

Monday
Tuesday
Wednesday
Thursday
Friday

5
Assorted Whole
Grain Cereal
Fresh Pears

6
WG Bagels
Cream Cheese
Fresh Oranges

7
WG Mini Cinnamon
Rolls
100% Apple Juice

1
WINTER BREAK
8
WG English Muffin
TURKEY HAM
American Cheese
Fruit Salad

2
WINTER BREAK
9
WG Blueberry
Muffin
Apple Sauce

12
Assorted Whole
Grain Cereal
Fresh Oranges

13
WG Bagels
Cream Cheese
Pears

14
Fat Free Yogurt
Granolas
100% Orange Juice

15
WG Banana Bread
Fruit Salad

16
NO SCHOOL

19
NO SCHOOL

20
Assorted Whole
Grain Cereal
Fresh Pears

21
WG Apple Muffin
100% Orange Juice

22
WG Waffles
Turkey Bacon
Fresh Apples
Syrup

23
WG Bagels
Cream Cheese
Fruit Salad

26
Assorted Whole
Grain Cereal
Fresh Pears

27
WG French Toast
Turkey Bacon
Fruit Salad
Syrup

28
WG Banana Bread
100% Apple Juice

29
Fat Free Yogurt
Granola
Fresh Apples

30
WG Pancakes
Turkey Sausage
Fresh Oranges
SYRUP

- 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

Monday
Tuesday
Wednesday
Thursday
Friday

Assorted Whole
Grain Cereal
Fresh Pears

5

WG Bagels
Cream Cheese
Fresh Oranges

6

WG Mini Cinnamon
Rolls
100% Apple Juice

7

WG English Muffin
American Cheese
Fruit Salad

1
WINTER BREAK

WG Blueberry
Muffin
Apple Sauce

2
WINTER BREAK

Assorted Whole
Grain Cereal
Fresh Oranges

12

WG Bagels
Cream Cheese
Pears

13

Fat Free Yogurt
Granolas
100% Orange Juice

14

WG Banana Bread
Fruit Salad

15
NO SCHOOL
16
NO SCHOOL
19

Assorted Whole
Grain Cereal
Fresh Pears

20

WG Apple Muffin
100% Orange Juice

21

WG Waffles
Fresh Apples
Syrup

22

WG Bagels
Cream Cheese
Fruit Salad

23

Assorted Whole
Grain Cereal
Fresh Pears

26

WG French Toast
Fruit Salad
Syrup

27

WG Banana Bread
100% Apple Juice

28

Fat Free Yogurt
Granola
Fresh Apples

29

WG Pancakes
Fresh Oranges
SYRUP

30

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JANUARY 2026

GLUTEN FREE

Monday
Tuesday
Wednesday
Thursday
Friday

 GF CHEERIOS
Fresh Pears

5

 Vans GF Bagels
Cream Cheese
Fresh Oranges

6

 GF Corn Chex Cereal
100% Apple Juice

7

 Vans GF Pancakes
Turkey Ham
Fruit Salad

1
WINTER BREAK

 GF Rice Chex Cereal
Apple Sauce

2
WINTER BREAK

 GF CHEERIOS
Fresh Oranges

12

 Vans GF Bagels
Cream Cheese
Pears

13

 Fat Free Yogurt
100% Orange Juice

14

 GF Corn Chex
Cereal
Fruit Salad

15
NO SCHOOL
16
NO SCHOOL
19

 GF CHEERIOS
Fresh Pears

20

 GF Rice Chex Cereal
100% Orange Juice

21

 Vans GF Waffles
Turkey Bacon
Fresh Apples
Syrup

22

 Vans GF Bagels
Cream Cheese
Fruit Salad

23

 GF CHEERIOS
Fresh Pears

26

 Vans GF Waffles
Turkey Bacon
Fruit Salad
Syrup

27

 GF Rice Chex Cereal
100% Apple Juice

28

 Fat Free Yogurt
Fresh Apples

29

 Vans GF Pancakes
Turkey Sausage
Fresh Oranges
Syrup

30

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- Menu subject to change.
- Daily fruit offered might change depending on availability.

