



BREAKFAST

OCTOBER 2025

TOP SPANISH CATERING, INC

Monday

Tuesday

Wednesday

Thursday

Friday

1

WHOLE GRAIN BAGELS
CREAM CHEESE
APPLES

2

WG BLUEBERRY MUFFIN
FRUIT SALAD

3

NONFAT YOGURT
GRANOLA
PEARS

6

ASSORTED WHOLE GRAIN
CEREAL
APPLES

7

WG BAGELS
CREAM CHEESE
FRUIT SALAD

8

NONFAT YOGURT
GRANOLAS
PEARS

9

WG BANANA BREAD
100% ORANGE JUICE

10

NO SCHOOL

13

NO SCHOOL

14

ASSORTED WHOLE GRAIN
CEREAL
PEARS

15

WG APPLE MUFFIN
100% ORANGE JUICE

16

WG PANCAKES
TURKEY SAUSAGE LINK
SYRUP
APPLES

17

WG MINI CINNAMON
ROLLS
FRUIT SALAD

20

ASSORTED WHOLE
GRAIN CEREAL
PEARS

21

WG BAGELS
CREAM CHEESE
APPLES

22

WG APPLE MUFFIN
100% ORANGE JUICE

23

WG ENGLISH MUFFIN
AMERICAN CHEESE
TURKEY HAM
FRUIT SALAD

24

WG BLUEBERRY MUFFIN
APPLE SAUCE

27

ASSORTED WHOLE
GRAIN CEREAL
PEARS

28

WG FRENCH TOAST
TURKEY BACON
JELLY
ORANGES

29

NONFAT YOGURT
GRANOLAS
APPLES

30

EGG & CHEESE
BREAKFAST WRAP/
BURRITO
FRUIT SALAD

31

WG CINNAMON ROLLS
100% GRAPE JUICE



- 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



BREAKFAST

OCTOBER 2025 VEGETARIAN

TOP SPANISH CATERING, INC

Monday

Tuesday

Wednesday

Thursday

Friday

1

WHOLE GRAIN BAGELS
CREAM CHEESE
APPLES

2

WG BLUEBERRY MUFFIN
FRUIT SALAD

3

NONFAT YOGURT
GRANOLA
PEARS

6

ASSORTED WHOLE GRAIN
CEREAL
APPLES

7

WG BAGELS
CREAM CHEESE
FRUIT SALAD

8

NONFAT YOGURT
GRANOLAS
PEARS

9

WG BANANA BREAD
100% ORANGE JUICE

10

NO SCHOOL

13

NO SCHOOL

14

ASSORTED WHOLE GRAIN
CEREAL
PEARS

15

WG APPLE MUFFIN
100% ORANGE JUICE

16

WG PANCAKES
SYRUP
APPLES

17

WG MINI CINNAMON
ROLLS
FRUIT SALAD

20

ASSORTED WHOLE
GRAIN CEREAL
PEARS

21

WG BAGELS
CREAM CHEESE
APPLES

22

WG APPLE MUFFIN
100% ORANGE JUICE

23

WG ENGLISH MUFFIN
AMERICAN CHEESE
FRUIT SALAD

24

WG BLUEBERRY MUFFIN
APPLE SAUCE

27

ASSORTED WHOLE
GRAIN CEREAL
PEARS

28

WG FRENCH TOAST
JELLY
ORANGES

29

NONFAT YOGURT
GRANOLAS
APPLES

30

EGG & CHEESE
BREAKFAST WRAP/
BURRITO
FRUIT SALAD

31

WG CINNAMON ROLLS
100% GRAPE JUICE



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BREAKFAST

OCTOBER 2025 GLUTEN FREE

TOP SPANISH CATERING, INC

Monday

Tuesday

Wednesday

Thursday

Friday

1

GLUTEN FREE UDIS
BAGELS
CREAM CHEESE
APPLES

2

CORN CHEX CEREAL
FRUIT SALAD

3

NONFAT YOGURT
PEARS

6

GF CHEERIOS CEREAL
CEREAL
APPLES

7

GLUTEN FREE UDIS
BAGELS
CREAM CHEESE
FRUIT SALAD

8

NONFAT YOGURT
PEARS

9

CORN CHEX CEREAL
100% ORANGE JUICE

10

NO SCHOOL

13

NO SCHOOL

14

GF RICE CHEX CEREAL
PEARS

15

GF CHEERIOS CEREAL
100% ORANGE JUICE

16

GF PANCAKES
TURKEY BREAKFAST
SAUSAGE
SYRUP
APPLES

17

CORN CHEX CEREAL
FRUIT SALAD

20

GF RICE CHEX CEREAL
PEARS

21

GLUTEN FREE UDIS
BAGELS
CREAM CHEESE
APPLES

22

GF CHEERIOS
100% ORANGE JUICE

23

GF WAFFLES
TURKEY HAM
FRUIT SALAD

24

GF CORN CHEX CEREAL
APPLE SAUCE

27

GF CHEERIOS
PEARS

28

GF PANCAKES
TURKEY BACON
JELLY
