0          | 28.0        | 3.0          | 0.00         | 0.00                       |
| Weighted Daily Average        |                 | 430            | 7              | 390          | 8.53         | 2.38         | 308.9         | 655           | 8.98          | 42            | 12.20        | 78.61       | 9.15         | 2.17         | 0.00                       |
| % of Calories                 |                 |                |                |              |              |              |               |               |               | 39.1%         | 11.3%        | 73.1%       | 19.2%        | 4.5%         | 0.0%                       |
| Nutrient Guideline            |                 | 400-500        |                | 540          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                              |        |         |    |     |      |       |       |     |      |       |       |       |       |        |      |
|------------------------------|--------|---------|----|-----|------|-------|-------|-----|------|-------|-------|-------|-------|--------|------|
| Fri - 07/18/2025             |        |         |    |     |      |       |       |     |      |       |       |       |       |        |      |
| K-8 Breakfast                | Total  |         |    |     |      |       |       |     |      |       |       |       |       |        |      |
| WG Strawberry Oatmeal Bar HS | 2.4 oz | 280     | 10 | 150 | 2.00 | 2.00  | 20.0  | 0   | 0.0  | 18    | 4.0   | 46.0  | 9.0   | 1.00   | 0.00 |
| Mandarin Fruit Cup.          | 1 C    | 140     | 0  | 0   | 2.00 | 0.00  | 60.0  | 0   | 0.0  | 28    | 2.0   | 32.0  | 0.0   | 0.00   | 0.00 |
| MILK, 1%, Unflavored.        | 8 oz   | 110     | 10 | 130 | 0.00 | 0.00  | 300.0 | 500 | 2.4  | 12    | 8.0   | 13.0  | 2.5   | 1.50   | 0.00 |
| MILK, Skim, Unflavored.      | 8 oz   | 90      | 5  | 130 | 0.00 | 0.00  | 250.0 | 750 | 0.0  | 12    | 8.0   | 13.0  | 0.0   | 0.00   | 0.00 |
| Gluten Free Cheerios.        | 2 oz   | 140     | 0  | 190 | 4.00 | 10.80 | 80.0  | 400 | 4.8  | 0     | 4.0   | 28.0  | 3.0   | 0.00   | 0.00 |
| Weighted Daily Average       |        | 507     | 17 | 274 | 4.06 | 2.34  | 343.4 | 611 | 1.33 | 56    | 13.56 | 89.20 | 9.85  | 1.66   | 0.00 |
| % of Calories                |        |         |    |     |      |       |       |     |      | 44.6% | 10.7% | 70.4% | 17.5% | 2.9%   | 0.0% |
| Nutrient Guideline           |        | 400-500 |    | 540 |      |       |       |     |      |       |       |       |       | <10.00 |      |

|                  |  |     |    |     |      |      |       |     |       |       |       |       |       |      |      |
|------------------|--|-----|----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|------|------|
| Weighted Average |  | 423 | 13 | 395 | 6.15 | 2.31 | 390.4 | 754 | 39.26 | 43    | 13.36 | 75.08 | 8.48  | 2.29 | 0.00 |
|                  |  |     |    |     |      |      |       |     |       | 91.1% | 12.6% | 71.0% | 18.1% | 4.9% | 0.0% |

*\*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

Jul 14, 2025 thru Jul 18, 2025

Base Menu Spreadsheet

K-8 Breakfast

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) |
|----------------------------|----------|-----------------|----------------|----------------|--------------|--------------|--------------|-------------------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Nutrient                   | Menu AVG | % of Cals       | Weekly Target  | % of Target    | Miss Data    | Shortfall    | Overage      | Error Messages (if any) |               |               |               |              |             |              |              |                            |
| Calories                   | 423      |                 | 400 - 500      | 100%           |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Cholesterol (mg)           | 13       |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sodium 1 (mg)              | 395      |                 | 540            | 73%            |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Fiber (g)                  | 6.15     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Iron (mg)                  | 2.31     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Calcium (mg)               | 390.4    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin A (IU)             | 754      |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sugars (g)                 | 43       | 40.48%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin C (mg)             | 39.26    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Protein (g)                | 13.36    | 12.64%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Carbohydrate (g)           | 75.08    | 71.05%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Total Fat (g)              | 8.48     | 18.05%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Saturated Fat (g)          | 2.29     | 4.87%           | <10.00%        |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%           |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |

*\*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

Jul 21, 2025 thru Jul 25, 2025

Base Menu Spreadsheet

K-8 Breakfast

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) |
|--------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 07/21/2025               |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Breakfast                  | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Cer/Cinnamon Toast Cruch 2oz   | 2 oz            | 220            | 0              | 320          | 8.00         | 3.60         | 120.0         | 600           | 7.2           | 12            | 4.0          | 44.0        | 5.0          | 0.00         | 0.00                       |
| Orange Navel                   | 1 Cup           | 75             | 0              | 2            | 3.39         | 0.20         | 66.2          | 380           | 91.01         | 13            | 1.4          | 19.31       | 0.23         | 0.03         | 0.00                       |
| MILK, 1%, Unflavored.          | 8 oz            | 110            | 10             | 130          | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.        | 8 oz            | 90             | 5              | 130          | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average         |                 | 385            | 7              | 438          | 11.21        | 3.72         | 444.6         | 1561          | 99.18         | 36            | 12.91        | 74.66       | 6.30         | 0.73         | 0.00                       |
| % of Calories                  |                 |                |                |              |              |              |               |               |               | 37.6%         | 13.4%        | 77.5%       | 14.7%        | 1.7%         | 0.0%                       |
| Nutrient Guideline             |                 | 400-500        |                | 540          |              |              |               |               |               |               |              |             |              | <10.00       |                            |
| Tue - 07/22/2025               |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Breakfast                  | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Whole Grain Blueberry Muffin 3 | 3.1 oz          | 250            | 35             | 140          | 2.00         | 2.00         | 23.0          | 0             | 0.0           | 20            | 5.0          | 42.0        | 7.0          | 1.00         | 0.00                       |
| PEARS,FRESH                    | 1 cup           | 101            | 0              | 2            | 5.52         | 0.32         | 16.0          | 45            | 7.65          | 17            | 0.64         | 27.11       | 0.25         | 0.04         | 0.00                       |
| MILK, 1%, Unflavored.          | 8 oz            | 110            | 10             | 130          | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.        | 8 oz            | 90             | 5              | 130          | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average         |                 | 436            | 41             | 260          | 7.44         | 2.24         | 299.2         | 639           | 8.79          | 48            | 13.04        | 79.74       | 8.14         | 1.71         | 0.00                       |
| % of Calories                  |                 |                |                |              |              |              |               |               |               | 44.0%         | 12.0%        | 73.1%       | 16.8%        | 3.5%         | 0.0%                       |
| Nutrient Guideline             |                 | 400-500        |                | 540          |              |              |               |               |               |               |              |             |              | <10.00       |                            |
| Wed - 07/23/2025               |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Breakfast                  | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Whole Grain Waffles 2.6oz      | 2 oz            | 180            | 8              | 220          | 0.00         | 1.40         | 60.0          | 0             | 0.0           | 4             | 4.0          | 24.0        | 6.0          | 1.00         | 0.00                       |
| Turkey Bacon.2s                | 0.25 oz         | 42             | 12             | 219          | 0.00         | 0.14         | 0.0           | 0             | 0.0           | 0             | 3.54         | 0.35        | 2.83         | 0.71         | 0.00                       |
| Cantaloupe Melon BF 1C         | 1 cup           | 53             | 0              | 25           | 1.40         | 0.33         | 14.0          | 5276          | 57.25         | 12            | 1.31         | 12.73       | 0.3          | 0.08         | 0.00                       |
| MILK, Skim, Unflavored.        | 8 oz            | 90             | 5              | 130          | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| MILK, 1%, Unflavored.          | 8 oz            | 110            | 10             | 130          | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| SYRUP. (A)                     | 43grams         | 120            | 0              | 0            | 0.00         | 0.00         | 0.0           | 0             | 0.0           | 19            | 0.0          | 31.0        | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average         |                 | 485            | 27             | 577          | 1.40         | 1.83         | 334.0         | 5869          | 58.40         | 47            | 16.26        | 79.88       | 10.10        | 2.46         | 0.00                       |
| % of Calories                  |                 |                |                |              |              |              |               |               |               | 38.7%         | 13.4%        | 65.8%       | 18.7%        | 4.6%         | 0.0%                       |
| Nutrient Guideline             |                 | 400-500        |                | 540          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

