

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Whole Grain Cereal Pears 2	WG Bagels Cream Cheese Apples <i>*Hear The Crunch for Breakfast!</i> 3	WG Apple Muffin 100% Orange Juice 4	Nonfat Yogurt Granola Oranges 5	NO SCHOOL 6
Assorted Whole Grain Cereal Pears 9	WG French Toast Turkey Bacon Fruit Cup Jelly 10	WG Banana Bread Oranges 11	Nonfat Yogurt Granola Apples 12	WG Pancakes Turkey Sausage Link 100% Apple Juice Syrup 13
Assorted Whole Grain Cereal Oranges 16	WG Bagels Cream Cheese Pears 17	Nonfat Yogurt Granola Apples 18	WG Banana Bread Fruit Salad 19	WG French Toast Turkey Sausage Link 100% Orange Juice Syrup 20
Assorted Whole Grain Cereal Pears 23	WG Bagels Cream Cheese Oranges 24	WG Banana Bread 100% Apple Juice 25	WG English Muffin Turkey Ham American Cheese Mixed Fruit Cup 26	WG Blueberry Muffin Apples 27
Assorted Whole Grain Cereal Apples 30	WG Banana Bread 100% Apple Juice 31			



- 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 Pears 2	WG Bagels Cream Cheese Apples <i>*Hear The Crunch for Breakfast!</i> 3	WG Apple Muffin 100% Orange Juice 4	Nonfat Yogurt Granola Oranges 5	NO SCHOOL 6
Assorted Whole Grain Cereal Pears 9	WG French Toast Fruit Cup Jelly 10	WG Banana Bread Oranges 11	Nonfat Yogurt Granola Apples 12	WG Pancakes 100% Apple Juice Syrup 13
Assorted Whole Grain Cereal Oranges 16	WG Bagels Cream Cheese Pears 17	Nonfat Yogurt Granola Apples 18	WG Banana Bread Fruit Salad 19	WG French Toast 100% Orange Juice Syrup 20
Assorted Whole Grain Cereal Pears 23	WG Bagels Cream Cheese Oranges 24	WG Banana Bread 100% Apple Juice 25	WG English Muffin American Cheese Mixed Fruit Cup 26	WG Blueberry Muffin Apples 27
Assorted Whole Grain Cereal Apples 30	WG Banana Bread 100% Apple Juice 31			



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Monday	Tuesday	Wednesday	Thursday	Friday
GF Cheerios Cereal Cereal Pears 2	UDIS GF Bagels Cream Cheese Apples <i>*Hear The Crunch for Breakfast!</i> 3	GF Rice Cereal 100% Orange Juice 4	Nonfat Yogurt GF Corn Cereal Oranges 5	NO SCHOOL 6
GF Cheerios Cereal Pears 9	Vans GF Waffles Turkey Bacon Fruit Cup Jelly 10	GF Rice Cereal Oranges 11	Nonfat Yogurt GF Corn Cereal Apples 12	Vans GF Pancake Turkey Sausage Link 100% Apple Juice Syrup 13
GF Cheerios Cereal Oranges 16	UDIS GF Bagels Cream Cheese Pears 17	Nonfat Yogurt GF Corn Cereal Apples 18	GF Rice Cereal Fruit Salad 19	Vans GF Pancake Turkey Sausage Link 100% Orange Juice Syrup 20
GF Cheerios Cereal Pears 23	UDIS GF Bagels Cream Cheese Oranges 24	GF Rice Cereal 100% Apple Juice 25	GF Pancake Turkey Ham American Cheese Mixed Fruit Cup 26	GF Corn Cereal Apples 27
GF Cheerios Cereal Apples 30	GF Rice Cereal 100% Apple Juice 31			



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Top Spanish Cafe & Catering

Mar 2, 2026 thru Mar 6, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

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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 - 03/02/2026															
K-8 Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	220	0	320	8.00	3.60	120.0	600	7.2	12	4.0	44.0	5.0	0.00	0.00
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		411	7	438	13.34	3.84	394.4	1225	15.82	40	12.15	82.46	6.32	0.75	0.00
% of Calories										39.4%	11.8%	80.2%	13.8%	1.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 03/03/2026															
K-8 Breakfast	Total														
Whole Grain Bagel 1.9oz (BC)	1.9 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
Apples	1 cup	116	0	2	5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	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		409	26	473	7.35	1.87	624.3	715	11.39	40	14.15	71.08	7.87	4.64	0.00
% of Calories										38.7%	13.8%	69.6%	17.3%	10.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 03/04/2026															
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

Mar 2, 2026 thru Mar 6, 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)
Thu - 03/05/2026															
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
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
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		412	*7	299	5.32	1.17	636.3	975	92.15	45	16.71	79.96	4.32	0.73	0.00
% of Calories										43.5%	16.2%	77.7%	9.4%	1.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 03/06/2026															
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		419	*20	380	7.02	2.30	489.1	*891	*51.17	44	14.48	78.11	6.61	1.95	0.00
										94.0%	13.8%	74.7%	14.2%	4.2%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	419		400 - 500	100%				
Cholesterol (mg)	20				Missing			
Sodium 1 (mg)	380		540	70%				
Fiber (g)	7.02							
Iron (mg)	2.30							
Calcium (mg)	489.1				Missing			
Vitamin A (IU)	891				Missing			
Sugars (g)	44	41.76%						
Vitamin C (mg)	51.17				Missing			
Protein (g)	14.48	13.84%						
Carbohydrate (g)	78.11	74.65%						
Total Fat (g)	6.61	14.22%						
Saturated Fat (g)	1.95	4.19%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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Top Spanish Cafe & Catering

