

## JULY 2025



## Monday



CHEESEBURGER **7**  
WG BUN  
POTATOES  
APPLES

BEEF HOT DOG **14**  
HOT DOG ROLL  
BAKED BEANS  
100% ORANGE JUICE

CHICKEN DRUMSTICK **21**  
WG ROLL  
CORN  
APPLES

CHICKEN NUGGETS **28**  
WG ROLL  
CORN AND BROCCOLI  
APPLE SAUCE

## Tuesday

GRILLED CHICKEN **1**  
SALAD  
CORN CHIPS  
BANANAS  
RANCH

CHICKEN TACOS **8**  
TACO SHELLS  
BLACK BEANS  
BANANAS

TURKEY SAUSAGE **15**  
JAMBALAYA  
MIXED VEGETABLES  
BANANAS

BEEF LASAGNA **22**  
WG ROLL  
BROCCOLI  
BANANAS

BEEF TACOS **29**  
TACO SHELLS  
BLACK BEANS  
BANANAS

## Wednesday

GROUND BEEF **2**  
SPANISH RICE  
PINTO BEANS  
100% GRAPE JUICE

SPAGHETTI WITH **9**  
MEATBALLS  
GREEN BEANS  
100% APPLE JUICE

CHEESE PIZZA **16**  
GREEN BEANS  
MANDARIN CUP

CHICKEN PATTY **23**  
SANDWICH  
GREEN BEANS  
ORANGE

TURKEY BOLOGNA **30**  
AND CHEESE  
SANDWICH  
CARROT STICKS  
100% ORANGE JUICE

## Thursday

TURKEY HAM & CHEESE **3**  
SANDWICH  
CARROT STICKS  
APPLES

SPANISH RICE WITH **10**  
CHICKEN  
CARROTS  
ORANGE

CHICKEN SALAD **17**  
SANDWICH  
GREEN SALAD WITH  
TOMATOES  
APPLES, GRANOLA

SHREDDED BEEF STEW **24**  
(ROPA VIEJA)  
BROWN RICE WITH  
BEANS  
100% GRAPE JUICE

GROUND BEEF **31**  
SPANISH RICE  
GREEN BEANS  
DICED PEACH CUP

## Friday

**NO SCHOOL** **4**

TURKEY HAM **11**  
& CHEESE SANDWICH  
GREEN SALAD WITH  
TOMATOES  
MANDARIN CUP

CHICKEN AND BEAN **18**  
WRAP  
CORN  
APPLE SAUCE

TURKEY HAM **25**  
& CHEESE SANDWICH  
GREEN SALAD WITH  
TOMATOES  
APPLE SAUCE

**AUGUST 1**  
CHICKEN SALAD  
WRAPS  
GREEN SALAD WITH  
TOMATOES, ORANGES

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

*This institution is an equal opportunity provider*

# JULY 2025 VEGETARIAN


**Monday**


VEGETARIAN PATTY **7**  
WG BUN  
POTATOES  
APPLES

BLACK BEAN PATTY **14**  
HOT DOG ROLL  
BAKED BEANS  
100% ORANGE JUICE

VEGETARIAN PATTY **21**  
WG ROLL  
CORN  
APPLES

BLACK BEAN PATTY **28**  
WG ROLL  
CORN AND BROCCOLI  
APPLE SAUCE

**Tuesday**

GRILLED TOFU **1**  
SALAD  
CORN CHIPS  
BANANAS  
RANCH

VEGETARIAN MEAT TACOS **8**  
TACO SHELLS  
BLACK BEANS  
BANANAS

VEGETARIAN MEAT **15**  
JAMBALAYA  
MIXED VEGETABLES  
BANANAS

VEGETARIAN MEAT **22**  
PASTA  
BROCCOLI  
BANANAS

VEGETARIAN MEAT TACOS **29**  
TACO SHELLS  
BLACK BEANS  
BANANAS

**Wednesday**

SPANISH RICE **2**  
WITH VEGETARIAN MEAT  
PINTO BEANS  
100% GRAPE JUICE

SPAGHETTI WITH **9**  
VEGETARIAN MEAT  
GREEN BEANS  
100% APPLE JUICE

CHEESE PIZZA **16**  
GREEN BEANS  
MANDARIN CUP

VEGETARIAN PATTY **23**  
SANDWICH  
GREEN BEANS  
ORANGE

SUNBUTTER & **30**  
JELLY  
SANDWICH  
CARROT STICKS  
100% ORANGE JUICE

**Thursday**

TOFU AND VEGETABLE **3**  
SANDWICH  
CARROT STICKS  
APPLES

SPANISH RICE WITH **10**  
VEGETARIAN MEAT  
CARROTS  
ORANGE

SUNBUTTER & JELLY **17**  
SANDWICH  
GREEN SALAD WITH  
TOMATOES  
APPLES, GRANOLA

SPANISH RICE WITH **24**  
VEGETARIAN MEAT  
BLACK BEANS  
100% GRAPE JUICE

SPANISH RICE WITH **31**  
VEGETARIAN MEAT  
GREEN BEANS  
DICED PEACH CUP

**Friday**

**NO SCHOOL** **4**

SUNBUTTER & JELLY **11**  
SANDWICH  
GREEN SALAD WITH  
TOMATOES  
MANDARIN CUP

CHEESE AND BEAN **18**  
WRAP  
CORN  
APPLE SAUCE

TOFU AND VEGETABLE **25**  
SANDWICH  
GREEN SALAD WITH  
TOMATOES  
APPLE SAUCE

**AUGUST 1**  
TOFU AND VEGETABLE  
WRAP  
GREEN SALAD WITH  
TOMATOES, ORANGES

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

*This institution is an equal opportunity provider*

Top Spanish Cafe & Catering

Jun 30, 2025 thru Jul 4, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

|                          | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|--------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 06/30/2025         |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Lunch                | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Chicken Patty-3oz *      | 3 oz            | 240            | 25             |              | 3.00         | 1.90         | 30.0          | 0             | 0.0           | 1             | 14.01        | 16.01       | 14.01        | 2.50         | 0.00                       |
| Whole Grain Bun 2oz.     | 2 oz            | 130            | 0              |              | 3.00         | 2.00         | 11.0          | 0             | 0.0           | 2             | 4.0          | 26.0        | 1.5          | 0.00         | 0.00                       |
| CORN: frozen, yellow     | 3/4 CUP         | 107            | 0              |              | 3.17         | 0.62         | 4.0           | 263           | 4.62          | 4             | 3.37         | 25.48       | 0.88         | 0.14         | 0.00                       |
| MILK, 1%, Unflavored.    | 8 oz            | 110            | 10             |              | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.  | 8 oz            | 90             | 5              |              | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Orange Navel             | 1 Cup           | 75             | 0              |              | 3.39         | 0.20         | 66.2          | 380           | 91.01         | 13            | 1.4          | 19.31       | 0.23         | 0.03         | 0.00                       |
| Lactose Free Milk.       | 8 oz            | 80             | 4              |              | 0.00         | 0.00         | 300.0         | 750           | 0.0           | 12            | 8.0          | 12.0        | 0.0          | 0.00         | 0.00                       |
| Vegetarian Patty.        | 2.5 oz          | 140            | 0              |              | 3.00         | 1.60         | 30.0          | 0             | 0.0           | 0             | 16.0         | 6.0         | 7.0          | 1.00         | 0.00                       |
| Diced Chicken Tyson      | 2.3 oz          | 101            | 43             |              | 0.00         | 0.47         | 0.0           | 0             | 0.0           | 0             | 13.97        | 0.78        | 3.88         | 1.16         | 0.00                       |
| Gluten Free Bread        | 2 oz            | 140            | 0              |              | 4.00         | 0.48         | 0.0           | 0             | 0.0           | 2             | 2.0          | 26.0        | 3.33         | 1.67         | 0.00                       |
| KETCHUP: individual (WC) | 9 grams         | 10             | 0              |              | 0.00         | 0.00         | 0.0           | 0             | 0.0           | 2             | 0.0          | 3.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average   |                 | 661            | 32             | 906          | 12.57        | 4.72         | 387.0         | 1273          | 96.79         | 34            | 30.86        | 102.68      | 17.73        | 3.37         | 0.00                       |
| % of Calories            |                 |                |                |              |              |              |               |               |               | 20.7%         | 18.7%        | 62.1%       | 24.1%        | 4.6%         | 0.0%                       |
| Nutrient Guideline       |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                                |            |         |    |      |      |      |       |      |       |        |       |       |       |        |       |
|--------------------------------|------------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| Tue - 07/01/2025               |            |         |    |      |      |      |       |      |       |        |       |       |       |        |       |
| K-8 Lunch                      | Total      |         |    |      |      |      |       |      |       |        |       |       |       |        |       |
| Green Salad with Grilled Chick | 1 Salad Bo | 201     | 60 |      | 3.20 | 1.45 | 49.8  | 5039 | 23.29 | *2     | 21.41 | 19.39 | 3.34  | 0.28   | *0.00 |
| Corn Chips                     | 2 oz       | 160     | 0  |      | 1.00 | 0.20 | 30.0  | 0    | 0.0   | 0      | 2.0   | 16.0  | 10.0  | 1.50   | 0.00  |
| Ranch Dressing.                | 12Grams    | 10      | 0  |      | 0.00 | 0.00 | 20.0  | 0    | 0.0   | 1      | 0.0   | 3.0   | 0.0   | 0.00   | 0.00  |
| BANANAS MS Lunch               | 1/2 Cup    | 105     | 0  |      | 3.07 | 0.31 | 5.9   | 76   | 10.27 | 14     | 1.29  | 26.95 | 0.39  | 0.13   | 0.00  |
| MILK, 1%, Unflavored.          | 8 oz       | 110     | 10 |      | 0.00 | 0.00 | 300.0 | 500  | 2.4   | 12     | 8.0   | 13.0  | 2.5   | 1.50   | 0.00  |
| MILK, Skim, Unflavored.        | 8 oz       | 90      | 5  |      | 0.00 | 0.00 | 250.0 | 750  | 0.0   | 12     | 8.0   | 13.0  | 0.0   | 0.00   | 0.00  |
| Green Salad with Tofu          | 1 Salad Bo | 171     | 0  |      | 4.20 | 2.89 | 103.8 | 5039 | 23.29 | *1     | 12.41 | 20.39 | 5.34  | 0.78   | *0.00 |
| Weighted Daily Average         |            | 575     | 66 | 1120 | 7.29 | 1.99 | 382.0 | 5739 | 34.75 | *29    | 32.47 | 78.37 | 15.03 | 2.67   | *0.00 |
| % of Calories                  |            |         |    |      |      |      |       |      |       | *20.2% | 22.6% | 54.5% | 23.5% | 4.2%   | *0.0% |
| Nutrient Guideline             |            | 600-650 |    |      |      |      |       |      |       |        |       |       |       | <10.00 |       |