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Top Spanish Cafe & Catering

Jul 21, 2025 thru Jul 25, 2025

Base Menu Spreadsheet

K-8 Breakfast

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) |
|-------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Thu - 07/24/2025        |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Breakfast           | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Whole Grain Bagel (BCW) | 2 oz            | 130            | 0              | 250          | 2.00         | 1.60         | 40.0          | 0             | 0.0           | 3             | 5.0          | 26.0        | 0.5          | 0.00         | 0.00                       |
| Cream Cheese.           | 28 GRAMS        | 70             | 20             | 100          | 0.00         | 0.00         | 320.0         | 0             | 0.0           | 2             | 1.0          | 2.0         | 6.0          | 4.00         | 0.00                       |
| FRUIT SALAD: 1C (MAG)   | 1 C             | 160            | 0              | 20           | 2.00         | 0.80         | 0.0           | 0             | 0.0           | 40            | 0.0          | 42.0        | 0.0          | 0.00         | 0.00                       |
| MILK, 1%, Unflavored.   | 8 oz            | 110            | 10             | 130          | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored. | 8 oz            | 90             | 5              | 130          | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average  |                 | 452            | 27             | 488          | 3.95         | 2.36         | 620.2         | 594           | 1.13          | 56            | 13.49        | 81.76       | 7.67         | 4.71         | 0.00                       |
| % of Calories           |                 |                |                |              |              |              |               |               |               | 49.9%         | 11.9%        | 72.4%       | 15.3%        | 9.4%         | 0.0%                       |
| Nutrient Guideline      |                 | 400-500        |                | 540          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                         |         |         |    |     |      |      |       |     |      |       |       |       |      |        |      |
|-------------------------|---------|---------|----|-----|------|------|-------|-----|------|-------|-------|-------|------|--------|------|
| Fri - 07/25/2025        |         |         |    |     |      |      |       |     |      |       |       |       |      |        |      |
| K-8 Breakfast           | Total   |         |    |     |      |      |       |     |      |       |       |       |      |        |      |
| Fat Free Yogurt         | 4 oz    | 100     | 4  | 50  | 0.00 | 0.00 | 120.4 | 100 | 0.0  | 14    | 3.01  | 21.07 | 0.5  | 0.00   | 0.00 |
| Apples.                 | 1 cup   | 72      | 0  | 1   | 3.31 | 0.17 | 8.3   | 75  | 6.35 | 14    | 0.36  | 19.06 | 0.23 | 0.04   | 0.00 |
| MILK, 1%, Unflavored.   | 8 oz    | 110     | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4  | 12    | 8.0   | 13.0  | 2.5  | 1.50   | 0.00 |
| MILK, Skim, Unflavored. | 8 oz    | 90      | 5  | 130 | 0.00 | 0.00 | 250.0 | 750 | 0.0  | 12    | 8.0   | 13.0  | 0.0  | 0.00   | 0.00 |
| Granola Bar.            | 0.89 oz | 90      | 0  | 55  | 1.00 | 0.50 | 110.0 | 0   | 0.0  | 6     | 2.0   | 19.0  | 1.5  | 0.00   | 0.00 |
| Weighted Daily Average  |         | 352     | 11 | 228 | 4.23 | 0.65 | 495.5 | 766 | 7.37 | 45    | 12.87 | 70.41 | 3.38 | 0.75   | 0.00 |
| % of Calories           |         |         |    |     |      |      |       |     |      | 51.3% | 14.6% | 79.9% | 8.6% | 1.9%   | 0.0% |
| Nutrient Guideline      |         | 400-500 |    | 540 |      |      |       |     |      |       |       |       |      | <10.00 |      |

