

AUGUST 2025

REGULAR & VEGETARIAN

TOP SPANISH CATERING, INC



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

4

NO SCHOOL

5

NO SCHOOL

6

NO SCHOOL

7

NO SCHOOL

8

NO SCHOOL

11

NO SCHOOL

12

NO SCHOOL

13

NO SCHOOL

14

NO SCHOOL

15

NO SCHOOL

18

NO SCHOOL

19

NO SCHOOL

20

NO SCHOOL

21

NO SCHOOL

22

ASSORTED WHOLE
GRAIN CEREAL (1oz)
APPLES (L)

25

WG BAGELS (2oz)
CREAM CHEESE
100% ORANGE JUICE

26

NONFAT YOGURT (4oz)
GRANOLA (0.89oz)
PINEAPPLE

27

WG BLUEBERRY
MUFFIN (2oz)
FRUIT SALAD

28

WG BANANA BREAD (3.4OZ)
PEARS (L)

29

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

This institution is an equal opportunity provider

AUGUST 2025

GLUTEN FREE

TOP SPANISH CATERING, INC



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

4

NO SCHOOL

5

NO SCHOOL

6

NO SCHOOL

7

NO SCHOOL

8

NO SCHOOL

11

NO SCHOOL

12

NO SCHOOL

13

NO SCHOOL

14

NO SCHOOL

15

NO SCHOOL

18

NO SCHOOL

19

NO SCHOOL

20

NO SCHOOL

21

NO SCHOOL

22

RICE CEREAL (1oz)
APPLES (L)

25

VANS
GLUTEN FREE BAGELS (2oz)
CREAM CHEESE
100% ORANGE JUICE

26

NONFAT YOGURT (4oz)
RICE CEREAL (1oz)
PINEAPPLE

27

CHEERIOS CEREAL
(1oz)
FRUIT SALAD

28

CORN CHEX CEREAL
(1oz)
PEARS (L)

29

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- (L) = Local produce.
- Menu subject to change.
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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 25, 2025 thru Aug 29, 2025

K-8 Breakfast

Generated on: 8/20/2025 11:46:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/25/2025															
K-8 Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	220	0	320	8.00	3.60	120.0	600	7.2	12	4.0	44.0	5.0	0.00	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		382	7	438	11.13	3.68	386.7	1255	14.52	37	11.87	74.41	6.30	0.75	0.00
% of Calories										39.3%	12.4%	78.0%	14.9%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Tue - 08/26/2025															
K-8 Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		392	27	498	1.95	1.56	620.2	594	85.14	36	15.49	63.76	7.67	4.71	0.00
% of Calories										37.1%	15.8%	65.1%	17.6%	10.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Wed - 08/27/2025															
K-8 Breakfast	Total														
NONFAT YOGURT	4 oz	70	*N/A*	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Pineapple, Fresh	1 C	83	0	2	2.31	0.48	21.5	96	78.87	16	0.89	21.65	0.2	0.01	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Granola Bar.	0.89 oz	90	0	55	1.00	0.50	110.0	0	0.0	6	2.0	19.0	1.5	0.00	0.00
Weighted Daily Average		333	*7	248	3.25	0.96	488.4	688	78.57	42	14.36	64.04	2.85	0.72	0.00
% of Calories										50.5%	17.3%	76.9%	7.7%	2.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

Aug 25, 2025 thru Aug 29, 2025

K-8 Breakfast

Generated on: 8/20/2025 11:46:48 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/28/2025															
K-8 Breakfast	Total														
Whole Grain Blueberry Muffin 3	3.1 oz	250	35	140	2.00	2.00	23.0	0	0.0	20	5.0	42.0	7.0	1.00	0.00
FRUIT SALAD: 1C (MAG)	1 C	160	0	20	2.00	0.80	0.0	0	0.0	40	0.0	42.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		495	41	278	3.92	2.72	283.2	594	1.13	71	12.39	94.63	7.90	1.67	0.00
% of Calories										57.1%	10.0%	76.5%	14.4%	3.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 08/29/2025															
K-8 Breakfast	Total														
WG Banana Bread Loaf	3.4 oz	260	0	240	2.00	0.00	0.0	0	0.0	24	5.0	45.0	8.0	1.50	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		443	7	353	7.42	0.32	277.2	639	8.79	52	12.99	82.21	9.03	2.17	0.00
% of Calories										46.5%	11.7%	74.2%	18.3%	4.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		409	*18	363	5.53	1.85	411.1	754	37.63	48	13.42	75.81	6.75	2.00	0.00
										104.8%	13.1%	74.1%	14.9%	4.4%	0.0%

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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	409		400 - 500	100%	Missing											
Cholesterol (mg)	18															
Sodium 1 (mg)	363		540	67%												
Fiber (g)	5.53															
Iron (mg)	1.85															
Calcium (mg)	411.1															
Vitamin A (IU)	754															
Sugars (g)	48	46.56%														
Vitamin C (mg)	37.63															
Protein (g)	13.42	13.13%														
Carbohydrate (g)	75.81	74.14%														
Total Fat (g)	6.75	14.85%														
Saturated Fat (g)	2.00	4.41%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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