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Top Spanish Cafe & Catering

Jun 30, 2025 thru Jul 4, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

|                           | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|---------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Wed - 07/02/2025          |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Lunch                 | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| GROUND BEEF &SPANISH RICE | 3/4 CUP         | 376            | 58             |              | 3.00         | 3.48         | 37.5          | 352           | 11.14         | *2            | 18.32        | 38.74       | 14.52        | 4.94         | *0.73                      |
| k-8                       |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Pinto Beans 3/4C          | 3/4 C           | 157            | 0              |              | 6.54         | 2.62         | 55.0          | 0             | 0.0           | 1             | 9.16         | 27.48       | 0.0          | 0.00         | 0.00                       |
| 100% Grape Juice 4oz      | 4 oz            | 80             | 0              |              | 0.00         | 0.00         | 20.0          | 0             | 0.0           | 18            | 0.0          | 18.0        | 0.0          | 0.00         | 0.00                       |
| MILK, 1%, Unflavored.     | 8 oz            | 110            | 10             |              | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.   | 8 oz            | 90             | 5              |              | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| SPANISH RICE With VG Meat | 6 Oz            | 388            | 0              |              | 6.93         | 3.74         | 60.9          | 340           | 11.14         | *2            | 21.75        | 51.43       | 10.39        | 1.26         | *0.00                      |
| Lactose Free Milk.        | 8 oz            | 80             | 4              |              | 0.00         | 0.00         | 300.0         | 750           | 0.0           | 12            | 8.0          | 12.0        | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average    |                 | 712            | 63             | 862          | 9.69         | 6.11         | 389.2         | 982           | 12.29         | *33           | 35.60        | 97.66       | 15.56        | 5.52         | *0.71                      |
| % of Calories             |                 |                |                |              |              |              |               |               |               | *18.5%        | 20.0%        | 54.8%       | 19.7%        | 7.0%         | *0.9%                      |
| Nutrient Guideline        |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                             |         |         |    |      |      |      |       |       |       |       |       |       |       |        |      |
|-----------------------------|---------|---------|----|------|------|------|-------|-------|-------|-------|-------|-------|-------|--------|------|
| Thu - 07/03/2025            |         |         |    |      |      |      |       |       |       |       |       |       |       |        |      |
| K-8 Lunch                   | Total   |         |    |      |      |      |       |       |       |       |       |       |       |        |      |
| Turkey Ham 3oz (JO).        | 3.01 oz | 110     | 55 |      | 0.00 | 0.70 | 0.0   | 0     | 0.0   | 0     | 14.0  | 1.0   | 5.0   | 1.50   | 0.00 |
| Whole Grain Bun 2oz.        | 2 oz    | 130     | 0  |      | 3.00 | 2.00 | 11.0  | 0     | 0.0   | 2     | 4.0   | 26.0  | 1.5   | 0.00   | 0.00 |
| CARROT STICKS MS            | 3/4 CUP | 38      | 0  |      | 2.56 | 0.27 | 30.2  | 15286 | 5.4   | 4     | 0.85  | 8.77  | 0.22  | 0.03   | 0.00 |
| MILK, 1%, Unflavored.       | 8 oz    | 110     | 10 |      | 0.00 | 0.00 | 300.0 | 500   | 2.4   | 12    | 8.0   | 13.0  | 2.5   | 1.50   | 0.00 |
| MILK, Skim, Unflavored.     | 8 oz    | 90      | 5  |      | 0.00 | 0.00 | 250.0 | 750   | 0.0   | 12    | 8.0   | 13.0  | 0.0   | 0.00   | 0.00 |
| Apples.                     | 1 cup   | 72      | 0  |      | 3.31 | 0.17 | 8.3   | 75    | 6.35  | 14    | 0.36  | 19.06 | 0.23  | 0.04   | 0.00 |
| Tofu and Vegetable Sandwich | 2.2 oz  | 59      | 0  |      | 0.73 | 1.06 | 44.0  | 0     | 0.0   | 0     | 6.6   | 2.2   | 2.93  | 0.37   | 0.00 |
| Ranch Dressing.             | 12Grams | 10      | 0  |      | 0.00 | 0.00 | 20.0  | 0     | 0.0   | 1     | 0.0   | 3.0   | 0.0   | 0.00   | 0.00 |
| Lactose Free Milk.          | 8 oz    | 80      | 4  |      | 0.00 | 0.00 | 300.0 | 750   | 0.0   | 12    | 8.0   | 12.0  | 0.0   | 0.00   | 0.00 |
| Weighted Daily Average      |         | 461     | 62 | 1049 | 8.90 | 3.18 | 347.0 | 15991 | 12.90 | 34    | 27.46 | 70.87 | 8.26  | 2.30   | 0.00 |
| % of Calories               |         |         |    |      |      |      |       |       |       | 29.2% | 23.8% | 61.5% | 16.1% | 4.5%   | 0.0% |
| Nutrient Guideline          |         | 600-650 |    |      |      |      |       |       |       |       |       |       |       | <10.00 |      |

|                        |         |         |   |   |      |      |     |   |      |      |      |      |      |        |      |
|------------------------|---------|---------|---|---|------|------|-----|---|------|------|------|------|------|--------|------|
| Fri - 07/04/2025       |         |         |   |   |      |      |     |   |      |      |      |      |      |        |      |
| K-8 Lunch              | Total   |         |   |   |      |      |     |   |      |      |      |      |      |        |      |
| NO SCHOOL TODAY        | SERVING | 0       | 0 |   | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0    | 0.0  | 0.0  | 0.0  | 0.00   | 0.00 |
| Weighted Daily Average |         | 0       | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0    | 0.00 | 0.00 | 0.00 | 0.00   | 0.00 |
| % of Calories          |         |         |   |   |      |      |     |   |      | 0.0% | 0.0% | 0.0% | 0.0% | 0.0%   | 0.0% |
| Nutrient Guideline     |         | 600-650 |   |   |      |      |     |   |      |      |      |      |      | <10.00 |      |

*\*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.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Top Spanish Cafe & Catering

Jun 30, 2025 thru Jul 4, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

|                  | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | 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) |
|------------------|-----------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|----------------|----------------|----------------|--------------|----------------------------|
| Weighted Average |                 | 602            | 56             |              | 9.61         | 4.00         | 376.3        | 5996          | 39.18         | *32<br>*48.5% | 31.60<br>21.0% | 87.39<br>58.0% | 14.15<br>21.1% | 3.46<br>5.2% | *0.18<br>*0.3%             |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 602      |           | 600 - 650     | 100%        |           |           |         |                         |
| Cholesterol (mg)           | 56       |           |               |             |           |           |         |                         |
| Sodium 1a (mg)             | 984      |           | 1110          | 89%         |           |           |         |                         |
| Fiber (g)                  | 9.61     |           |               |             |           |           |         |                         |
| Iron (mg)                  | 4.00     |           |               |             |           |           |         |                         |
| Calcium (mg)               | 376.3    |           |               |             |           |           |         |                         |
| Vitamin A (IU)             | 5996     |           |               |             |           |           |         |                         |
| Sugars (g)                 | 32       | 21.57%    |               |             | Missing   |           |         |                         |
| Vitamin C (mg)             | 39.18    |           |               |             |           |           |         |                         |
| Protein (g)                | 31.60    | 20.99%    |               |             |           |           |         |                         |
| Carbohydrate (g)           | 87.39    | 58.05%    |               |             |           |           |         |                         |
| Total Fat (g)              | 14.15    | 21.14%    |               |             |           |           |         |                         |
| Saturated Fat (g)          | 3.46     | 5.18%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.18     | 0.26%     |               |             | Missing   |           |         |                         |