|                  |  |     |    |     |      |      |       |      |       |       |       |       |       |      |      |
|------------------|--|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|------|------|
| Weighted Average |  | 422 | 23 | 398 | 5.65 | 2.16 | 438.7 | 1886 | 34.97 | 47    | 13.71 | 77.29 | 7.12  | 2.07 | 0.00 |
|                  |  |     |    |     |      |      |       |      |       | 99.1% | 13.0% | 73.2% | 15.2% | 4.4% | 0.0% |

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Top Spanish Cafe & Catering

Jul 21, 2025 thru Jul 25, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

|                            |          | 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                   | 422      |                 | 400 - 500      | 100%           |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Cholesterol (mg)           | 23       |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sodium 1 (mg)              | 398      |                 | 540            | 74%            |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Fiber (g)                  | 5.65     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Iron (mg)                  | 2.16     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Calcium (mg)               | 438.7    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin A (IU)             | 1886     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sugars (g)                 | 47       | 44.06%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin C (mg)             | 34.97    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Protein (g)                | 13.71    | 12.99%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Carbohydrate (g)           | 77.29    | 73.22%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Total Fat (g)              | 7.12     | 15.17%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Saturated Fat (g)          | 2.07     | 4.42%           | <10.00%        |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%           |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |

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

Jul 28, 2025 thru Aug 1, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

|                               | 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) |
|-------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 07/28/2025              |                 |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| K-8 Breakfast                 | Total           |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| Cer/Cinnamon Toast Crunch 2oz | 2 oz            | 220            | 0              | 320          | 8.00         | 3.60         | 120.0        | 600           | 7.2           | 12            | 4.0          | 44.0        | 5.0          | 0.00         | 0.00                       |
| PEARS, FRESH                  | 1 cup           | 101            | 0              | 2            | 5.52         | 0.32         | 16.0         | 45            | 7.65          | 17            | 0.64         | 27.11       | 0.25         | 0.04         | 0.00                       |
| MILK, 1%, Unflavored.         | 8 oz            | 110            | 10             | 130          | 0.00         | 0.00         | 300.0        | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.       | 8 oz            | 90             | 5              | 130          | 0.00         | 0.00         | 250.0        | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average        |                 | 411            | 7              | 438          | 13.34        | 3.84         | 394.4        | 1225          | 15.82         | 40            | 12.15        | 82.46       | 6.32         | 0.75         | 0.00                       |
| % of Calories                 |                 |                |                |              |              |              |              |               |               | 39.4%         | 11.8%        | 80.2%       | 13.8%        | 1.6%         | 0.0%                       |
| Nutrient Guideline            |                 | 400-500        |                | 540          |              |              |              |               |               |               |              |             |              | <10.00       |                            |
