

OCTOBER 2025

TOP SPANISH CATERING, INC



Monday

Tuesday

Wednesday

Thursday

Friday

CHICKEN PATTY **6**
WG ROLL
SWEET POTATOES
100% APPLE JUICE

MEATLOAF **7**
MASHED POTATOES
GREEN BEANS
WG ROLL
BANANAS

SPANISH RICE WITH **8**
CHICKEN
BLACK BEANS
ORANGE

CHEESE PIZZA **9**
BROCCOLI
PEARS

GRILLED CHICKEN **3**
SALAD
CORN CHIPS
RANCH
100% GRAPE JUICE

NO SCHOOL **13**

TURKEY HOT DOGS **14**
HOT DOG ROLL
POTATO FRIES
APPLES

TURKEY BOLOGNA **15**
SANDWICH
ROMAINE LETTUCE AND
TOMATO
BANANAS

GROUND BEEF **16**
SPANISH RICE
PINTO BEANS
100% GRAPE JUICE

CHICKEN **17**
PARMESAN
WG ROLL
MIXED VEGETABLES
ORANGES

BAKED GLAZED **20**
CHICKEN DRUMSTICK
WG ROLL
MIXED VEGETABLES
100% GRAPE JUICE

CHICKEN TACO **21**
WHEAT TORTILLA
BLACK BEANS
BANANAS

RICE AND BEANS **22**
WITH MOZARELLA
CHEESE
CORN
PEARS

CHICKEN NUGGETS **23**
WG ROLL
CARROTS
APPLE SAUCE

BARBECUE BEEF **24**
SANDWICH
BROCCOLI
ORANGE

HAMBURGER ON **27**
WG BUN
POTATOES
APPLES

BEEF TACO **28**
TACO SHELLS
BLACK BEANS
BANANAS

GRILLED CHICKEN **29**
SALAD
CORN CHIPS
RANCH
100% GRAPE JUICE

MACARONI & CHEESE **30**
BROCCOLI & GREEN
BEANS
ORANGE

BEEF STEW WITH **31**
MIXED VEGETABLE
BROWN RICE
DICED PEAR

- 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



OCTOBER 2025 VEGETARIAN

TOP SPANISH CATERING, INC



Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN PATTY **6**
WG ROLL
SWEET POTATOES
100% APPLE JUICE

