

JANUARY 2026

TOP SPANISH CATERING, INC



Monday

Tuesday

Wednesday

Thursday

Friday

5
Baked Glazed
Chicken Drumsticks
WG Roll
Mixed Vegetables
Apples

6
Chicken Alfredo
Broccoli
Bananas

7
Rice and Beans
With Cheese
Corn
Pears

1
WINTER BREAK

2
WINTER BREAK

12
Chicken Patty
WG Roll
Sweet Potatoes
100% Apple Juice

13
Meatloaf
WG Roll
Mashed Potatoes
Green Beans
Bananas

14
Spanish Rice with
Chicken
Black Beans
Oranges

15
Cheese Pizza
Broccoli
Pears

16
NO SCHOOL

19
NO SCHOOL

20
Turkey Hot Dogs
Potatoes
Apples

21
Ground Beef
Spanish Rice
Pinto Beans
Bananas

22
Chicken
Parmesan
WG Roll
Mixed Vegetables
Oranges

23
Turkey Bologna
& Cheese Sandwich
Romaine Lettuce and
Tomato Salad
Pears

26
Cheese Burger
Potatoes Fries
Apples

27
Macaroni &
Cheese with Chicken
Carrots
Bananas

28
Green Salad with
Grilled Chicken
Corn Chips
Orange

29
Chicken Corn Dog
Nuggets
Baked Beans
100% Grape Juice

30
Brown Rice
Beef Meatballs
Marinara Sauce
Green Beans
Pears

- 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

JANUARY 2026

VEGETARIAN

TOP SPANISH CATERING, INC



Monday

Tuesday

Wednesday

Thursday

Friday

Vegetarian **5**
Chick'N Nuggets
WG Roll
Mixed Vegetables
Apples

Vegetarian Meat **6**
Spaghetti
Broccoli
Bananas

Rice and Beans **7**
With Cheese
Corn
Pears

Black Bean Patty **8**
WG Roll
Carrots
100% Grape Juice

Vegetarian Meat Taco **9**
Taco Shells
Black Beans
Oranges

Vegetarian Patty **12**
WG Roll
Sweet Potatoes
100% Apple Juice

Black Bean Patty **13**
WG Roll
Mashed Potatoes
Green Beans
Bananas

Rice and Vegetarian **14**
Meat
Black Beans
Oranges

Cheese Pizza **15**
Broccoli
Pears

NO SCHOOL **16**

NO SCHOOL **19**

Black Bean Patty **20**
Hot Dog Roll
Potatoes
Apples

Spanish Rice **21**
With Vegetarian Meat
Pinto Beans
Bananas

Vegetarian Patty **22**
WG Roll
Mixed Vegetables
Oranges

SunButter & **23**
Jelly Sandwich
Romaine Lettuce and
Tomato Salad
Pears

Vegetarian Patty **26**
Hamburger Bun
Potatoes Fries
Apples

Macaroni & **27**
Cheese
Carrots
Bananas

Green Salad with **28**
Grilled Tofu
Corn Chips
Orange

Black Bean Patty **29**
WG Roll
Baked Beans
100% Grape Juice

Vegetarian Meat **30**
Rice
Marinara Sauce
Green Beans
Pears

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JANUARY 2026 GLUTEN FREE

TOP SPANISH CATERING, INC



Monday

Tuesday

Wednesday

Thursday

Friday

5
Baked Glazed
Chicken Drumsticks
UDIS GF Bread
Mixed Vegetables
Apples

6
Rice and
Chicken
Broccoli
Bananas

7
Rice and Beans
With Cheese
Corn
Pears

1
WINTER BREAK

2
WINTER BREAK

12
Chicken Patty
UDIS GF Bread
Sweet Potatoes
100% Apple Juice

13
Meatloaf
GF Bread
Mashed Potatoes
Green Beans
Bananas

14
Spanish Rice with
Chicken
Black Beans
Oranges

15
Cheese Pizza on
GF Bread
Broccoli
Pears

16
NO SCHOOL

19
NO SCHOOL

20
Turkey Hot Dogs
GF Bread
Potatoes
Apples

21
Ground Beef
Spanish Rice
Pinto Beans
Bananas

22
Chicken
Parmesan
GF Bread
Mixed Vegetables
Oranges

23
Turkey Bologna
& Cheese Sandwich on GF
Romaine Lettuce and
Tomato Salad
Pears

26
Cheese Burger on
GF Bread
Potatoes Fries
Apples

27
Rice and Chicken
Carrots
Bananas

28
Green Salad with
Grilled Chicken
Corn Chips
Orange

29
Nonbreaded Chicken
GF Bread
Baked Beans
100% Grape Juice

30
GF Rice
Beef Meatballs
Marinara Sauce
Green Beans
Pears

- 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

Jan 5, 2026 thru Jan 9, 2026

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 12/18/2025 1:18:34 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 - 01/05/2026															
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
Apples.	1 cup	72	0		3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 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		490	94	677	10.45	2.75	320.0	6542	11.87	33	31.02	66.58	11.13	2.77	0.00
% of Calories										26.6%	25.3%	54.3%	20.4%	5.1%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 01/06/2026															
K-8 Lunch	Total														
Chicken Alfredo Pasta K-5	1 C	376	79		4.48	1.57	192.5	0	0.0	3	22.76	32.66	18.47	10.05	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
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, 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
Vegetarian Spaghetti K-8	6 oz	245	0		11.18	4.08	64.1	1003	4.79	*0	14.83	45.69	3.01	0.11	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		595	81	681	11.97	2.83	461.1	2047	66.60	*29	34.58	78.23	19.21	10.30	0.00
% of Calories										*19.4%	23.2%	52.6%	29.0%	15.6%	0.0%
Nutrient Guideline		600-650												<10.00	