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Top Spanish Cafe & Catering

Jul 7, 2025 thru Jul 11, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

|                         | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 07/07/2025        |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Lunch               | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Beef Patty 2.25 Oz      | 2.25 oz         | 130            | 35             |              | 0.00         | 1.00         | 12.0          | 0             | 0.0           | 0             | 11.0         | 1.0         | 9.0          | 4.00         | 0.50                       |
| Whole Grain Bun 2oz.    | 2 oz            | 130            | 0              |              | 3.00         | 2.00         | 11.0          | 0             | 0.0           | 2             | 4.0          | 26.0        | 1.5          | 0.00         | 0.00                       |
| Potato Fries 3/4C. mcca | 3/4 C           | 200            | 0              |              | 2.00         | 0.60         | 20.0          | 0             | 0.0           | 2             | 2.0          | 34.02       | 8.0          | 1.00         | 0.00                       |
| Apples.                 | 1 cup           | 72             | 0              |              | 3.31         | 0.17         | 8.3           | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| MILK, 1%, Unflavored.   | 8 oz            | 110            | 10             |              | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored. | 8 oz            | 90             | 5              |              | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Vegetarian Patty.       | 2.5 oz          | 140            | 0              |              | 3.00         | 1.60         | 30.0          | 0             | 0.0           | 0             | 16.0         | 6.0         | 7.0          | 1.00         | 0.00                       |
| Weighted Daily Average  |                 | 627            | 41             | 515          | 8.39         | 3.78         | 311.5         | 666           | 7.48          | 30            | 25.04        | 92.49       | 19.86        | 5.67         | 0.49                       |
| % of Calories           |                 |                |                |              |              |              |               |               |               | 18.9%         | 16.0%        | 59.0%       | 28.5%        | 8.1%         | 0.7%                       |
| Nutrient Guideline      |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                          |          |         |    |     |       |      |       |      |       |        |       |       |       |        |       |
|--------------------------|----------|---------|----|-----|-------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| Tue - 07/08/2025         |          |         |    |     |       |      |       |      |       |        |       |       |       |        |       |
| K-8 Lunch                | Total    |         |    |     |       |      |       |      |       |        |       |       |       |        |       |
| Chicken for TACOs 4oz.   | 4 oz     | 200     | 76 |     | 1.17  | 1.73 | 15.8  | 506  | 4.02  | *2     | 25.82 | 6.03  | 7.17  | 2.11   | *0.00 |
| Black beans 3/4C         | 3/4 C    | 131     | 0  |     | 6.54  | 1.31 | 52.3  | 0    | 0.0   | 1      | 7.85  | 23.55 | 0.0   | 0.00   | 0.00  |
| Taco Shell-7" HS/Mission | 2 shells | 210     | 0  |     | 3.00  | 0.00 | 30.0  | 0    | 0.0   | 1      | 3.0   | 28.0  | 9.0   | 1.00   | 0.00  |
| BANANAS MS Lunch         | 1/2 Cup  | 105     | 0  |     | 3.07  | 0.31 | 5.9   | 76   | 10.27 | 14     | 1.29  | 26.95 | 0.39  | 0.13   | 0.00  |
| MILK, 1%, Unflavored.    | 8 oz     | 110     | 10 |     | 0.00  | 0.00 | 300.0 | 500  | 2.4   | 12     | 8.0   | 13.0  | 2.5   | 1.50   | 0.00  |
| MILK, Skim, Unflavored.  | 8 oz     | 90      | 5  |     | 0.00  | 0.00 | 250.0 | 750  | 0.0   | 12     | 8.0   | 13.0  | 0.0   | 0.00   | 0.00  |
| Vegetarian Meat Taco.    | 3 oz     | 213     | 0  |     | 7.00  | 2.59 | 61.8  | 4062 | 7.67  | 5      | 19.06 | 20.63 | 7.82  | 1.03   | 0.00  |
| Weighted Daily Average   |          | 741     | 81 | 526 | 13.93 | 3.37 | 364.9 | 1262 | 15.51 | *30    | 45.35 | 97.19 | 17.75 | 3.92   | *0.00 |
| % of Calories            |          |         |    |     |       |      |       |      |       | *16.4% | 24.5% | 52.5% | 21.6% | 4.8%   | *0.0% |
| Nutrient Guideline       |          | 600-650 |    |     |       |      |       |      |       |        |       |       |       | <10.00 |       |

|                                |        |     |    |  |       |      |       |     |      |       |       |       |       |      |      |
|--------------------------------|--------|-----|----|--|-------|------|-------|-----|------|-------|-------|-------|-------|------|------|
| Wed - 07/09/2025               |        |     |    |  |       |      |       |     |      |       |       |       |       |      |      |
| K-8 Lunch                      | Total  |     |    |  |       |      |       |     |      |       |       |       |       |      |      |
| Spaghetti-8 oz                 | 8 oz   | 360 | 0  |  | 4.22  | 3.02 | 16.2  | 0   | 0.0  | *N/A* | 13.15 | 69.99 | 2.11  | 0.39 | 0.00 |
| Beef Meatballs                 | 2.5 oz | 180 | 30 |  | 1.00  | 1.40 | 30.0  | 0   | 0.0  | 1     | 13.0  | 4.0   | 12.0  | 5.00 | 0.00 |
| Marinara Sauce 1/4C.           | 1/4 C  | 40  | 0  |  | 0.00  | 0.54 | 20.0  | 375 | 10.5 | 4     | 1.0   | 6.0   | 1.5   | 0.00 | 0.00 |
| GREEN BEANS: frozen,boiled 1/2 | 1/2 C  | 19  | 0  |  | 2.03  | 0.45 | 28.4  | 283 | 2.77 | 1     | 1.01  | 4.35  | 0.11  | 0.03 | 0.00 |
| 100% Apple Juice (Ardmore)4oz  | 1/2 C  | 60  | 0  |  | 0.00  | 0.00 | 0.0   | 0   | 0.0  | 13    | 0.0   | 14.0  | 0.0   | 0.00 | 0.00 |
| MILK, 1%, Unflavored.          | 8 oz   | 110 | 10 |  | 0.00  | 0.00 | 300.0 | 500 | 2.4  | 12    | 8.0   | 13.0  | 2.5   | 1.50 | 0.00 |
| MILK, Skim, Unflavored.        | 8 oz   | 90  | 5  |  | 0.00  | 0.00 | 250.0 | 750 | 0.0  | 12    | 8.0   | 13.0  | 0.0   | 0.00 | 0.00 |
| Vegetarian Meat Spaghetti      | 6 oz   | 554 | 0  |  | 15.14 | 7.19 | 34.5  | 85  | 2.38 | 5     | 30.37 | 90.37 | 10.37 | 1.00 | 0.00 |

**\*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.**

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

Top Spanish Cafe & Catering

Jul 7, 2025 thru Jul 11, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

|                                         | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g)   | Carb<br>(g)     | T-Fat<br>(g)   | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|----------------|-----------------|----------------|--------------|----------------------------|
| Weighted Daily Average<br>% of Calories |                 | 754            | 36             | 634          | 7.62         | 5.48         | 357.8         | 1247          | 14.07         | *31<br>*16.3% | 35.97<br>19.1% | 111.22<br>59.0% | 16.72<br>20.0% | 5.97<br>7.1% | 0.00<br>0.0%               |
| Nutrient Guideline                      |                 | 600-650        |                |              |              |              |               |               |               |               |                |                 |                | <10.00       |                            |

|                                         |         |         |    |     |       |      |       |       |        |               |                |                |               |              |                |
|-----------------------------------------|---------|---------|----|-----|-------|------|-------|-------|--------|---------------|----------------|----------------|---------------|--------------|----------------|
| Thu - 07/10/2025                        |         |         |    |     |       |      |       |       |        |               |                |                |               |              |                |
| K-8 Lunch                               | Total   |         |    |     |       |      |       |       |        |               |                |                |               |              |                |
| SPANISH RICE With Chicken               | 6 Oz    | 287     | 56 |     | 1.53  | 3.09 | 34.2  | 340   | 11.14  | *2            | 23.23          | 33.51          | 5.6           | 1.65         | *0.00          |
| CARROTS: fresh, boiled-MS               | 3/4 CUP | 42      | 0  |     | 3.60  | 0.41 | 36.0  | 20440 | 4.32   | 4             | 0.91           | 9.86           | 0.22          | 0.04         | 0.00           |
| Orange Navel                            | 1 Cup   | 75      | 0  |     | 3.39  | 0.20 | 66.2  | 380   | 91.01  | 13            | 1.4            | 19.31          | 0.23          | 0.03         | 0.00           |
| MILK, Skim, Unflavored.                 | 8 oz    | 90      | 5  |     | 0.00  | 0.00 | 250.0 | 750   | 0.0    | 12            | 8.0            | 13.0           | 0.0           | 0.00         | 0.00           |
| MILK, 1%, Unflavored.                   | 8 oz    | 110     | 10 |     | 0.00  | 0.00 | 300.0 | 500   | 2.4    | 12            | 8.0            | 13.0           | 2.5           | 1.50         | 0.00           |
| Rice and Vegetarian Meat                | 6 oz    | 591     | 0  |     | 14.35 | 4.78 | 137.1 | 687   | 123.19 | *5            | 22.14          | 108.96         | 10.59         | 1.39         | *0.00          |
| Weighted Daily Average<br>% of Calories |         | 506     | 62 | 504 | 8.84  | 3.74 | 399.0 | 21759 | 110.41 | *30<br>*24.0% | 33.07<br>26.1% | 76.86<br>60.7% | 7.36<br>13.1% | 2.42<br>4.3% | *0.00<br>*0.0% |
| Nutrient Guideline                      |         | 600-650 |    |     |       |      |       |       |        |               |                |                |               | <10.00       |                |