BLACK BEAN PATTY **7**
MASHED POTATOES
GREEN BEANS
WG ROLL
BANANAS

CHEESE RAVIOLI **1**
MARINARA SAUCE
GREEN BEANS
DICED PEACH CUP

BLACK BEAN PATTY **2**
HOT DOG ROLL
POTATOES
ORANGES

GRILLED TOFU **3**
SALAD
CORN CHIPS
RANCH
100% GRAPE JUICE

NO SCHOOL **13**

BLACK BEAN PATTY **14**
HOT DOG ROLL
POTATO FRIES
APPLES

SPANISH RICE WITH **8**
VEGETARIAN MEAT
BLACK BEANS
ORANGE

CHEESE PIZZA **9**
BROCCOLI
PEARS

NO SCHOOL **10**

SUNBUTTER & **15**
JELLY SANDWICH
ROMAINE LETTUCE AND
TOMATO
BANANAS

SPANISH RICE **16**
WITH VEGETARIAN MEAT
PINTO BEANS
100% GRAPE JUICE

VEGETARIAN PATTY **17**
PARMESAN
WG ROLL
MIXED VEGETABLES
ORANGES

VEGETARIAN CHICK'N **20**
NUGGETS
WG ROLL
MIXED VEGETABLES
100% GRAPE JUICE

VEGETARIAN MEAT TACO **21**
WHEAT TORTILLA
BLACK BEANS
BANANAS

RICE AND BEANS **22**
WITH MOZARELLA
CHEESE
CORN
PEARS

BLACK BEAN PATTY **23**
WG ROLL
CARROTS
APPLE SAUCE

VEGETARIAN PATTY **24**
BROCCOLI
ORANGE

VEGETARIAN PATTY ON **27**
WG BUN
POTATOES
APPLES

VEGETARIAN **28**
MEAT TACO
TACO SHELLS
BLACK BEANS
BANANAS

GRILLED TOFU **29**
SALAD
CORN CHIPS
RANCH
100% GRAPE JUICE

MACARONI & CHEESE **30**
BROCCOLI & GREEN
BEANS
ORANGE

RICE WITH **31**
VEGETARIAN MEAT
MIXED VEGETABLE
DICED PEAR

- 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





OCTOBER 2025 GLUTEN FREE

Monday
Tuesday
Wednesday
Thursday
Friday

CHICKEN PATTY **6**
GF BREAD UDIS
SWEET POTATOES
100% APPLE JUICE

MEATLOAF **7**
MASHED POTATOES
GREEN BEANS
GF BREAD UDIS
BANANAS

RICE WITH **1**
BEEF MEATBALLS
GREEN BEANS
DICED PEACH CUP

TURKEY HOT DOG **2**
GF BREAD UDIS
POTATOES
ORANGES

GRILLED CHICKEN **3**
SALAD
CORN CHIPS
RANCH
100% GRAPE JUICE

NO SCHOOL **13**

TURKEY HOT DOGS **14**
GF BREAD UDIS
POTATO FRIES
APPLES

SPANISH RICE WITH **8**
CHICKEN
BLACK BEANS
ORANGE

CHEESE PIZZA ON **9**
GLUTEN FREE
BREAD SLICE
BROCCOLI
PEARS

NO SCHOOL **10**

TURKEY BOLOGNA **15**
ON GF BREAD UDIS
ROMAINE LETTUCE AND
TOMATO
BANANAS

GROUND BEEF **16**
SPANISH RICE
PINTO BEANS
100% GRAPE JUICE

CHICKEN **17**
PARMESAN
GF BREAD UDIS
MIXED VEGETABLES
ORANGES

BAKED GLAZED **20**
CHICKEN DRUMSTICK
GF BREAD UDIS
MIXED VEGETABLES
100% GRAPE JUICE

CHICKEN TACO **21**
CORN TORTILLA
BLACK BEANS
BANANAS

RICE AND BEANS **22**
WITH MOZARELLA
CHEESE
CORN
PEARS

CHICKEN NUGGETS **23**
GF BREAD UDIS
CARROTS
APPLE SAUCE

BARBECUE BEEF **24**
SANDWICH ON GF BREAD
BROCCOLI
ORANGE

HAMBURGER ON **27**
GF BREAD UDIS
POTATOES
APPLES

BEEF TACO **28**
TACO SHELLS
BLACK BEANS
BANANAS

GRILLED CHICKEN **29**
SALAD
CORN CHIPS
RANCH
100% GRAPE JUICE

GF PASTA MACARONI & **30**
CHEESE
BROCCOLI & GREEN
BEANS

BEEF STEW WITH **31**
MIXED VEGETABLE
BROWN RICE
DICED PEAR

- 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

Sep 29, 2025 thru Oct 3, 2025

Base Menu Spreadsheet

K-8 Lunch

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 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	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
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, 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		645	37	937	8.23	4.11	362.5	887	11.83	28	32.31	91.50	16.97	3.36	0.00
% of Calories										17.4%	20.0%	56.8%	23.7%	4.7%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 09/30/2025															
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 1C	1 C	174	0		8.72	1.74	69.8	0	0.0	2	10.47	31.4	0.0	0.00	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
Banana	1/2 C	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		734	81	926	16.30	5.39	480.1	1262	15.51	*30	49.75	104.19	12.74	4.12	*0.00
% of Calories										*16.2%	27.1%	56.8%	15.6%	5.0%	*0.0%
Nutrient Guideline		600-650												<10.00	

Wed - 10/01/2025															
K-8 Lunch	Total														
Cheese Ravioli	3.7 oz	180	55		2.00	1.60	120.0	0	0.0	2	14.0	23.0	3.5	1.50	0.00
Marinara Sauce 1/2C (F)	1/2 C	50	0		2.00	1.44	20.0	500	0.0	6	1.0	10.0	1.0	0.00	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
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
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
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

**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

Sep 29, 2025 thru Oct 3, 2025

Base Menu Spreadsheet

K-8 Lunch

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		438	62	665	9.09	4.31	472.3	1896	66.69	38	25.04	71.91	5.94	2.28	0.00
% of Calories										34.3%	22.9%	65.6%	12.2%	4.7%	0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 10/02/2025															
K-8 Lunch	Total														
Hot Dog-Turkey Frank	2 oz	140	50		0.00	0.72	60.0	0	0.0	1	6.0	1.0	11.0	3.50	0.00
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
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
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
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
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		645	55	751	8.60	2.62	448.3	1010	92.17	31	23.73	93.91	22.19	5.15	0.00
% of Calories										19.3%	14.7%	58.2%	31.0%	7.2%	0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 10/03/2025															
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
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
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		553	67	1148	4.36	1.76	388.2	5832	25.32	*32	31.57	69.67	14.74	2.52	*0.00
% of Calories										*23.3%	22.8%	50.4%	24.0%	4.1%	*0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		603	61		9.32	3.64	430.3	2177	42.30	*32 *47.4%	32.48 21.5%	86.23 57.2%	14.52 21.7%	3.49 5.2%	*0.00 *0.0%
------------------	--	-----	----	--	------	------	-------	------	-------	---------------	----------------	----------------	----------------	--------------	----------------