Wed - 01/07/2026															
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

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Top Spanish Cafe & Catering

Jan 5, 2026 thru Jan 9, 2026

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 - 01/08/2026															
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
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
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
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		610	37	1020	7.66	3.89	414.5	21064	5.53	35	29.85	80.88	16.30	3.26	0.00
% of Calories										23.1%	19.6%	53.0%	24.0%	4.8%	0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 01/09/2026															
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
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, 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		696	60	398	13.78	3.73	430.7	1378	94.67	*28	35.39	86.37	22.47	6.24	*0.67
% of Calories										*16.2%	20.3%	49.6%	29.0%	8.1%	*0.9%
Nutrient Guideline		600-650												<10.00	

Weighted Average		617	60		11.65	3.17	430.7	6412	41.68	*32	30.55	88.19	16.07	5.32	*0.13
										*46.9%	19.8%	57.1%	23.4%	7.8%	*0.2%

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Top Spanish Cafe & Catering

Jan 5, 2026 thru Jan 9, 2026

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

		Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcmm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	617		600 - 650	100%												
Cholesterol (mg)	60															
Sodium 1a (mg)	632		1110	57%												
Fiber (g)	11.65															
Iron (mg)	3.17															
Calcium (mg)	430.7															
Vitamin A (IU)	6412															
Sugars (g)	32	20.85%			Missing											
Vitamin C (mg)	41.68															
Protein (g)	30.55	19.79%														
Carbohydrate (g)	88.19	57.14%														
Total Fat (g)	16.07	23.42%														
Saturated Fat (g)	5.32	7.75%	<10.00%													
Trans Fat¹ (g)	0.13	0.20%			Missing											

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Top Spanish Cafe & Catering

Jan 12, 2026 thru Jan 16, 2026

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/12/2026															
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 - 01/13/2026															
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	

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Jan 12, 2026 thru Jan 16, 2026

K-8 Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/14/2026															
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 - 01/15/2026															
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 - 01/16/2026															
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	32.89	95.44	14.47	4.65	*0.12
										*51.5%	20.7%	60.0%	20.5%	6.6%	*0.2%

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Top Spanish Cafe & Catering

Jan 12, 2026 thru Jan 16, 2026

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	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											

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Top Spanish Cafe & Catering

Jan 19, 2026 thru Jan 23, 2026

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 - 01/19/2026															
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 - 01/20/2026															
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 - 01/21/2026															
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
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
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		685	63	691	10.58	5.54	356.7	1057	22.55	*29	33.84	97.45	15.95	5.65	*0.71
% of Calories										*16.9%	19.8%	56.9%	21.0%	7.4%	*0.9%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Jan 19, 2026 thru Jan 23, 2026

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/22/2026															
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	

Fri - 01/23/2026															
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
PEARS,FRESH 1/2C.	1/2 cup	84	0		4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	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
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		458	46	866	8.66	3.43	370.6	3089	14.17	*29	19.18	65.29	14.17	3.25	*0.00
% of Calories										*25.4%	16.8%	57.1%	27.9%	6.4%	*0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		622	59		11.02	4.05	445.0	3498	35.55	*32	28.19	91.07	17.76	4.73	*0.18
										*46.7%	18.1%	58.6%	25.7%	6.8%	*0.3%