|                                         |         |         |    |      |      |      |       |      |      |               |                |                |                |              |                |
|-----------------------------------------|---------|---------|----|------|------|------|-------|------|------|---------------|----------------|----------------|----------------|--------------|----------------|
| Fri - 07/11/2025                        |         |         |    |      |      |      |       |      |      |               |                |                |                |              |                |
| K-8 Lunch                               | Total   |         |    |      |      |      |       |      |      |               |                |                |                |              |                |
| Turkey Ham 3oz (JO).                    | 3.01 oz | 110     | 55 |      | 0.00 | 0.70 | 0.0   | 0    | 0.0  | 0             | 14.0           | 1.0            | 5.0            | 1.50         | 0.00           |
| American Cheese Pullman                 | 1 oz    | 40      | 10 |      | 0.00 | 0.00 | 75.0  | 0    | 0.0  | 1             | 2.0            | 1.0            | 3.0            | 1.75         | 0.00           |
| Whole Grain Bun 2oz.                    | 2 oz    | 130     | 0  |      | 3.00 | 2.00 | 11.0  | 0    | 0.0  | 2             | 4.0            | 26.0           | 1.5            | 0.00         | 0.00           |
| Mandarin Fruit Cup.                     | 1 C     | 140     | 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 |      | 0.00 | 0.00 | 300.0 | 500  | 2.4  | 12            | 8.0            | 13.0           | 2.5            | 1.50         | 0.00           |
| MILK, Skim, Unflavored.                 | 8 oz    | 90      | 5  |      | 0.00 | 0.00 | 250.0 | 750  | 0.0  | 12            | 8.0            | 13.0           | 0.0            | 0.00         | 0.00           |
| Romaine Lettuce and Tomato              | 3/4 C   | 12      | 0  |      | 1.03 | 0.35 | 12.3  | 2422 | 6.66 | *0            | 0.69           | 2.54           | 0.16           | 0.02         | *0.00          |
| Ranch Dressing.                         | 12Grams | 10      | 0  |      | 0.00 | 0.00 | 20.0  | 0    | 0.0  | 1             | 0.0            | 3.0            | 0.0            | 0.00         | 0.00           |
| Sunflower & Jelly Sandwich              | 2.8 oz  | 310     | 0  |      | 4.00 | 5.00 | 27.0  | 0    | 0.0  | 11            | 9.0            | 33.0           | 15.0           | 2.00         | 0.00           |
| Lactose Free Milk.                      | 8 oz    | 80      | 4  |      | 0.00 | 0.00 | 300.0 | 750  | 0.0  | 12            | 8.0            | 12.0           | 0.0            | 0.00         | 0.00           |
| Weighted Daily Average<br>% of Calories |         | 543     | 70 | 1143 | 6.08 | 3.14 | 451.7 | 3052 | 7.81 | *44<br>*32.5% | 30.23<br>22.3% | 78.71<br>58.0% | 11.09<br>18.4% | 3.94<br>6.5% | *0.00<br>*0.0% |
| Nutrient Guideline                      |         | 600-650 |    |      |      |      |       |      |      |               |                |                |                | <10.00       |                |

|                  |  |     |    |  |      |      |       |      |       |               |                |                |                |              |                |
|------------------|--|-----|----|--|------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Weighted Average |  | 634 | 58 |  | 8.97 | 3.90 | 377.0 | 5597 | 31.05 | *33<br>*46.9% | 33.93<br>21.4% | 91.29<br>57.6% | 14.56<br>20.7% | 4.38<br>6.2% | *0.10<br>*0.1% |
|------------------|--|-----|----|--|------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|

\*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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Top Spanish Cafe & Catering

Jul 7, 2025 thru Jul 11, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

|                            |          | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | 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                   | 634      |                 | 600 - 650      | 100%           |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Cholesterol (mg)           | 58       |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sodium 1a (mg)             | 664      |                 | 1110           | 60%            |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Fiber (g)                  | 8.97     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Iron (mg)                  | 3.90     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Calcium (mg)               | 377.0    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin A (IU)             | 5597     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sugars (g)                 | 33       | 20.87%          |                |                | Missing      |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin C (mg)             | 31.05    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Protein (g)                | 33.93    | 21.41%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Carbohydrate (g)           | 91.29    | 57.60%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Total Fat (g)              | 14.56    | 20.66%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Saturated Fat (g)          | 4.38     | 6.22%           | <10.00%        |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Trans Fat <sup>1</sup> (g) | 0.10     | 0.14%           |                |                | Missing      |              |              |                         |               |               |               |              |             |              |              |                            |

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Jul 14, 2025 thru Jul 18, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 6/30/2025 10:59:04 AM

|                             | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 07/14/2025            |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| K-8 Lunch                   | Total        |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Beef Hot Dog                | 2 oz         | 150         | 30          |           | 0.00      | 1.00      | 0.0        | 0          | 2.0        | 0          | 7.0       | 1.0      | 13.0      | 6.00      | 0.50                    |
| Hot Dog Bun-Ultra           | 2oz Bun      | 130         | 0           |           | 3.00      | 1.08      | 26.0       | 0          | 0.0        | 3          | 6.0       | 26.0     | 2.0       | 0.00      | 0.00                    |
| 100% Orange Juice (Ardmore) | 1 Cup        | 100         | 0           |           | 0.00      | 0.00      | 0.0        | 0          | 84.0       | 20         | 2.0       | 24.0     | 0.0       | 0.00      | 0.00                    |
| Baked Beans. (F) 3/4C       | 3/4 C        | 92          | 0           |           | 5.23      | 1.41      | 26.2       | 0          | 0.0        | 8          | 3.93      | 19.63    | 0.0       | 0.00      | 0.00                    |
| MILK, Skim, Unflavored.     | 8 oz         | 90          | 5           |           | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 12         | 8.0       | 13.0     | 0.0       | 0.00      | 0.00                    |
| MILK, 1%, Unflavored.       | 8 oz         | 110         | 10          |           | 0.00      | 0.00      | 300.0      | 500        | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      | 0.00                    |
| Black Bean Patty            | 2.9 oz       | 150         | 0           |           | 5.00      | 1.30      | 60.0       | 0          | 0.0        | 2          | 14.0      | 16.0     | 5.0       | 1.00      | 0.00                    |
| KETCHUP: individual (WC)    | 9 grams      | 10          | 0           |           | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 2          | 0.0       | 3.0      | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average      |              | 576         | 36          | 1177      | 8.36      | 3.50      | 313.7      | 590        | 87.09      | 44         | 26.66     | 86.29    | 15.99     | 6.59      | 0.49                    |
| % of Calories               |              |             |             |           |           |           |            |            |            | 30.7%      | 18.5%     | 59.9%    | 25.0%     | 10.3%     | 0.8%                    |
| Nutrient Guideline          |              | 600-650     |             |           |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                             |         |         |    |     |       |      |       |      |        |        |       |        |       |        |       |
|-----------------------------|---------|---------|----|-----|-------|------|-------|------|--------|--------|-------|--------|-------|--------|-------|
| Tue - 07/15/2025            |         |         |    |     |       |      |       |      |        |        |       |        |       |        |       |
| K-8 Lunch                   | Total   |         |    |     |       |      |       |      |        |        |       |        |       |        |       |
| Turkey Sausage Jambalaya HS | 10 oz   | 418     | 52 |     | 3.31  | 1.99 | 26.7  | 140  | 22.13  | *5     | 14.89 | 56.56  | 14.59 | 3.27   | *0.00 |
| Mixed Vegetables. 1C.       | 1 CUP   | 118     | 0  |     | 8.01  | 1.49 | 45.5  | 7784 | 5.82   | 6      | 5.21  | 23.82  | 0.27  | 0.06   | 0.00  |
| BANANAS MS Lunch            | 1/2 Cup | 105     | 0  |     | 3.07  | 0.31 | 5.9   | 76   | 10.27  | 14     | 1.29  | 26.95  | 0.39  | 0.13   | 0.00  |
| MILK, 1%, Unflavored.       | 8 oz    | 110     | 10 |     | 0.00  | 0.00 | 300.0 | 500  | 2.4    | 12     | 8.0   | 13.0   | 2.5   | 1.50   | 0.00  |
| MILK, Skim, Unflavored.     | 8 oz    | 90      | 5  |     | 0.00  | 0.00 | 250.0 | 750  | 0.0    | 12     | 8.0   | 13.0   | 0.0   | 0.00   | 0.00  |
| Vegetarian Jambalaya        | 6 oz    | 583     | 0  |     | 14.37 | 8.79 | 169.5 | 864  | 125.46 | *5     | 18.61 | 114.29 | 8.47  | 1.61   | *0.00 |
| Weighted Daily Average      |         | 740     | 58 | 883 | 14.67 | 3.96 | 341.4 | 8609 | 41.93  | *36    | 29.04 | 121.07 | 16.28 | 4.12   | *0.00 |
| % of Calories               |         |         |    |     |       |      |       |      |        | *19.6% | 15.7% | 65.5%  | 19.8% | 5.0%   | *0.0% |
| Nutrient Guideline          |         | 600-650 |    |     |       |      |       |      |        |        |       |        |       | <10.00 |       |

