

AUGUST 2025

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

BBQ Baked
Glazed Chicken Drum (3.2oz)
WG Roll (1.1oz)
Mixed Vegetables (3/4C)(L)
PEARS (L)

25

Beef Taco (3oz)(L)
Taco Shells (2oz)
Corn (1/2C)
Bananas

26

Cheeseburger (2.25oz) on
WG Bun (2oz)
Oven Fried Potatoes
(3/4C)
Apples (L)

27

Spanish Rice with
Chicken (6OZ)(L)
Black Beans (1/2C)
ORANGES

28

Green Salad (1.25OZ) with
Grilled Chicken (2OZ)
Corn Chips (2.5OZ)
Ranch
DICED PEACH CUP

29

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

This institution is an equal opportunity provider

AUGUST 2025

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

Vegetarian CHICK'N
Nuggets (3oz)
WG Roll (1.1oz)
Mixed Vegetables (3/4C)(L)
PEARS (L)

25

Vegetarian Meat Taco
(3oz)(L)
Taco Shells (2oz)
Corn (1/2C)
Bananas

26

VEGETARIAN Patty
(2.5oz) on
WG Bun (2oz)
Oven Fried Potato (3/4C)
Apples (L)

27

Spanish Rice with
Vegetarian Meat (6OZ)(L)
Black Beans (1/2C)
ORANGES

28

Green Salad (1.25OZ) with
Grilled TOFU (2OZ)
Corn Chips (2.5OZ)
Ranch
DICED PEACH CUP

29

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AUGUST 2025

GLUTEN FREE

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

BBQ Baked
Glazed Chicken Drum (3.2oz)
UDIS GF BREAD (2oz)
Mixed Vegetables (3/4C)(L)
PEARS (L)

25

Beef Taco (3oz)(L)
Taco Shells (2oz)
Corn (1/2C)
Bananas

26

Cheeseburger (2.25oz) on
UDIS GF Bun (2oz)
Oven Fried Potatoes
(3/4C)
Apples (L)

27

Spanish Rice with
Chicken (6OZ)(L)
Black Beans (1/2c=C)
ORANGES

28

Green Salad (1.25OZ) with
Grilled Chicken (2OZ)
Corn Chips (2.5OZ)
Ranch
DICED PEACH CUP

29

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Top Spanish Cafe & Catering

Aug 25, 2025 thru Aug 29, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 8/20/2025 11:46:12 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/25/2025															
K-8 Lunch	Total														
Baked BBQ Glazed Chicken Drum	3.2 oz	190	90		0.00	0.60	0.0	0	0.0	9	17.0	12.0	8.0	2.00	0.00
Whole Grain Roll	1.1 oz	80	0		1.00	0.80	0.0	0	0.0	1	2.0	14.0	1.5	0.00	0.00
MIXED VEG. :frozen,boiled 3/4C	3/4 CUP	89	0		6.01	1.12	34.1	5838	4.37	4	3.9	17.87	0.2	0.04	0.00
PEARS,FRESH	1 cup	101	0		5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Vegetarian Chick'N Nuggets	3oz (4piece	170	0		3.00	2.20	40.0	0	0.0	2	12.0	18.0	8.0	1.00	0.00
Gluten Free Bread	2 oz	140	0		4.00	0.48	0.0	0	0.0	2	2.0	26.0	3.33	1.67	0.00
Weighted Daily Average		559	94	1147	12.65	2.90	327.7	6512	13.18	43	31.30	84.22	11.14	2.77	0.00
% of Calories										31.0%	22.4%	60.3%	18.0%	4.5%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 08/26/2025															
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
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
Taco Shell-7" HS/Mission	2 shells	210	0		3.00	0.00	30.0	0	0.0	1	3.0	28.0	9.0	1.00	0.00
BANANAS MS Lunch	1/2 Cup	105	0		3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Vegetarian Meat Taco.	3 oz	213	0		7.00	2.59	61.8	4062	7.67	5	19.06	20.63	7.82	1.03	0.00
Weighted Daily Average		666	61	216	8.85	2.91	336.3	1245	16.79	*31	29.94	86.91	23.25	6.48	*0.68
% of Calories										*18.8%	18.0%	52.2%	31.4%	8.8%	*0.9%
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

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

Aug 25, 2025 thru Aug 29, 2025

K-8 Lunch

Generated on: 8/20/2025 11:46:12 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)
Wed - 08/27/2025															
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
Oven Fried Potatoes 3/4C. mcca	3/4 C	200	0		2.00	0.60	20.0	0	0.0	2	2.0	34.02	8.0	1.00	0.00
Apples.	1 cup	72	0		3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Vegetarian Patty.	2.5 oz	140	0		3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
KETCHUP: individual (WC)	9 grams	10	0		0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Mayonnaise	7 GRAMS	90	0		0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
American Cheese	1 oz	70	15		0.00	0.00	100.0	200	0.0	0	4.0	0.9	6.0	3.50	0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Gluten Free Bread	2 oz	140	0		4.00	0.48	0.0	0	0.0	2	2.0	26.0	3.33	1.67	0.00
Weighted Daily Average		807	57	919	8.44	3.83	428.3	905	7.50	32	29.97	97.26	36.21	10.80	0.50
% of Calories										16.0%	14.9%	48.2%	40.4%	12.0%	0.6%
Nutrient Guideline		600-650												<10.00	

Thu - 08/28/2025															
K-8 Lunch	Total														
SPANISH RICE With Chicken	6 Oz	287	56		1.53	3.09	34.2	340	11.14	*2	23.23	33.51	5.6	1.65	*0.00
Black beans 1/2C	1/2 C	87	0		4.36	0.87	34.9	0	0.0	1	5.23	15.7	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
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
SPANISH RICE With VG Meat	6 Oz	388	0		6.93	3.74	60.9	340	11.14	*2	21.75	51.43	10.39	1.26	*0.00
Weighted Daily Average		551	62	566	9.41	4.17	412.5	1352	103.29	*28	37.83	81.92	7.14	2.38	*0.00
% of Calories										*20.1%	27.5%	59.5%	11.7%	3.9%	*0.0%
Nutrient Guideline		600-650												<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

Aug 25, 2025 thru Aug 29, 2025

K-8 Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 08/29/2025															
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
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
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		543	67	1138	5.36	2.12	368.2	6032	85.32	*29	31.57	68.67	14.74	2.52	*0.00
% of Calories										*21.5%	23.2%	50.6%	24.4%	4.2%	*0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		625	68		8.94	3.19	374.6	3209	45.22	*33 *47.2%	32.12 20.6%	83.79 53.6%	18.50 26.6%	4.99 7.2%	*0.24 *0.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	625		600 - 650	100%				
Cholesterol (mg)	68							
Sodium 1a (mg)	797		1110	72%				
Fiber (g)	8.94							
Iron (mg)	3.19							
Calcium (mg)	374.6							
Vitamin A (IU)	3209							
Sugars (g)	33	20.98%			Missing			
Vitamin C (mg)	45.22							
Protein (g)	32.12	20.55%						
Carbohydrate (g)	83.79	53.61%						
Total Fat (g)	18.50	26.63%						
Saturated Fat (g)	4.99	7.18%	<10.00%					
Trans Fat ¹ (g)	0.24	0.34%			Missing			

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