ORANGES

29

NONFAT YOGURT
APPLES

30

GF WAFFLES
TURKEY SAUSAGE
FRUIT SALAD

31

GF CORN CHEX CEREAL
100% GRAPE JUICE



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

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Top Spanish Cafe & Catering

Sep 29, 2025 thru Oct 3, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	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 - 09/29/2025															
K-8 Breakfast	Total														
Cer/Cinnamon Toast Crunch 2oz	2 oz	220	0	320	8.00	3.60	120.0	600	7.2	12	4.0	44.0	5.0	0.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		394	7	451	11.31	3.95	462.4	1612	99.35	37	13.40	76.32	6.36	0.73	0.00
% of Calories										37.6%	13.6%	77.5%	14.5%	1.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 09/30/2025															
K-8 Breakfast	Total														
Whole Grain Waffles 2.6oz	2 oz	180	8	220	0.00	1.40	60.0	0	0.0	4	4.0	24.0	6.0	1.00	0.00
Turkey Bacon.3s	0.54 oz	64	19	331	0.00	0.21	0.0	0	0.0	1	5.33	0.53	4.27	1.07	0.00
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, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Gluten Free Waffle (1)	1.3 oz	100	0	110	2.50	0.50	25.0	0	0.0	2	1.0	17.0	3.5	0.25	0.00
SYRUP. (A)	43grams	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		560	33	698	0.06	1.62	321.9	593	85.15	55	18.81	92.25	11.42	2.76	0.00
% of Calories										39.3%	13.4%	65.9%	18.4%	4.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 10/01/2025															
K-8 Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00

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

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Top Spanish Cafe & Catering

Sep 29, 2025 thru Oct 3, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	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)
Weighted Daily Average		372	27	484	5.31	2.06	646.2	720	7.65	31	14.33	60.51	7.93	4.75	0.00
% of Calories										33.7%	15.4%	65.0%	19.2%	11.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 10/02/2025															
K-8 Breakfast	Total														
Whole Grain Blueberry Muffin	2 oz	160	20	95	1.00	1.00	14.0	0	0.0	14	3.0	26.0	5.0	0.50	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		408	26	235	2.96	1.76	274.6	594	1.13	65	10.48	79.29	5.98	1.19	0.00
% of Calories										63.5%	10.3%	77.7%	13.2%	2.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 10/03/2025															
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
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
Granola Bar.	0.89 oz	90	0	55	1.00	0.50	110.0	0	0.0	6	2.0	19.0	1.5	0.00	0.00
Weighted Daily Average		352	*7	248	6.40	0.81	483.0	638	8.65	43	14.12	69.40	2.90	0.75	0.00
% of Calories										49.1%	16.1%	78.9%	7.4%	1.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		417	*20	423	5.21	2.04	437.6	832	40.38	46	14.23	75.55	6.92	2.04	0.00
										99.8%	13.6%	72.4%	14.9%	4.4%	0.0%