|                               |          |         |    |      |      |      |       |      |       |       |       |       |       |        |      |
|-------------------------------|----------|---------|----|------|------|------|-------|------|-------|-------|-------|-------|-------|--------|------|
| Wed - 07/16/2025              |          |         |    |      |      |      |       |      |       |       |       |       |       |        |      |
| K-8 Lunch                     | Total    |         |    |      |      |      |       |      |       |       |       |       |       |        |      |
| Pizza Cheese K-5.             | 1 Slices | 402     | 40 |      | 2.00 | 2.58 | 450.9 | 750  | 21.0  | 12    | 21.17 | 42.05 | 18.65 | 6.57   | 0.00 |
| GREEN BEANS: frozen,boiled 1C | 1 CUP    | 38      | 0  |      | 4.05 | 0.89 | 56.7  | 566  | 5.54  | 3     | 2.01  | 8.71  | 0.23  | 0.06   | 0.00 |
| Mandarin Fruit Cup (L)        | 1/2 C    | 70      | 0  |      | 1.00 | 0.00 | 30.0  | 0    | 0.0   | 14    | 1.0   | 16.0  | 0.0   | 0.00   | 0.00 |
| MILK, 1%, Unflavored.         | 8 oz     | 110     | 10 |      | 0.00 | 0.00 | 300.0 | 500  | 2.4   | 12    | 8.0   | 13.0  | 2.5   | 1.50   | 0.00 |
| MILK, Skim, Unflavored.       | 8 oz     | 90      | 5  |      | 0.00 | 0.00 | 250.0 | 750  | 0.0   | 12    | 8.0   | 13.0  | 0.0   | 0.00   | 0.00 |
| Weighted Daily Average        |          | 604     | 48 | 1369 | 7.05 | 3.47 | 797.4 | 1907 | 27.66 | 40    | 31.75 | 79.04 | 20.05 | 7.34   | 0.00 |
| % of Calories                 |          |         |    |      |      |      |       |      |       | 26.4% | 21.0% | 52.3% | 29.9% | 10.9%  | 0.0% |
| Nutrient Guideline            |          | 600-650 |    |      |      |      |       |      |       |       |       |       |       | <10.00 |      |

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

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

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Top Spanish Cafe & Catering

Jul 14, 2025 thru Jul 18, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Generated on: 6/30/2025 10:59:04 AM

|                            | 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 Lunch                  | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Chicken Salad.             | 3 oz            | 143            | 46             |              | 0.69         | 0.55         | 11.6          | 2757          | 1.41          | *1            | 14.27        | 5.0         | 6.63         | 1.64         | *0.00                      |
| Whole Grain Bun 2oz.       | 2 oz            | 130            | 0              |              | 3.00         | 2.00         | 11.0          | 0             | 0.0           | 2             | 4.0          | 26.0        | 1.5          | 0.00         | 0.00                       |
| Romaine Lettuce K-5.*      | 1 C             | 8              | 0              |              | 0.99         | 0.46         | 15.5          | 4094          | 1.88          | 1             | 0.58         | 1.55        | 0.14         | 0.02         | 0.00                       |
| MILK, 1%, Unflavored.      | 8 oz            | 110            | 10             |              | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.    | 8 oz            | 90             | 5              |              | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Apples.                    | 1 cup           | 72             | 0              |              | 3.31         | 0.17         | 8.3           | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| Sunflower & Jelly Sandwich | 2.8 oz          | 310            | 0              |              | 4.00         | 5.00         | 27.0          | 0             | 0.0           | 11            | 9.0          | 33.0        | 15.0         | 2.00         | 0.00                       |
| Granola Bar.               | 0.89 oz         | 90             | 0              |              | 1.00         | 0.50         | 110.0         | 0             | 0.0           | 6             | 2.0          | 19.0        | 1.5          | 0.00         | 0.00                       |
| tomatoes 1/2 C             | 1/2 cup         | 16             | 0              |              | 1.08         | 0.24         | 9.0           | 750           | 12.33         | 2             | 0.79         | 3.5         | 0.18         | 0.03         | 0.00                       |
| Weighted Daily Average     |                 | 538            | 52             | 642          | 9.00         | 3.73         | 416.3         | 7451          | 10.79         | *35           | 28.54        | 82.95       | 11.36        | 2.41         | *0.00                      |
| % of Calories              |                 |                |                |              |              |              |               |               |               | *26.2%        | 21.2%        | 61.7%       | 19.0%        | 4.0%         | *0.0%                      |
| Nutrient Guideline         |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |
| Fri - 07/18/2025           |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Lunch                  | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Chicken and Bean Wrap      | 5 oz            | 267            | 54             |              | 4.28         | 2.06         | 136.5         | 0             | 0.0           | 0             | 16.81        | 32.51       | 8.28         | 2.63         | 0.00                       |
| CORN: frozen, yellow       | 1 CUP           | 134            | 0              |              | 3.96         | 0.78         | 5.0           | 328           | 5.78          | 5             | 4.21         | 31.85       | 1.11         | 0.17         | 0.00                       |
| Apple Sauce                | 4 oz            | 50             | 0              |              | 1.00         | 0.00         | 0.0           | 0             | 6.0           | 11            | 0.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| MILK, 1%, Unflavored.      | 8 oz            | 110            | 10             |              | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.    | 8 oz            | 90             | 5              |              | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Cheese and Bean Wrap       | 5 oz            | 344            | 40             |              | 4.28         | 1.80         | 537.4         | 0             | 0.0           | 2             | 20.27        | 35.13       | 16.14        | 7.27         | 0.00                       |
| Weighted Daily Average     |                 | 553            | 61             | 731          | 9.24         | 2.83         | 426.5         | 953           | 12.97         | 28            | 29.11        | 90.42       | 10.83        | 3.66         | 0.00                       |
| % of Calories              |                 |                |                |              |              |              |               |               |               | 20.5%         | 21.1%        | 65.4%       | 17.6%        | 6.0%         | 0.0%                       |
| Nutrient Guideline         |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |
| Weighted Average           |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
|                            |                 | 602            | 51             |              | 9.66         | 3.50         | 459.1         | 3902          | 36.09         | *37           | 29.02        | 91.95       | 14.90        | 4.82         | *0.10                      |
|                            |                 |                |                |              |              |              |               |               |               | *55.0%        | 19.3%        | 61.1%       | 22.3%        | 7.2%         | *0.1%                      |

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

Top Spanish Cafe & Catering

Jul 14, 2025 thru Jul 18, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

|                            |          | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg)           | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|----------------------------|----------|-----------------|----------------|----------------|--------------|--------------|--------------|-------------------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Nutrient                   | Menu AVG | % of Cals       | Weekly Target  | % of Target    | Miss Data    | Shortfall    | Overage      | Error Messages (if any) |               |               |               |              |             |              |              |                            |
| Calories                   | 602      |                 | 600 - 650      | 100%           |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Cholesterol (mg)           | 51       |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sodium 1a (mg)             | 960      |                 | 1110           | 87%            |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Fiber (g)                  | 9.66     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Iron (mg)                  | 3.50     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Calcium (mg)               | 459.1    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin A (IU)             | 3902     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sugars (g)                 | 37       | 24.43%          |                |                | Missing      |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin C (mg)             | 36.09    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Protein (g)                | 29.02    | 19.27%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Carbohydrate (g)           | 91.95    | 61.08%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Total Fat (g)              | 14.90    | 22.27%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Saturated Fat (g)          | 4.82     | 7.21%           | <10.00%        |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Trans Fat <sup>1</sup> (g) | 0.10     | 0.15%           |                |                | Missing      |              |              |                         |               |               |               |              |             |              |              |                            |