| Tue - 07/29/2025              |                 |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| K-8 Breakfast                 | Total           |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| Whole Grain Pancakes 2.6oz    | 2 oz            | 160            | 8              | 180          | 2.00         | 1.46         | 73.2         | 0             | 0.0           | 10            | 4.0          | 30.0        | 3.0          | 0.00         | 0.00                       |
| Turkey Sausage Patty          | 1.025 oz        | 60             | 30             | 90           | 0.00         | 0.40         | 0.0          | 0             | 0.0           | 0             | 6.0          | 0.0         | 4.0          | 1.00         | 0.00                       |
| WATERMELON, CHUNKS            | 1 CUP           | 46             | 0              | 2            | 0.61         | 0.36         | 10.6         | 865           | 12.31         | 9             | 0.93         | 11.48       | 0.23         | 0.02         | 0.00                       |
| MILK, 1%, Unflavored.         | 8 oz            | 110            | 10             | 130          | 0.00         | 0.00         | 300.0        | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.       | 8 oz            | 90             | 5              | 130          | 0.00         | 0.00         | 250.0        | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| SYRUP. (A)                    | 43grams         | 120            | 0              | 0            | 0.00         | 0.00         | 0.0          | 0             | 0.0           | 19            | 0.0          | 31.0        | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average        |                 | 479            | 44             | 392          | 2.61         | 2.21         | 345.0        | 1459          | 13.45         | 50            | 18.34        | 84.83       | 8.28         | 1.70         | 0.00                       |
| % of Calories                 |                 |                |                |              |              |              |              |               |               | 41.6%         | 15.3%        | 70.9%       | 15.6%        | 3.2%         | 0.0%                       |
| Nutrient Guideline            |                 | 400-500        |                | 540          |              |              |              |               |               |               |              |             |              | <10.00       |                            |
| Wed - 07/30/2025              |                 |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| K-8 Breakfast                 | Total           |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| WG Banana Bread Loaf          | 3.4 oz          | 260            | 0              | 240          | 2.00         | 0.00         | 0.0          | 0             | 0.0           | 24            | 5.0          | 45.0        | 8.0          | 1.50         | 0.00                       |
| Apples.                       | 1 cup           | 72             | 0              | 1            | 3.31         | 0.17         | 8.3          | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| MILK, 1%, Unflavored.         | 8 oz            | 110            | 10             | 130          | 0.00         | 0.00         | 300.0        | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.       | 8 oz            | 90             | 5              | 130          | 0.00         | 0.00         | 250.0        | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average        |                 | 414            | 7              | 353          | 5.21         | 0.17         | 269.4        | 669           | 7.48          | 49            | 12.71        | 74.16       | 9.02         | 2.17         | 0.00                       |
| % of Calories                 |                 |                |                |              |              |              |              |               |               | 46.9%         | 12.3%        | 71.7%       | 19.6%        | 4.7%         | 0.0%                       |
| Nutrient Guideline            |                 | 400-500        |                | 540          |              |              |              |               |               |               |              |             |              | <10.00       |                            |