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Top Spanish Cafe & Catering

Sep 29, 2025 thru Oct 3, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

		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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	417		400 - 500	100%	Missing											
Cholesterol (mg)	20															
Sodium 1 (mg)	423		540	78%												
Fiber (g)	5.21															
Iron (mg)	2.04															
Calcium (mg)	437.6															
Vitamin A (IU)	832															
Sugars (g)	46	44.36%														
Vitamin C (mg)	40.38															
Protein (g)	14.23	13.64%														
Carbohydrate (g)	75.55	72.44%														
Total Fat (g)	6.92	14.92%														
Saturated Fat (g)	2.04	4.39%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Oct 6, 2025 thru Oct 10, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	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 - 10/06/2025															
K-8 Breakfast	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	160	4.00	1.80	60.0	300	3.6	6	2.0	22.0	2.5	0.00	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		282	7	293	7.28	2.14	345.2	1010	11.13	32	10.39	54.36	3.90	0.75	0.00
% of Calories										45.9%	14.7%	77.1%	12.4%	2.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 10/07/2025															
K-8 Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
FRUIT SALAD: 1C (MAG)	1 C	160	0	20	2.00	0.80	0.0	0	0.0	40	0.0	42.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		461	27	502	4.00	2.69	638.0	645	1.30	57	13.98	83.45	7.69	4.71	0.00
% of Calories										49.6%	12.1%	72.5%	15.0%	9.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 10/08/2025															
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
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
Granola.	1.78 oz	180	0	110	2.00	1.00	220.0	0	0.0	12	4.0	38.0	3.0	0.00	0.00
Weighted Daily Average		440	*7	302	7.38	1.30	591.0	638	8.65	49	16.08	88.06	4.37	0.75	0.00
% of Calories										44.6%	14.6%	80.0%	8.9%	1.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Oct 6, 2025 thru Oct 10, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	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)
Thu - 10/09/2025															
K-8 Breakfast	Total														
WG Banana Bread Loaf	3.4 oz	260	0	240	2.00	0.00	0.0	0	0.0	24	5.0	45.0	8.0	1.50	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		442	7	382	1.90	0.00	261.1	594	85.14	54	14.35	79.10	8.78	2.13	0.00
% of Calories										49.1%	13.0%	71.6%	17.9%	4.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 10/10/2025															
K-8 Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		406	*12	370	5.14	1.53	458.8	722	26.55	48	13.70	76.24	6.19	2.08	0.00
										106.7%	13.5%	75.1%	13.7%	4.6%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	406		400 - 500	100%				
Cholesterol (mg)	12				Missing			
Sodium 1 (mg)	370		540	68%				
Fiber (g)	5.14							
Iron (mg)	1.53							
Calcium (mg)	458.8							
Vitamin A (IU)	722							
Sugars (g)	48	47.44%						
Vitamin C (mg)	26.55							
Protein (g)	13.70	13.49%						
Carbohydrate (g)	76.24	75.09%						
Total Fat (g)	6.19	13.71%						
Saturated Fat (g)	2.08	4.62%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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Top Spanish Cafe & Catering

Oct 13, 2025 thru Oct 17, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	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 - 10/13/2025															
K-8 Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 10/14/2025															
K-8 Breakfast	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	160	4.00	1.80	60.0	300	3.6	6	2.0	22.0	2.5	0.00	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		312	7	294	9.49	2.29	353.0	980	12.44	35	10.67	62.41	3.91	0.75	0.00
% of Calories										45.4%	13.7%	80.1%	11.3%	2.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 10/15/2025															
K-8 Breakfast	Total														
Whole Grain Apple Muffin 3.1	2 oz	250	35	150	2.00	2.00	23.0	*N/A*	*N/A*	19	5.0	43.0	7.0	1.00	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		435	41	297	1.92	1.92	283.2	*594	*85.14	50	14.39	77.59	7.90	1.67	0.00
% of Calories										45.7%	13.2%	71.4%	16.3%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Oct 13, 2025 thru Oct 17, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Generated on: 9/25/2025 12:25:59 PM