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Jul 21, 2025 thru Jul 25, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 6/30/2025 12:36:36 PM

|                          | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|--------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 07/21/2025         |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Lunch                | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Chicken Drumstick.       | 4.4 oz          | 188            | 51             |              | 0.85         | 0.85         | 12.0          | 0             | 0.0           | 0             | 16.23        | 5.13        | 11.11        | 2.56         | 0.00                       |
| Whole Grain Roll         | 1.3 oz          | 95             | 0              |              | 1.18         | 0.95         | 0.0           | 0             | 0.0           | 1             | 2.36         | 16.55       | 1.77         | 0.00         | 0.00                       |
| CORN: frozen, yellow     | 3/4 CUP         | 107            | 0              |              | 3.17         | 0.62         | 4.0           | 263           | 4.62          | 4             | 3.37         | 25.48       | 0.88         | 0.14         | 0.00                       |
| Apples.                  | 1 cup           | 72             | 0              |              | 3.31         | 0.17         | 8.3           | 75            | 6.35          | 14            | 0.36         | 19.06       | 0.23         | 0.04         | 0.00                       |
| MILK, Skim, Unflavored.  | 8 oz            | 90             | 5              |              | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| MILK, 1%, Unflavored.    | 8 oz            | 110            | 10             |              | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| Vegetarian Patty.        | 2.5 oz          | 140            | 0              |              | 3.00         | 1.60         | 30.0          | 0             | 0.0           | 0             | 16.0         | 6.0         | 7.0          | 1.00         | 0.00                       |
| KETCHUP: individual (WC) | 9 grams         | 10             | 0              |              | 0.00         | 0.00         | 0.0           | 0             | 0.0           | 2             | 0.0          | 3.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average   |                 | 565            | 56             | 836          | 8.59         | 2.61         | 289.5         | 938           | 12.13         | 33            | 29.95        | 81.73       | 15.01        | 3.39         | 0.00                       |
| % of Calories            |                 |                |                |              |              |              |               |               |               | 23.4%         | 21.2%        | 57.9%       | 23.9%        | 5.4%         | 0.0%                       |
| Nutrient Guideline       |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                             |         |         |    |      |       |      |       |      |        |        |       |        |       |        |       |
|-----------------------------|---------|---------|----|------|-------|------|-------|------|--------|--------|-------|--------|-------|--------|-------|
| Tue - 07/22/2025            |         |         |    |      |       |      |       |      |        |        |       |        |       |        |       |
| K-8 Lunch                   | Total   |         |    |      |       |      |       |      |        |        |       |        |       |        |       |
| Beef Lasagna.               | 1 C     | 280     | 40 |      | 2.00  | 1.44 | 200.0 | 500  | 1.2    | 8      | 16.0  | 35.0   | 8.0   | 4.50   | 0.00  |
| Whole Grain Roll            | 1.3 oz  | 95      | 0  |      | 1.18  | 0.95 | 0.0   | 0    | 0.0    | 1      | 2.36  | 16.55  | 1.77  | 0.00   | 0.00  |
| BROCCOLI: frozen, boiled MS | 3/4 CUP | 39      | 0  |      | 4.14  | 0.84 | 45.5  | 1395 | 55.34  | 2      | 4.28  | 7.38   | 0.17  | 0.02   | 0.00  |
| BANANAS MS Lunch            | 1/2 Cup | 105     | 0  |      | 3.07  | 0.31 | 5.9   | 76   | 10.27  | 14     | 1.29  | 26.95  | 0.39  | 0.13   | 0.00  |
| MILK, 1%, Unflavored.       | 8 oz    | 110     | 10 |      | 0.00  | 0.00 | 300.0 | 500  | 2.4    | 12     | 8.0   | 13.0   | 2.5   | 1.50   | 0.00  |
| MILK, Skim, Unflavored.     | 8 oz    | 90      | 5  |      | 0.00  | 0.00 | 250.0 | 750  | 0.0    | 12     | 8.0   | 13.0   | 0.0   | 0.00   | 0.00  |
| Vegetable Lasagna.          | 1 C     | 300     | 25 |      | 3.00  | 0.36 | 250.0 | 500  | 3.6    | 6      | 13.0  | 37.0   | 11.0  | 5.00   | 0.00  |
| Vegetarian Meat Pasta.      | 6 oz    | 559     | 0  |      | 17.61 | 7.81 | 61.5  | 500  | 0.0    | 11     | 24.86 | 104.09 | 7.5   | 0.69   | 0.00  |
| Rice and Vegetarian Meat    | 6 oz    | 591     | 0  |      | 14.35 | 4.78 | 137.1 | 687  | 123.19 | *5     | 22.14 | 108.96 | 10.59 | 1.39   | *0.00 |
| Weighted Daily Average      |         | 618     | 46 | 1028 | 10.53 | 3.53 | 518.0 | 2575 | 68.47  | *37    | 31.61 | 99.08  | 11.68 | 5.39   | *0.00 |
| % of Calories               |         |         |    |      |       |      |       |      |        | *24.0% | 20.4% | 64.1%  | 17.0% | 7.8%   | *0.0% |
| Nutrient Guideline          |         | 600-650 |    |      |       |      |       |      |        |        |       |        |       | <10.00 |       |

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

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

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Top Spanish Cafe & Catering

Jul 21, 2025 thru Jul 25, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

|                         | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Wed - 07/23/2025        |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Lunch               | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Chicken Patty.          | 1 oz            | 120            | 50             |              | 0.00         | 0.36         | 20.0          | 100           | 0.0           | 0             | 6.0          | 5.0         | 8.0          | 2.00         | 0.00                       |
| Whole Grain Bun 2oz.    | 2 oz            | 130            | 0              |              | 3.00         | 2.00         | 11.0          | 0             | 0.0           | 2             | 4.0          | 26.0        | 1.5          | 0.00         | 0.00                       |
| GREEN BEANS.            | 3/4 CUP         | 30             | 0              |              | 3.24         | 0.71         | 45.4          | 453           | 4.43          | 2             | 1.61         | 6.97        | 0.18         | 0.05         | 0.00                       |
| MILK, 1%, Unflavored.   | 8 oz            | 110            | 10             |              | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored. | 8 oz            | 90             | 5              |              | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Orange Navel K-8        | 1/2 Cup         | 75             | 0              |              | 3.39         | 0.20         | 66.2          | 380           | 91.01         | 13            | 1.4          | 19.31       | 0.23         | 0.03         | 0.00                       |
| Vegetarian Patty.       | 2.5 oz          | 140            | 0              |              | 3.00         | 1.60         | 30.0          | 0             | 0.0           | 0             | 16.0         | 6.0         | 7.0          | 1.00         | 0.00                       |
| Weighted Daily Average  |                 | 452            | 56             | 590          | 9.68         | 3.29         | 407.6         | 1534          | 96.59         | 29            | 20.88        | 69.82       | 11.10        | 2.78         | 0.00                       |
| % of Calories           |                 |                |                |              |              |              |               |               |               | 25.4%         | 18.5%        | 61.7%       | 22.1%        | 5.5%         | 0.0%                       |
| Nutrient Guideline      |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                                |       |         |    |     |       |      |       |      |       |        |       |        |       |        |       |
|--------------------------------|-------|---------|----|-----|-------|------|-------|------|-------|--------|-------|--------|-------|--------|-------|
| Thu - 07/24/2025               |       |         |    |     |       |      |       |      |       |        |       |        |       |        |       |
| K-8 Lunch                      | Total |         |    |     |       |      |       |      |       |        |       |        |       |        |       |
| Shredded Beef Stew (Ropa Vieja | 1 C   | 164     | 63 |     | 1.73  | 2.94 | 57.7  | 1069 | 39.98 | *2     | 22.95 | 7.58   | 5.07  | 2.03   | *0.25 |
| BROWN RICE-HS 1 Cup.           | 8 OZ  | 209     | 0  |     | 1.92  | 0.86 | 8.2   | 0    | 0.0   | *0     | 5.7   | 40.98  | 2.21  | 0.46   | *0.00 |
| Black beans 3/4C               | 3/4 C | 131     | 0  |     | 6.54  | 1.31 | 52.3  | 0    | 0.0   | 1      | 7.85  | 23.55  | 0.0   | 0.00   | 0.00  |
| 100% Grape Juice 4oz           | 4 oz  | 80      | 0  |     | 0.00  | 0.00 | 20.0  | 0    | 0.0   | 18     | 0.0   | 18.0   | 0.0   | 0.00   | 0.00  |
| MILK, 1%, Unflavored.          | 8 oz  | 110     | 10 |     | 0.00  | 0.00 | 300.0 | 500  | 2.4   | 12     | 8.0   | 13.0   | 2.5   | 1.50   | 0.00  |
| MILK, Skim, Unflavored.        | 8 oz  | 90      | 5  |     | 0.00  | 0.00 | 250.0 | 750  | 0.0   | 12     | 8.0   | 13.0   | 0.0   | 0.00   | 0.00  |
| SPANISH RICE With VG Meat      | 6 Oz  | 388     | 0  |     | 6.93  | 3.74 | 60.9  | 340  | 11.14 | *2     | 21.75 | 51.43  | 10.39 | 1.26   | *0.00 |
| Weighted Daily Average         |       | 681     | 67 | 840 | 10.33 | 5.11 | 402.5 | 1641 | 39.93 | *33    | 43.91 | 102.73 | 8.61  | 3.16   | *0.24 |
| % of Calories                  |       |         |    |     |       |      |       |      |       | *19.7% | 25.8% | 60.4%  | 11.4% | 4.2%   | *0.3% |
| Nutrient Guideline             |       | 600-650 |    |     |       |      |       |      |       |        |       |        |       | <10.00 |       |