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Top Spanish Cafe & Catering

Jan 19, 2026 thru Jan 23, 2026

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	622		600 - 650	100%												
Cholesterol (mg)	59															
Sodium 1a (mg)	914		1110	82%												
Fiber (g)	11.02															
Iron (mg)	4.05															
Calcium (mg)	445.0															
Vitamin A (IU)	3498															
Sugars (g)	32	20.75%			Missing											
Vitamin C (mg)	35.55															
Protein (g)	28.19	18.12%														
Carbohydrate (g)	91.07	58.55%														
Total Fat (g)	17.76	25.69%														
Saturated Fat (g)	4.73	6.84%	<10.00%													
Trans Fat ¹ (g)	0.18	0.26%			Missing											

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Top Spanish Cafe & Catering

Jan 26, 2026 thru Jan 30, 2026

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 - 01/26/2026															
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
Mayonnaise	12.4 GRA	90	0		0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
Weighted Daily Average		732	42	674	8.33	3.77	337.6	728	7.55	33	25.71	96.03	29.82	7.22	0.49
% of Calories										17.9%	14.1%	52.5%	36.7%	8.9%	0.6%
Nutrient Guideline		600-650												<10.00	

Tue - 01/27/2026															
K-8 Lunch	Total														
Mac&Cheese with Chicken	6 oz	332	58		2.00	0.23	371.0	493	1.0	8	21.99	30.39	12.94	7.08	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
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
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
Weighted Daily Average		579	65	1014	8.67	0.96	688.7	21638	16.77	39	32.10	80.21	14.76	7.98	0.00
% of Calories										26.6%	22.2%	55.4%	23.0%	12.4%	0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Jan 26, 2026 thru Jan 30, 2026

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/28/2026															
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
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, 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
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		544	66	1123	7.60	1.88	439.2	6039	115.47	*28	32.58	70.58	14.83	2.54	*0.00
% of Calories										*20.3%	23.9%	51.9%	24.5%	4.2%	*0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 01/29/2026															
K-8 Lunch	Total														
Chicken Corn Dog Nuggets	4.04 oz	310	50		3.00	1.60	20.0	0	0.0	6	14.0	26.0	16.0	3.50	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
Baked Beans. (F) 3/4C	3/4 C	92	0		5.23	1.41	26.2	0	0.0	8	3.93	19.63	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
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		578	57	814	8.27	3.01	342.8	629	1.16	44	25.92	76.42	17.02	4.18	0.00
% of Calories										30.3%	17.9%	52.9%	26.5%	6.5%	0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 01/30/2026															
K-8 Lunch	Total														
BROWN RICE 1C.	8 oz	160	0		1.88	0.68	2.5	0	0.0	0	0.0	32.9	1.41	0.00	0.00
Beef Meatballs	2.5 oz	180	30		1.00	1.40	30.0	0	0.0	1	13.0	4.0	12.0	5.00	0.00
Marinara Sauce 1/4C.	1/4 C	40	0		0.00	0.54	20.0	375	10.5	4	1.0	6.0	1.5	0.00	0.00
GREEN BEANS.	3/4 CUP	30	0		3.24	0.71	45.4	453	4.43	2	1.61	6.97	0.18	0.05	0.00
PEARS,FRESH 1/2C.	1/2 cup	84	0		4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	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
Vegetarian Meat Spaghetti	6 oz	554	0		15.14	7.19	34.5	85	2.38	5	30.37	90.37	10.37	1.00	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

Jan 26, 2026 thru Jan 30, 2026

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 % of Calories		597	37	629	10.91	3.67	385.9	1485	22.36	33 22.4%	24.41 16.3%	86.20 57.7%	16.48 24.8%	5.76 8.7%	0.00 0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		606	53		8.76	2.66	438.9	6104	32.66	*35 *52.3%	28.14 18.6%	81.89 54.0%	18.58 27.6%	5.54 8.2%	*0.10 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	606		600 - 650	100%				
Cholesterol (mg)	53							
Sodium 1a (mg)	851		1110	77%				
Fiber (g)	8.76							
Iron (mg)	2.66							
Calcium (mg)	438.9							
Vitamin A (IU)	6104							
Sugars (g)	35	23.25%			Missing			
Vitamin C (mg)	32.66							
Protein (g)	28.14	18.58%						
Carbohydrate (g)	81.89	54.05%						
Total Fat (g)	18.58	27.59%						
Saturated Fat (g)	5.54	8.22%	<10.00%					
Trans Fat ¹ (g)	0.10	0.15%			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*
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