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient**
*** - denotes combined nutrient totals with either missing or incomplete nutrient data**
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

Sep 29, 2025 thru Oct 3, 2025

Base Menu Spreadsheet

K-8 Lunch

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	603		600 - 650	100%												
Cholesterol (mg)	61															
Sodium 1a (mg)	886		1110	80%												
Fiber (g)	9.32															
Iron (mg)	3.64															
Calcium (mg)	430.3															
Vitamin A (IU)	2177															
Sugars (g)	32	21.06%			Missing											
Vitamin C (mg)	42.30															
Protein (g)	32.48	21.54%														
Carbohydrate (g)	86.23	57.19%														
Total Fat (g)	14.52	21.66%														
Saturated Fat (g)	3.49	5.20%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			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.

Top Spanish Cafe & Catering

Oct 6, 2025 thru Oct 10, 2025

Base Menu Spreadsheet

K-8 Lunch

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 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 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
Sweet potatoes	3/4 cup	154	0		5.66	1.18	65.1	32945	33.6	11	3.45	35.5	0.26	0.09	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
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
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		693	32	1000	10.67	4.58	411.0	33575	34.75	40	29.54	106.40	16.37	3.29	0.00
% of Calories										23.2%	17.1%	61.4%	21.3%	4.3%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 10/07/2025															
K-8 Lunch	Total														
Meatloaf 3oz	2 oz	180	35		1.00	1.80	20.0	200	3.6	5	12.0	8.0	11.0	4.50	0.50
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
Mashed Potatoes-HR k-8 Side	1/2 cup	87	2		1.58	0.28	25.2	28	6.51	2	2.01	18.45	0.6	0.32	*N/A*
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
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, 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
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		619	43	1279	9.81	4.32	396.9	1209	24.18	35	28.37	95.99	14.10	5.58	*0.48
% of Calories										22.7%	18.3%	62.0%	20.5%	8.1%	*0.7%
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

Oct 6, 2025 thru Oct 10, 2025

Base Menu Spreadsheet

K-8 Lunch

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)
Wed - 10/08/2025															
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 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
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		595	62	618	11.78	4.64	415.3	1319	106.09	*28	40.01	90.55	7.15	2.38	*0.00
% of Calories										*18.5%	26.9%	60.9%	10.8%	3.6%	*0.0%
Nutrient Guideline		600-650												<10.00	
Thu - 10/09/2025															
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
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
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, 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		637	48	1385	11.66	3.74	772.3	2781	85.12	43	33.65	88.83	20.24	7.34	0.00
% of Calories										26.9%	21.1%	55.8%	28.6%	10.4%	0.0%
Nutrient Guideline		600-650												<10.00	
Fri - 10/10/2025															
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	
Weighted Average		636	46		10.98	4.32	498.9	9721	62.54	*36 *51.5%	32.89 20.7%	95.44 60.0%	14.47 20.5%	4.65 6.6%	*0.12 *0.2%

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

Oct 6, 2025 thru Oct 10, 2025

Base Menu Spreadsheet

K-8 Lunch

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	636		600 - 650	100%												
Cholesterol (mg)	46															
Sodium 1a (mg)	1070		1110	96%												
Fiber (g)	10.98															
Iron (mg)	4.32															
Calcium (mg)	498.9															
Vitamin A (IU)	9721															
Sugars (g)	36	22.89%			Missing											
Vitamin C (mg)	62.54															
Protein (g)	32.89	20.69%														
Carbohydrate (g)	95.44	60.03%														
Total Fat (g)	14.47	20.47%														
Saturated Fat (g)	4.65	6.58%	<10.00%													
Trans Fat ¹ (g)	0.12	0.17%			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.

Top Spanish Cafe & Catering

Oct 13, 2025 thru Oct 17, 2025

Base Menu Spreadsheet

K-8 Lunch

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 - 10/13/2025															
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	

Tue - 10/14/2025															
K-8 Lunch	Total														
HOT DOG ON A BUN:Turkey Frank	4oz Hotdog	249	45		2.98	1.79	105.9	0	0.0	4	12.97	27.86	11.99	2.50	0.00
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
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
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
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
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		746	51	1306	11.38	3.62	434.3	704	7.51	35	29.37	119.41	23.15	4.20	0.00
% of Calories										18.9%	15.7%	64.0%	27.9%	5.1%	0.0%
Nutrient Guideline		600-650												<10.00	

Wed - 10/15/2025															
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
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
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
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
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		478	46	866	7.14	3.47	363.2	3127	18.07	*29	19.93	69.70	14.35	3.35	*0.00
% of Calories										*24.3%	16.7%	58.3%	27.0%	6.3%	*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.