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Top Spanish Cafe & Catering

Jul 21, 2025 thru Jul 25, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

|                             | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | 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) |
|-----------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Fri - 07/25/2025            |                 |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| K-8 Lunch                   | Total           |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| Turkey Ham 3oz (JO).        | 3 oz            | 110            | 55             |              | 0.00         | 0.70         | 0.0          | 0             | 0.0           | 0             | 13.95        | 1.0         | 4.98         | 1.50         | 0.00                       |
| Whole Grain Bun 2oz.        | 2 oz            | 130            | 0              |              | 3.00         | 2.00         | 11.0         | 0             | 0.0           | 2             | 4.0          | 26.0        | 1.5          | 0.00         | 0.00                       |
| Romaine Lettuce K-5.*       | 1 C             | 8              | 0              |              | 0.99         | 0.46         | 15.5         | 4094          | 1.88          | 1             | 0.58         | 1.55        | 0.14         | 0.02         | 0.00                       |
| tomatoes salad 9-12         | 1 cup           | 32             | 0              |              | 2.16         | 0.49         | 18.0         | 1499          | 24.66         | 5             | 1.58         | 7.0         | 0.36         | 0.05         | 0.00                       |
| MILK, 1%, Unflavored.       | 8 oz            | 110            | 10             |              | 0.00         | 0.00         | 300.0        | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.     | 8 oz            | 90             | 5              |              | 0.00         | 0.00         | 250.0        | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Apple Sauce                 | 4 oz            | 50             | 0              |              | 1.00         | 0.00         | 0.0          | 0             | 6.0           | 11            | 0.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Tofu and Vegetable Sandwich | 2.2 oz          | 59             | 0              |              | 0.73         | 1.06         | 44.0         | 0             | 0.0           | 0             | 6.6          | 2.2         | 2.93         | 0.37         | 0.00                       |
| Sun Chip Original           | 1               | 138            | 0              |              | 2.96         | 1.27         | 0.0          | 0             | 0.0           | 0             | 1.97         | 18.77       | 5.93         | 0.99         | 0.00                       |
| Ranch Dressing.             | 12Grams         | 10             | 0              |              | 0.00         | 0.00         | 20.0         | 0             | 0.0           | 1             | 0.0          | 3.0         | 0.0          | 0.00         | 0.00                       |
| American Cheese Pullman     | 1 oz            | 40             | 10             |              | 0.00         | 0.00         | 75.0         | 0             | 0.0           | 1             | 2.0          | 1.0         | 3.0          | 1.75         | 0.00                       |
| Mayonnaise                  | 12.4 GRA        | 90             | 0              |              | 0.00         | 0.00         | 0.0          | 0             | 0.0           | 0             | 0.0          | 0.0         | 10.0         | 1.50         | 0.00                       |
| Weighted Daily Average      |                 | 697            | 70             | 1330         | 10.05        | 4.87         | 398.5        | 6183          | 33.68         | 31            | 31.32        | 82.95       | 26.93        | 6.44         | 0.00                       |
| % of Calories               |                 |                |                |              |              |              |              |               |               | 17.8%         | 18.0%        | 47.6%       | 34.8%        | 8.3%         | 0.0%                       |
| Nutrient Guideline          |                 | 600-650        |                |              |              |              |              |               |               |               |              |             |              | <10.00       |                            |

|                  |  |     |    |  |      |      |       |      |       |               |                |                |                |              |                |
|------------------|--|-----|----|--|------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Weighted Average |  | 603 | 59 |  | 9.84 | 3.88 | 403.2 | 2574 | 50.16 | *33<br>*48.8% | 31.53<br>20.9% | 87.26<br>57.9% | 14.67<br>21.9% | 4.23<br>6.3% | *0.05<br>*0.1% |
|------------------|--|-----|----|--|------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 603      |           | 600 - 650     | 100%        |           |           |         |                         |
| Cholesterol (mg)           | 59       |           |               |             |           |           |         |                         |
| Sodium 1a (mg)             | 925      |           | 1110          | 83%         |           |           |         |                         |
| Fiber (g)                  | 9.84     |           |               |             |           |           |         |                         |
| Iron (mg)                  | 3.88     |           |               |             |           |           |         |                         |
| Calcium (mg)               | 403.2    |           |               |             |           |           |         |                         |
| Vitamin A (IU)             | 2574     |           |               |             |           |           |         |                         |
| Sugars (g)                 | 33       | 21.70%    |               |             | Missing   |           |         |                         |
| Vitamin C (mg)             | 50.16    |           |               |             |           |           |         |                         |
| Protein (g)                | 31.53    | 20.93%    |               |             |           |           |         |                         |
| Carbohydrate (g)           | 87.26    | 57.91%    |               |             |           |           |         |                         |
| Total Fat (g)              | 14.67    | 21.90%    |               |             |           |           |         |                         |
| Saturated Fat (g)          | 4.23     | 6.32%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.05     | 0.07%     |               |             | Missing   |           |         |                         |

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Top Spanish Cafe & Catering

Jul 28, 2025 thru Aug 1, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

|                             | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 07/28/2025            |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Lunch                   | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Chicken Nuggets             | 3 oz            | 260            | 30             |              | 2.00         | 2.00         | 43.0          | 0             | 0.0           | 0             | 17.0         | 15.0        | 14.0         | 2.50         | 0.00                       |
| Whole Grain Roll 2oz (BC)   | 2 oz            | 130            | 0              |              | 2.00         | 1.50         | 40.0          | 0             | 0.0           | 1             | 4.0          | 25.0        | 1.0          | 0.00         | 0.00                       |
| CORN: frozen, yellow 1/2C   | 1/2 CUP         | 67             | 0              |              | 1.98         | 0.39         | 2.5           | 164           | 2.89          | 3             | 2.1          | 15.92       | 0.55         | 0.08         | 0.00                       |
| BROCCOLI: fresh, boiled.1/2 | 1/2 cup         | 27             | 0              |              | 2.57         | 0.52         | 31.2          | 1207          | 50.62         | 1             | 1.86         | 5.6         | 0.32         | 0.06         | 0.00                       |
| Apple Sauce                 | 8 oz            | 100            | 0              |              | 2.00         | 0.00         | 0.0           | 0             | 12.0          | 22            | 0.0          | 26.0        | 0.0          | 0.00         | 0.00                       |
| MILK, Skim, Unflavored.     | 8 oz            | 90             | 5              |              | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| MILK, 1%, Unflavored.       | 8 oz            | 110            | 10             |              | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| Black Bean Patty            | 2.9 oz          | 150            | 0              |              | 5.00         | 1.30         | 60.0          | 0             | 0.0           | 2             | 14.0         | 16.0        | 5.0          | 1.00         | 0.00                       |
| Weighted Daily Average      |                 | 682            | 37             | 968          | 10.61        | 4.40         | 392.2         | 1996          | 66.72         | 39            | 32.90        | 100.54      | 16.95        | 3.37         | 0.00                       |
| % of Calories               |                 |                |                |              |              |              |               |               |               | 22.7%         | 19.3%        | 59.0%       | 22.4%        | 4.4%         | 0.0%                       |
| Nutrient Guideline          |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |
| Tue - 07/29/2025            |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Lunch                   | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| BEEF for TACOs 3oz.*        | 3 oz            | 185            | 54             |              | 0.70         | 2.21         | 21.4          | 312           | 2.4           | *1            | 15.49        | 2.77        | 12.18        | 4.60         | *0.69                      |
| Black beans 3/4C            | 3/4 C           | 131            | 0              |              | 6.54         | 1.31         | 52.3          | 0             | 0.0           | 1             | 7.85         | 23.55       | 0.0          | 0.00         | 0.00                       |
| Taco Shell-7" HS/Mission    | 2 shells        | 210            | 0              |              | 3.00         | 0.00         | 30.0          | 0             | 0.0           | 1             | 3.0          | 28.0        | 9.0          | 1.00         | 0.00                       |
| BANANAS MS Lunch            | 1/2 Cup         | 105            | 0              |              | 3.07         | 0.31         | 5.9           | 76            | 10.27         | 14            | 1.29         | 26.95       | 0.39         | 0.13         | 0.00                       |
| MILK, 1%, Unflavored.       | 8 oz            | 110            | 10             |              | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.     | 8 oz            | 90             | 5              |              | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Vegetarian Meat Taco.       | 3 oz            | 213            | 0              |              | 7.00         | 2.59         | 61.8          | 4062          | 7.67          | 5             | 19.06        | 20.63       | 7.82         | 1.03         | 0.00                       |
| Weighted Daily Average      |                 | 731            | 61             | 402          | 13.43        | 3.84         | 385.3         | 1087          | 13.96         | *30           | 35.70        | 94.63       | 22.72        | 6.41         | *0.67                      |
| % of Calories               |                 |                |                |              |              |              |               |               |               | *16.5%        | 19.5%        | 51.8%       | 28.0%        | 7.9%         | *0.8%                      |
| Nutrient Guideline          |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Top Spanish Cafe & Catering