	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)
Thu - 10/16/2025															
K-8 Breakfast	Total														
Whole Grain Pancakes 2.6oz	2 oz	160	8	180	2.00	1.46	73.2	0	0.0	10	4.0	30.0	3.0	0.00	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
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
SYRUP. (A)	43grams	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		505	44	392	5.31	2.01	342.6	669	7.48	55	17.77	92.41	8.29	1.72	0.00
% of Calories										43.4%	14.1%	73.2%	14.8%	3.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 10/17/2025															
K-8 Breakfast	Total														
WG Mini Cinnis Cinnamon Rolls	2.29 oz	240	0	270	3.00	1.70	30.0	0	0.0	14	4.0	40.0	8.0	1.50	0.00
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
Gluten Free Cheerios.	2 oz	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	0.00	0.00
Weighted Daily Average		489	7	408	5.01	2.86	292.9	611	1.33	65	11.56	93.50	8.90	2.13	0.00
% of Calories										53.0%	9.5%	76.5%	16.4%	3.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average															
		435	25	348	5.43	2.27	317.9	*714	*26.60	51	13.60	81.48	7.25	1.57	0.00
										105.7%	12.5%	74.9%	15.0%	3.2%	0.0%

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Top Spanish Cafe & Catering

Oct 13, 2025 thru Oct 17, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

		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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	435		400 - 500	100%												
Cholesterol (mg)	25															
Sodium 1 (mg)	348		540	64%												
Fiber (g)	5.43															
Iron (mg)	2.27															
Calcium (mg)	317.9															
Vitamin A (IU)	714				Missing											
Sugars (g)	51	47.00%														
Vitamin C (mg)	26.60				Missing											
Protein (g)	13.60	12.50%														
Carbohydrate (g)	81.48	74.93%														
Total Fat (g)	7.25	15.00%														
Saturated Fat (g)	1.57	3.24%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Oct 20, 2025 thru Oct 24, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	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 - 10/20/2025															
K-8 Breakfast	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	160	4.00	1.80	60.0	300	3.6	6	2.0	22.0	2.5	0.00	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		312	7	294	9.49	2.29	353.0	980	12.44	35	10.67	62.41	3.91	0.75	0.00
% of Calories										45.4%	13.7%	80.1%	11.3%	2.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 10/21/2025															
K-8 Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		364	27	469	5.27	1.73	628.5	669	7.48	31	13.84	58.82	7.90	4.75	0.00
% of Calories										33.7%	15.2%	64.7%	19.6%	11.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 10/22/2025															
K-8 Breakfast	Total														
WG Banana Bread Loaf	3.4 oz	260	0	240	2.00	0.00	0.0	0	0.0	24	5.0	45.0	8.0	1.50	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		442	7	382	1.90	0.00	261.1	594	85.14	54	14.35	79.10	8.78	2.13	0.00
% of Calories										49.1%	13.0%	71.6%	17.9%	4.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Oct 20, 2025 thru Oct 24, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	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 - 10/23/2025															
K-8 Breakfast	Total														
Whole Grain English Muffin	2 oz	120	0	270	1.00	1.60	90.0	0	0.0	1	6.0	21.0	1.5	0.00	0.00
Turkey Ham 3oz (JO).	3.01 oz	110	55	480	0.00	0.70	0.0	0	0.0	0	14.0	1.0	5.0	1.50	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
Gluten Free Waffles	2.6 oz	200	0	220	5.00	1.00	50.0	0	0.0	3	2.0	34.0	7.0	0.50	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
American Cheese	1 oz	70	15	240	0.00	0.00	100.0	200	0.0	0	4.0	0.9	6.0	3.50	0.00
Weighted Daily Average		567	78	1149	3.10	3.12	478.7	857	1.20	54	32.38	79.06	13.88	5.76	0.00
% of Calories										37.8%	22.8%	55.8%	22.0%	9.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 10/24/2025															
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
Apple Sauce	8 oz	100	0	0	2.00	0.00	0.0	0	12.0	22	0.0	26.0	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		435	41	258	3.92	1.92	283.2	594	13.13	53	12.39	78.63	7.90	1.67	0.00
% of Calories										48.4%	11.4%	72.4%	16.3%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average															
		424	32	510	4.73	1.81	400.9	739	23.88	45	16.73	71.60	8.48	3.01	0.00
										96.1%	15.8%	67.6%	18.0%	6.4%	0.0%