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Top Spanish Cafe & Catering

Jan 5, 2026 thru Jan 9, 2026

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 - 01/05/2026															
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 - 01/06/2026															
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
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
Weighted Daily Average		367	27	469	5.34	1.76	686.4	975	92.15	29	14.89	59.07	7.90	4.73	0.00
% of Calories										32.0%	16.2%	64.3%	19.4%	11.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 01/07/2026															
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% Apple Juice (Ardmore)	1 C	120	0	30	0.00	0.00	0.0	0	0.0	26	0.0	28.0	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		443	7	410	2.85	1.61	289.6	594	1.13	51	11.40	78.35	8.78	2.13	0.00
% of Calories										45.8%	10.3%	70.8%	17.8%	4.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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Top Spanish Cafe & Catering

Jan 5, 2026 thru Jan 9, 2026

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 - 01/08/2026															
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 - 01/09/2026															
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															
		425	32	516	4.94	2.14	418.2	800	24.01	44	16.34	71.51	8.47	3.01	0.00
										93.9%	15.4%	67.3%	18.0%	6.4%	0.0%

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Top Spanish Cafe & Catering

Jan 5, 2026 thru Jan 9, 2026

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	425		400 - 500	100%												
Cholesterol (mg)	32															
Sodium 1 (mg)	516		540	96%												
Fiber (g)	4.94															
Iron (mg)	2.14															
Calcium (mg)	418.2															
Vitamin A (IU)	800															
Sugars (g)	44	41.74%														
Vitamin C (mg)	24.01															
Protein (g)	16.34	15.39%														
Carbohydrate (g)	71.51	67.33%														
Total Fat (g)	8.47	17.95%														
Saturated Fat (g)	3.01	6.37%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Jan 12, 2026 thru Jan 16, 2026

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 - 01/12/2026															
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
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		286	7	294	7.36	2.17	403.2	1316	95.80	31	11.43	54.62	3.89	0.73	0.00
% of Calories										43.5%	16.0%	76.5%	12.3%	2.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 01/13/2026															
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
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		402	27	484	7.52	2.21	654.0	690	8.95	34	14.62	68.56	7.94	4.75	0.00
% of Calories										34.3%	14.5%	68.2%	17.8%	10.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 01/14/2026															
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
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
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		439	*7	330	1.96	0.98	575.3	594	83.61	52	17.42	85.00	4.13	0.71	0.00
% of Calories										47.1%	15.9%	77.5%	8.5%	1.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Jan 12, 2026 thru Jan 16, 2026

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 - 01/15/2026															
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
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		502	7	372	3.90	0.80	261.1	594	1.13	74	12.35	97.10	8.78	2.13	0.00
% of Calories										59.1%	9.8%	77.4%	15.7%	3.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 01/16/2026															
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		407	*12	370	5.19	1.54	473.4	799	47.37	48 105.8%	13.95 13.7%	76.32 75.0%	6.19 13.7%	2.08 4.6%	0.00 0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	407		400 - 500	100%				
Cholesterol (mg)	12				Missing			
Sodium 1 (mg)	370		540	68%				
Fiber (g)	5.19							
Iron (mg)	1.54							
Calcium (mg)	473.4							
Vitamin A (IU)	799							
Sugars (g)	48	47.01%						
Vitamin C (mg)	47.37							
Protein (g)	13.95	13.71%						
Carbohydrate (g)	76.32	75.00%						
Total Fat (g)	6.19	13.68%						
Saturated Fat (g)	2.08	4.60%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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Top Spanish Cafe & Catering