Jul 28, 2025 thru Aug 1, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

|                             | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Wed - 07/30/2025            |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Lunch                   | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Turkey Bologna 3oz (FF)     | 2 oz            | 130            | 40             |              | 0.00         | 0.72         | 60.0          | 0             | 0.0           | 0             | 6.0          | 1.0         | 11.0         | 2.50         | 0.00                       |
| American Cheese Pullman     | 1 oz            | 40             | 10             |              | 0.00         | 0.00         | 75.0          | 0             | 0.0           | 1             | 2.0          | 1.0         | 3.0          | 1.75         | 0.00                       |
| Whole Grain Bun 2oz.        | 2 oz            | 130            | 0              |              | 3.00         | 2.00         | 11.0          | 0             | 0.0           | 2             | 4.0          | 26.0        | 1.5          | 0.00         | 0.00                       |
| 100% Orange Juice (Ardmore) | 1 Cup           | 100            | 0              |              | 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             |              | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.     | 8 oz            | 90             | 5              |              | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| CARROT STICKS HS            | 1 CUP           | 50             | 0              |              | 3.42         | 0.37         | 40.3          | 20381         | 7.2           | 6             | 1.13         | 11.69       | 0.29         | 0.04         | 0.00                       |
| Ranch Dressing.             | 12Grams         | 10             | 0              |              | 0.00         | 0.00         | 20.0          | 0             | 0.0           | 1             | 0.0          | 3.0         | 0.0          | 0.00         | 0.00                       |
| Sunflower & Jelly Sandwich  | 2.8 oz          | 310            | 0              |              | 4.00         | 5.00         | 27.0          | 0             | 0.0           | 11            | 9.0          | 33.0        | 15.0         | 2.00         | 0.00                       |
| Weighted Daily Average      |                 | 560            | 57             | 1287         | 6.44         | 3.13         | 478.8         | 21007         | 92.39         | 41            | 23.08        | 79.79       | 17.02        | 4.99         | 0.00                       |
| % of Calories               |                 |                |                |              |              |              |               |               |               | 29.6%         | 16.5%        | 57.0%       | 27.4%        | 8.0%         | 0.0%                       |
| Nutrient Guideline          |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |
| Thu - 07/31/2025            |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-8 Lunch                   | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| GROUND BEEF &SPANISH RICE   | 3/4 CUP         | 376            | 58             |              | 3.00         | 3.48         | 37.5          | 352           | 11.14         | *2            | 18.32        | 38.74       | 14.52        | 4.94         | *0.73                      |
| k-8                         |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| GREEN BEANS.                | 3/4 CUP         | 30             | 0              |              | 3.24         | 0.71         | 45.4          | 453           | 4.43          | 2             | 1.61         | 6.97        | 0.18         | 0.05         | 0.00                       |
| Diced Peach Cup             | 4 oz            | 70             | 0              |              | 1.00         | 0.36         | 0.0           | 200           | 60.0          | 15            | 0.0          | 17.0        | 0.0          | 0.00         | 0.00                       |
| MILK, 1%, Unflavored.       | 8 oz            | 110            | 10             |              | 0.00         | 0.00         | 300.0         | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.     | 8 oz            | 90             | 5              |              | 0.00         | 0.00         | 250.0         | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| SPANISH RICE With VG Meat   | 6 Oz            | 388            | 0              |              | 6.93         | 3.74         | 60.9          | 340           | 11.14         | *2            | 21.75        | 51.43       | 10.39        | 1.26         | *0.00                      |
| Weighted Daily Average      |                 | 573            | 63             | 378          | 7.39         | 4.56         | 348.2         | 1606          | 76.71         | *30           | 27.75        | 75.69       | 15.75        | 5.56         | *0.71                      |
| % of Calories               |                 |                |                |              |              |              |               |               |               | *21.1%        | 19.4%        | 52.9%       | 24.7%        | 8.7%         | *1.1%                      |
| Nutrient Guideline          |                 | 600-650        |                |              |              |              |               |               |               |               |              |             |              | <10.00       |                            |

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Top Spanish Cafe & Catering

Jul 28, 2025 thru Aug 1, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

|                             | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | 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) |
|-----------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Fri - 08/01/2025            |                 |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| K-8 Lunch                   | Total           |                |                |              |              |              |              |               |               |               |              |             |              |              |                            |
| Chicken Salad.              | 3 oz            | 143            | 46             |              | 0.69         | 0.55         | 11.6         | 2757          | 1.41          | *1            | 14.27        | 5.0         | 6.63         | 1.64         | *0.00                      |
| Whole Wheat Tortilla        | 2 oz            | 160            | 0              |              | 3.19         | 1.58         | 127.8        | 0             | 0.0           | 0             | 4.79         | 27.15       | 3.99         | 1.20         | 0.00                       |
| Romaine Lettuce K-5.*       | 1 C             | 8              | 0              |              | 0.99         | 0.46         | 15.5         | 4094          | 1.88          | 1             | 0.58         | 1.55        | 0.14         | 0.02         | 0.00                       |
| tomatoes 1/2 C              | 1/2 cup         | 16             | 0              |              | 1.08         | 0.24         | 9.0          | 750           | 12.33         | 2             | 0.79         | 3.5         | 0.18         | 0.03         | 0.00                       |
| MILK, 1%, Unflavored.       | 8 oz            | 110            | 10             |              | 0.00         | 0.00         | 300.0        | 500           | 2.4           | 12            | 8.0          | 13.0        | 2.5          | 1.50         | 0.00                       |
| MILK, Skim, Unflavored.     | 8 oz            | 90             | 5              |              | 0.00         | 0.00         | 250.0        | 750           | 0.0           | 12            | 8.0          | 13.0        | 0.0          | 0.00         | 0.00                       |
| Orange Navel                | 1 Cup           | 75             | 0              |              | 3.39         | 0.20         | 66.2         | 380           | 91.01         | 13            | 1.4          | 19.31       | 0.23         | 0.03         | 0.00                       |
| Tofu and Vegetable Sandwich | 2.2 oz          | 59             | 0              |              | 0.73         | 1.06         | 44.0         | 0             | 0.0           | 0             | 6.6          | 2.2         | 2.93         | 0.37         | 0.00                       |
| Ranch Dressing.             | 12Grams         | 10             | 0              |              | 0.00         | 0.00         | 20.0         | 0             | 0.0           | 1             | 0.0          | 3.0         | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average      |                 | 505            | 52             | 809          | 9.34         | 3.05         | 515.8        | 8478          | 107.73        | *29           | 29.23        | 71.91       | 12.24        | 3.58         | *0.00                      |
| % of Calories               |                 |                |                |              |              |              |              |               |               | *23.2%        | 23.1%        | 56.9%       | 21.8%        | 6.4%         | *0.0%                      |
| Nutrient Guideline          |                 | 600-650        |                |              |              |              |              |               |               |               |              |             |              | <10.00       |                            |

|                  |  |     |    |  |      |      |       |      |       |        |       |       |       |      |       |
|------------------|--|-----|----|--|------|------|-------|------|-------|--------|-------|-------|-------|------|-------|
| Weighted Average |  | 610 | 54 |  | 9.44 | 3.79 | 424.0 | 6835 | 71.50 | *34    | 29.73 | 84.51 | 16.94 | 4.78 | *0.28 |
|                  |  |     |    |  |      |      |       |      |       | *50.1% | 19.5% | 55.4% | 25.0% | 7.1% | *0.4% |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 610      |           | 600 - 650     | 100%        |           |           |         |                         |
| Cholesterol (mg)           | 54       |           |               |             |           |           |         |                         |
| Sodium 1a (mg)             | 769      |           | 1110          | 69%         |           |           |         |                         |
| Fiber (g)                  | 9.44     |           |               |             |           |           |         |                         |
| Iron (mg)                  | 3.79     |           |               |             |           |           |         |                         |
| Calcium (mg)               | 424.0    |           |               |             |           |           |         |                         |
| Vitamin A (IU)             | 6835     |           |               |             |           |           |         |                         |
| Sugars (g)                 | 34       | 22.26%    |               |             | Missing   |           |         |                         |
| Vitamin C (mg)             | 71.50    |           |               |             |           |           |         |                         |
| Protein (g)                | 29.73    | 19.49%    |               |             |           |           |         |                         |
| Carbohydrate (g)           | 84.51    | 55.40%    |               |             |           |           |         |                         |
| Total Fat (g)              | 16.94    | 24.98%    |               |             |           |           |         |                         |
| Saturated Fat (g)          | 4.78     | 7.05%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.28     | 0.41%     |               |             | Missing   |           |         |                         |

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.