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Top Spanish Cafe & Catering

Oct 20, 2025 thru Oct 24, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

		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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	424		400 - 500	100%												
Cholesterol (mg)	32															
Sodium 1 (mg)	510		540	94%												
Fiber (g)	4.73															
Iron (mg)	1.81															
Calcium (mg)	400.9															
Vitamin A (IU)	739															
Sugars (g)	45	42.73%														
Vitamin C (mg)	23.88															
Protein (g)	16.73	15.78%														
Carbohydrate (g)	71.60	67.57%														
Total Fat (g)	8.48	18.00%														
Saturated Fat (g)	3.01	6.39%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Oct 27, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	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 - 10/27/2025															
K-8 Breakfast	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	160	4.00	1.80	60.0	300	3.6	6	2.0	22.0	2.5	0.00	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		312	7	294	9.49	2.29	353.0	980	12.44	35	10.67	62.41	3.91	0.75	0.00
% of Calories										45.4%	13.7%	80.1%	11.3%	2.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 10/28/2025															
K-8 Breakfast	Total														
Whole Grain French Toast 3oz	3 oz	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Turkey Bacon.3s	0.54 oz	64	19	331	0.00	0.21	0.0	0	0.0	1	5.33	0.53	4.27	1.07	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
JELLY.	10 GRAMS	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		463	35	695	5.31	0.98	347.5	975	92.15	37	19.92	68.62	12.26	2.73	0.00
% of Calories										31.6%	17.2%	59.3%	23.8%	5.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 10/29/2025															
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
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Granola Bar.	0.89 oz	90	0	55	1.00	0.50	110.0	0	0.0	6	2.0	19.0	1.5	0.00	0.00
Weighted Daily Average		323	*7	248	4.23	0.65	475.4	667	7.37	40	13.84	61.50	2.88	0.75	0.00
% of Calories										49.9%	17.2%	76.3%	8.0%	2.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Oct 27, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	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 - 10/30/2025															
K-8 Breakfast	Total														
Egg & Cheese Burrito	3.75 oz	244	71	311	2.72	1.03	122.8	0	0.0	1	9.38	28.08	10.07	3.88	0.00
Gluten Free Pancakes	3 oz	200	0	260	2.00	1.00	25.0	0	0.0	3	3.0	38.0	4.0	0.00	0.00
Turkey Bacon.2s	0.25 oz	42	12	219	0.00	0.14	0.0	0	0.0	0	3.54	0.35	2.83	0.71	0.00
FRUIT SALAD: 1C (MAG)	1 C	160	0	20	2.00	0.80	0.0	0	0.0	40	0.0	42.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		423	76	457	3.69	1.44	394.8	631	1.14	33	17.26	62.46	11.12	4.46	0.00
% of Calories										31.0%	16.3%	59.0%	23.6%	9.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 10/31/2025															
K-8 Breakfast	Total														
WG Mini Cinnis Cinnamon Rolls	2.29 oz	240	0	270	3.00	1.70	30.0	0	0.0	14	4.0	40.0	8.0	1.50	0.00
100% Grape Juice 8oz	8 oz	160	0	30	0.00	0.00	40.0	0	0.0	36	0.0	36.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	0.00	0.00
Weighted Daily Average		489	7	418	3.01	2.06	332.9	611	1.33	61	11.56	87.50	8.90	2.13	0.00
% of Calories										49.7%	9.5%	71.6%	16.4%	3.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average															
		402	*26	422	5.15	1.48	380.7	773	22.88	41	14.65	68.50	7.82	2.16	0.00
										92.1%	14.6%	68.2%	17.5%	4.8%	0.0%

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Top Spanish Cafe & Catering

Oct 27, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

		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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	402		400 - 500	100%												
Cholesterol (mg)	26				Missing											
Sodium 1 (mg)	422		540	78%												
Fiber (g)	5.15															
Iron (mg)	1.48															
Calcium (mg)	380.7															
Vitamin A (IU)	773															
Sugars (g)	41	40.93%														
Vitamin C (mg)	22.88															
Protein (g)	14.65	14.59%														
Carbohydrate (g)	68.50	68.20%														
Total Fat (g)	7.82	17.51%														
Saturated Fat (g)	2.16	4.85%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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