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Top Spanish Cafe & Catering

Jul 28, 2025 thru Aug 1, 2025

Base Menu Spreadsheet

K-8 Breakfast

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) |
|-------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Thu - 07/31/2025        |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Breakfast           | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Whole Grain Bagel (BCW) | 2 oz            | 130            | 0              | 250          | 2.00         | 1.60         | 40.0          | 0             | 0.0           | 3             | 5.0          | 26.0        | 0.5          | 0.00         | 0.00                       |
| Cream Cheese.           | 28 GRAMS        | 70             | 20             | 100          | 0.00         | 0.00         | 320.0         | 0             | 0.0           | 2             | 1.0          | 2.0         | 6.0          | 4.00         | 0.00                       |
| 100% Grape Juice 8oz    | 8 oz            | 160            | 0              | 30           | 0.00         | 0.00         | 40.0          | 0             | 0.0           | 36            | 0.0          | 36.0        | 0.0          | 0.00         | 0.00                       |
| MILK, 1%, Unflavored.   | 8 oz            | 110            | 10             | 130          | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored. | 8 oz            | 90             | 5              | 130          | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average  |                 | 452            | 27             | 498          | 1.95         | 1.56         | 660.2         | 594           | 1.13          | 52            | 13.49        | 75.76       | 7.67         | 4.71         | 0.00                       |
| % of Calories           |                 |                |                |              |              |              |               |               |               | 46.3%         | 11.9%        | 67.0%       | 15.3%        | 9.4%         | 0.0%                       |
| Nutrient Guideline      |                 | 400-500        |                | 540          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                              |         |         |    |     |      |      |       |     |      |       |       |        |       |        |      |
|------------------------------|---------|---------|----|-----|------|------|-------|-----|------|-------|-------|--------|-------|--------|------|
| Fri - 08/01/2025             |         |         |    |     |      |      |       |     |      |       |       |        |       |        |      |
| K-8 Breakfast                | Total   |         |    |     |      |      |       |     |      |       |       |        |       |        |      |
| Whole Grain French Toast 3oz | 3 oz    | 240     | 10 | 260 | 2.00 | 0.60 | 21.0  | 0   | 0.0  | 12    | 6.0   | 38.0   | 7.0   | 1.00   | 0.00 |
| Turkey Bacon.2s              | 0.25 oz | 42      | 12 | 219 | 0.00 | 0.14 | 0.0   | 0   | 0.0  | 0     | 3.54  | 0.35   | 2.83  | 0.71   | 0.00 |
| FRUIT SALAD: 1C (MAG)        | 1 C     | 160     | 0  | 20  | 2.00 | 0.80 | 0.0   | 0   | 0.0  | 40    | 0.0   | 42.0   | 0.0   | 0.00   | 0.00 |
| MILK, 1%, Unflavored.        | 8 oz    | 110     | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4  | 12    | 8.0   | 13.0   | 2.5   | 1.50   | 0.00 |
| MILK, Skim, Unflavored.      | 8 oz    | 90      | 5  | 130 | 0.00 | 0.00 | 250.0 | 750 | 0.0  | 12    | 8.0   | 13.0   | 0.0   | 0.00   | 0.00 |
| SYRUP. (A)                   | 43grams | 120     | 0  | 0   | 0.00 | 0.00 | 0.0   | 0   | 0.0  | 19    | 0.0   | 31.0   | 0.0   | 0.00   | 0.00 |
| Weighted Daily Average       |         | 646     | 29 | 605 | 3.92 | 1.51 | 281.3 | 594 | 1.13 | 82    | 16.78 | 122.14 | 10.63 | 2.35   | 0.00 |
| % of Calories                |         |         |    |     |      |      |       |     |      | 50.9% | 10.4% | 75.6%  | 14.8% | 3.3%   | 0.0% |
| Nutrient Guideline           |         | 400-500 |    | 540 |      |      |       |     |      |       |       |        |       | <10.00 |      |

|                  |  |     |    |     |      |      |       |     |      |        |       |       |       |      |      |
|------------------|--|-----|----|-----|------|------|-------|-----|------|--------|-------|-------|-------|------|------|
| Weighted Average |  | 480 | 23 | 457 | 5.41 | 1.86 | 390.1 | 908 | 7.80 | 55     | 14.69 | 87.87 | 8.38  | 2.34 | 0.00 |
|                  |  |     |    |     |      |      |       |     |      | 102.5% | 12.2% | 73.2% | 15.7% | 4.4% | 0.0% |

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Top Spanish Cafe & Catering

Jul 28, 2025 thru Aug 1, 2025

Base Menu Spreadsheet

K-8 Breakfast

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) |
|----------------------------|----------|-----------------|----------------|----------------|--------------|--------------|--------------|-------------------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Nutrient                   | Menu AVG | % of Cals       | Weekly Target  | % of Target    | Miss Data    | Shortfall    | Overage      | Error Messages (if any) |               |               |               |              |             |              |              |                            |
| Calories                   | 480      |                 | 400 - 500      | 100%           |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Cholesterol (mg)           | 23       |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sodium 1 (mg)              | 457      |                 | 540            | 85%            |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Fiber (g)                  | 5.41     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Iron (mg)                  | 1.86     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Calcium (mg)               | 390.1    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin A (IU)             | 908      |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sugars (g)                 | 55       | 45.53%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin C (mg)             | 7.80     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Protein (g)                | 14.69    | 12.23%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Carbohydrate (g)           | 87.87    | 73.16%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Total Fat (g)              | 8.38     | 15.71%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Saturated Fat (g)          | 2.34     | 4.38%           | <10.00%        |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%           |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |

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