Top Spanish Cafe & Catering

Oct 13, 2025 thru Oct 17, 2025

Base Menu Spreadsheet

K-8 Lunch

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 - 10/16/2025															
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 1/2C	1/2 C	105	0		4.36	1.74	36.6	0	0.0	1	6.11	18.32	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		660	63	705	7.51	5.23	370.8	982	12.29	*33	32.55	88.50	15.56	5.52	*0.71
% of Calories										*19.7%	19.7%	53.6%	21.2%	7.5%	*1.0%
Nutrient Guideline		600-650												<10.00	
Fri - 10/17/2025															
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
Marinara Sauce 1/4C (F)	1/4 C	25	0		1.00	0.72	10.0	250	0.0	3	0.5	5.0	0.5	0.00	0.00
Mozarella Cheese	1 oz	81	20		0.00	0.00	200.5	0	0.0	1	7.09	2.03	6.08	3.04	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 Vegetables.	1 CUP	118	0		8.01	1.49	45.5	7784	5.82	6	5.21	23.82	0.27	0.06	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
Weighted Daily Average		599	77	794	13.45	3.59	618.2	9143	97.99	36	30.36	82.14	17.76	5.82	0.00
% of Calories										23.9%	20.3%	54.8%	26.7%	8.7%	0.0%
Nutrient Guideline		600-650												<10.00	
Weighted Average															
		621	59		9.87	3.98	446.6	3489	33.96	*33	28.05	89.94	17.71	4.72	*0.18
										*48.1%	18.1%	57.9%	25.7%	6.8%	*0.3%

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

Oct 13, 2025 thru Oct 17, 2025

Base Menu Spreadsheet

K-8 Lunch

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	621		600 - 650	100%												
Cholesterol (mg)	59															
Sodium 1a (mg)	918		1110	83%												
Fiber (g)	9.87															
Iron (mg)	3.98															
Calcium (mg)	446.6															
Vitamin A (IU)	3489															
Sugars (g)	33	21.36%			Missing											
Vitamin C (mg)	33.96															
Protein (g)	28.05	18.07%														
Carbohydrate (g)	89.94	57.93%														
Total Fat (g)	17.71	25.66%														
Saturated Fat (g)	4.72	6.84%	<10.00%													
Trans Fat ¹ (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*
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

Oct 20, 2025 thru Oct 24, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 9/25/2025 1:59:15 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)
Mon - 10/20/2025															
K-8 Lunch	Total														
Baked Glazed Chicken Drumstick	3.2 oz	150	90		0.00	0.60	0.0	0	0.0	1	17.0	2.0	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
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, 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		499	94	691	7.13	2.58	331.7	6467	5.53	36	30.66	65.52	10.90	2.73	0.00
% of Calories										29.1%	24.6%	52.5%	19.7%	4.9%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 10/21/2025															
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 1C	1 C	174	0		8.72	1.74	69.8	0	0.0	2	10.47	31.4	0.0	0.00	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
Banana	1/2 C	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		734	81	926	16.30	5.39	480.1	1262	15.51	*30	49.75	104.19	12.74	4.12	*0.00
% of Calories										*16.2%	27.1%	56.8%	15.6%	5.0%	*0.0%
Nutrient Guideline		600-650												<10.00	

Wed - 10/22/2025															
K-8 Lunch	Total														
Rice and Beans..	1/2 Cup	315	0		5.85	1.75	31.6	93	16.73	*2	2.89	62.93	2.91	0.11	*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
Mozarella Cheese	1 oz	81	20		0.00	0.00	200.5	0	0.0	1	7.09	2.03	6.08	3.04	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, 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