Jan 19, 2026 thru Jan 23, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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	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 - 01/19/2026															
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 - 01/20/2026															
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
Weighted Daily Average		304	7	282	9.43	2.08	335.8	932	12.31	35	10.19	60.96	3.87	0.75	0.00
% of Calories										45.6%	13.4%	80.2%	11.5%	2.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 01/21/2026															
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
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
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		442	41	309	2.06	2.34	301.3	*648	*85.33	50	14.91	78.94	7.95	1.66	0.00
% of Calories										45.3%	13.5%	71.4%	16.2%	3.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Jan 19, 2026 thru Jan 23, 2026

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 - 01/22/2026															
K-8 Breakfast	Total														
Whole Grain Waffles 1.3oz	1 oz	90	4	110	0.00	0.70	30.0	0	0.0	2	2.0	12.0	3.0	0.50	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
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		439	29	555	3.31	1.07	299.4	669	7.48	47	15.12	74.92	8.55	2.28	0.00
% of Calories										43.1%	13.8%	68.3%	17.5%	4.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 01/23/2026															
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	
Weighted Average		411	26	412	4.70	2.05	393.6	*724	*26.60	47	13.55	74.57	7.02	2.35	0.00
										103.4%	13.2%	72.5%	15.4%	5.1%	0.0%

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Top Spanish Cafe & Catering

Jan 19, 2026 thru Jan 23, 2026

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	411		400 - 500	100%												
Cholesterol (mg)	26															
Sodium 1 (mg)	412		540	76%												
Fiber (g)	4.70															
Iron (mg)	2.05															
Calcium (mg)	393.6															
Vitamin A (IU)	724				Missing											
Sugars (g)	47	45.95%														
Vitamin C (mg)	26.60				Missing											
Protein (g)	13.55	13.18%														
Carbohydrate (g)	74.57	72.52%														
Total Fat (g)	7.02	15.35%														
Saturated Fat (g)	2.35	5.14%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Jan 26, 2026 thru Jan 30, 2026

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 - 01/26/2026															
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
Weighted Daily Average		304	7	282	9.43	2.08	335.8	932	12.31	35	10.19	60.96	3.87	0.75	0.00
% of Calories										45.6%	13.4%	80.2%	11.5%	2.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 01/27/2026															
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
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
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		547	35	713	3.92	1.58	281.3	594	1.13	63	18.52	91.31	12.03	2.70	0.00
% of Calories										46.4%	13.5%	66.8%	19.8%	4.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 01/28/2026															
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% Apple Juice (Ardmore)	1 C	120	0	30	0.00	0.00	0.0	0	0.0	26	0.0	28.0	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		462	7	382	1.90	0.00	261.1	594	1.13	60	12.35	83.10	8.78	2.13	0.00
% of Calories										52.1%	10.7%	72.0%	17.1%	4.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Jan 26, 2026 thru Jan 30, 2026

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 - 01/29/2026															
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.	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		411	*7	302	5.22	1.14	583.4	667	7.37	46	15.81	80.15	4.36	0.75	0.00
% of Calories										44.9%	15.4%	78.0%	9.5%	1.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 01/30/2026															
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
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
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		509	44	392	5.39	2.05	400.6	975	92.15	53	18.81	92.66	8.29	1.70	0.00
% of Calories										42.1%	14.8%	72.9%	14.7%	3.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average															
		446	*20	414	5.17	1.37	372.4	753	22.82	52	15.14	81.64	7.46	1.61	0.00
										103.9%	13.6%	73.1%	15.0%	3.2%	0.0%

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Top Spanish Cafe & Catering

Jan 26, 2026 thru Jan 30, 2026

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	446		400 - 500	100%	Missing											
Cholesterol (mg)	20															
Sodium 1 (mg)	414		540	77%												
Fiber (g)	5.17															
Iron (mg)	1.37															
Calcium (mg)	372.4															
Vitamin A (IU)	753															
Sugars (g)	52	46.20%														
Vitamin C (mg)	22.82															
Protein (g)	15.14	13.56%														
Carbohydrate (g)	81.64	73.14%														
Total Fat (g)	7.46	15.05%														
Saturated Fat (g)	1.61	3.24%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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