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

Oct 20, 2025 thru Oct 24, 2025

Base Menu Spreadsheet

K-8 Lunch

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		695	28	384	14.39	2.65	527.5	1030	29.72	*36	21.91	128.91	11.22	4.03	*0.00
% of Calories										*20.8%	12.6%	74.2%	14.5%	5.2%	*0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 10/23/2025															
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	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
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
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, 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		530	37	885	7.66	3.19	354.5	21064	11.53	28	27.85	64.88	16.80	3.26	0.00
% of Calories										21.3%	21.0%	49.0%	28.5%	5.5%	0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 10/24/2025															
K-8 Lunch	Total														
Barbecue Beef	6 oz	440	79		4.40	3.85	97.5	661	10.0	*21	27.86	39.48	18.61	7.13	*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
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
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
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
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		771	83	1818	14.95	6.79	494.6	3039	157.09	*49	44.96	104.16	21.14	7.65	*0.00
% of Calories										*25.6%	23.3%	54.0%	24.7%	8.9%	*0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		646	64		12.09	4.12	437.7	6572	43.87	*36	35.03	93.53	14.56	4.36	*0.00
										*50.1%	21.7%	57.9%	20.3%	6.1%	*0.0%

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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

Oct 20, 2025 thru Oct 24, 2025

Base Menu Spreadsheet

K-8 Lunch

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	646		600 - 650	100%												
Cholesterol (mg)	64															
Sodium 1a (mg)	941		1110	85%												
Fiber (g)	12.09															
Iron (mg)	4.12															
Calcium (mg)	437.7															
Vitamin A (IU)	6572															
Sugars (g)	36	22.26%			Missing											
Vitamin C (mg)	43.87															
Protein (g)	35.03	21.70%														
Carbohydrate (g)	93.53	57.94%														
Total Fat (g)	14.56	20.29%														
Saturated Fat (g)	4.36	6.07%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			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.

Top Spanish Cafe & Catering

Oct 27, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 9/25/2025 2:00:12 PM

	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 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,Fresh MS	1/2 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
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		646	42	613	8.43	3.83	328.3	705	7.50	32	25.97	96.27	20.20	5.80	0.50
% of Calories										20.0%	16.1%	59.6%	28.1%	8.1%	0.7%
Nutrient Guideline		600-650												<10.00	

Tue - 10/28/2025															
K-8 Lunch	Total														
BEEF for TACOs 4oz.*	4 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
Banana	1/2 C	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		726	60	398	13.46	3.84	370.4	1073	13.92	*29	35.28	94.01	22.63	6.35	*0.67
% of Calories										*16.3%	19.4%	51.8%	28.1%	7.9%	*0.8%
Nutrient Guideline		600-650												<10.00	

Wed - 10/29/2025															
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
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
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

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

Oct 27, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

K-8 Lunch

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		553	67	1148	4.36	1.76	388.2	5832	25.32	*32	31.57	69.67	14.74	2.52	*0.00
% of Calories										*23.3%	22.8%	50.4%	24.0%	4.1%	*0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 10/30/2025															
K-8 Lunch	Total														
Macaroni and Cheese	6 oz	290	30		2.00	1.08	420.0	800	0.0	6	17.0	31.0	11.0	6.00	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
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
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, 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		497	37	1109	9.51	2.11	791.1	3168	147.51	33	30.16	69.82	12.45	6.69	0.00
% of Calories										26.3%	24.3%	56.2%	22.6%	12.1%	0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 10/31/2025															
K-8 Lunch	Total														
BEEF STEW	4 oz	382	18		12.37	5.57	252.4	33134	30.5	*12	13.03	58.11	12.24	2.74	*0.00
BROWN RICE 1/2C	1/2 C	170	0		2.00	0.72	4.4	0	0.0	0	0.0	35.0	1.5	0.00	0.00
MIXED VEG. :frozen,boiled	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
Diced Pear Cup	4 oz	70	0		3.00	1.00	0.0	0	0.0	14	1.0	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		803	25	1324	23.06	8.30	558.8	38246	35.22	*42	26.30	140.21	15.00	3.44	*0.00
% of Calories										*20.9%	13.1%	69.9%	16.8%	3.9%	*0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		645	46		11.76	3.97	487.3	9805	45.89	*34 *47.1%	29.85 18.5%	94.00 58.3%	17.01 23.7%	4.96 6.9%	*0.23 *0.3%
------------------	--	-----	----	--	-------	------	-------	------	-------	---------------	----------------	----------------	----------------	--------------	----------------

**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

Oct 27, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

K-8 Lunch

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	645		600 - 650	100%												
Cholesterol (mg)	46															
Sodium 1a (mg)	918		1110	83%												
Fiber (g)	11.76															
Iron (mg)	3.97															
Calcium (mg)	487.3															
Vitamin A (IU)	9805															
Sugars (g)	34	20.91%			Missing											
Vitamin C (mg)	45.89															
Protein (g)	29.85	18.52%														
Carbohydrate (g)	94.00	58.29%														
Total Fat (g)	17.01	23.73%														
Saturated Fat (g)	4.96	6.92%	<10.00%													
Trans Fat ¹ (g)	0.23	0.33%			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.