Mar 9, 2026 thru Mar 13, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

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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 - 03/09/2026															
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 - 03/10/2026															
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 - 03/11/2026															
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

Mar 9, 2026 thru Mar 13, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 2

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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)
Thu - 03/12/2026															
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	116	0	2	5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	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		454	*7	302	7.22	1.24	588.5	713	11.21	55	16.02	91.68	4.50	0.77	0.00
% of Calories										48.2%	14.1%	80.7%	8.9%	1.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 03/13/2026															
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		455	*20	414	5.57	1.39	373.4	762	23.59	53	15.18	83.94	7.49	1.61	0.00
										105.4%	13.3%	73.8%	14.8%	3.2%	0.0%

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Top Spanish Cafe & Catering

Mar 9, 2026 thru Mar 13, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 3

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Nutrient	Menu AVG	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	455		400 - 500	100%													
Cholesterol (mg)	20				Missing												
Sodium 1 (mg)	414		540	77%													
Fiber (g)	5.57																
Iron (mg)	1.39																
Calcium (mg)	373.4																
Vitamin A (IU)	762																
Sugars (g)	53	46.84%															
Vitamin C (mg)	23.59																
Protein (g)	15.18	13.34%															
Carbohydrate (g)	83.94	73.77%															
Total Fat (g)	7.49	14.82%															
Saturated Fat (g)	1.61	3.19%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

Mar 16, 2026 thru Mar 20, 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 - 03/16/2026															
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 - 03/17/2026															
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 - 03/18/2026															
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	116	0	2	5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	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		454	*7	302	7.22	1.24	588.5	713	11.21	55	16.02	91.68	4.50	0.77	0.00
% of Calories										48.2%	14.1%	80.7%	8.9%	1.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Mar 16, 2026 thru Mar 20, 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)
Thu - 03/19/2026															
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 - 03/20/2026															
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 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
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
SYRUP. (A)..	43grams	240	0	0	0.00	0.00	0.0	0	0.0	38	0.0	62.0	0.0	0.00	0.00
Weighted Daily Average		723	46	490	1.92	0.96	281.3	594	85.14	81	21.16	134.80	11.77	2.64	0.00
% of Calories										44.7%	11.7%	74.6%	14.6%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average		473	*19	388	5.58	1.48	437.6	781	40.44	55	15.12	89.35	7.38	2.20	0.00
										104.7%	12.8%	75.5%	14.0%	4.2%	0.0%

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Top Spanish Cafe & Catering

Mar 16, 2026 thru Mar 20, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	473		400 - 500	100%												
Cholesterol (mg)	19				Missing											
Sodium 1 (mg)	388		540	72%												
Fiber (g)	5.58															
Iron (mg)	1.48															
Calcium (mg)	437.6															
Vitamin A (IU)	781															
Sugars (g)	55	46.54%														
Vitamin C (mg)	40.44															
Protein (g)	15.12	12.77%														
Carbohydrate (g)	89.35	75.49%														
Total Fat (g)	7.38	14.02%														
Saturated Fat (g)	2.20	4.19%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Mar 23, 2026 thru Mar 27, 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 - 03/23/2026															
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
Weighted Daily Average		308	7	289	9.49	2.29	338.0	943	12.44	35	10.27	61.81	3.91	0.75	0.00
% of Calories										45.2%	13.3%	80.4%	11.4%	2.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 03/24/2026															
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
Whole Grain Cheerios	2 oz	200	0	280	6.00	18.00	120.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Weighted Daily Average		368	27	471	5.37	1.85	687.0	977	92.18	29	14.92	59.26	7.92	4.73	0.00
% of Calories										32.0%	16.2%	64.4%	19.3%	11.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 03/25/2026															
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

Mar 23, 2026 thru Mar 27, 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)
Thu - 03/26/2026															
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
Mixed Fruit Cup (1C)	1 C	140	0	0	2.00	0.00	0.0	0	54.0	28	2.0	32.0	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		547	78	1129	3.10	2.32	478.7	857	55.20	42	34.38	69.06	13.88	5.76	0.00
% of Calories										30.4%	25.1%	50.5%	22.8%	9.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 03/27/2026															
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
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		406	41	259	5.23	2.08	291.5	669	7.48	45	12.75	71.69	8.13	1.71	0.00
% of Calories										44.2%	12.6%	70.5%	18.0%	3.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		418	32	506	5.02	1.71	411.2	808	33.69	42	16.93	68.99	8.53	3.02	0.00
										90.7%	16.2%	66.0%	18.3%	6.5%	0.0%

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Top Spanish Cafe & Catering

Mar 23, 2026 thru Mar 27, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	418		400 - 500	100%													
Cholesterol (mg)	32																
Sodium 1 (mg)	506		540	94%													
Fiber (g)	5.02																
Iron (mg)	1.71																
Calcium (mg)	411.2																
Vitamin A (IU)	808																
Sugars (g)	42	40.33%															
Vitamin C (mg)	33.69																
Protein (g)	16.93	16.19%															
Carbohydrate (g)	68.99	65.96%															
Total Fat (g)	8.53	18.34%															
Saturated Fat (g)	3.02	6.49%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

Mar 30, 2026 thru Apr 3, 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 - 03/30/2026															
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
Apples	1 cup	116	0	2	5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	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
Weighted Daily Average		322	7	289	9.32	2.24	335.3	1019	15.04	41	10.21	65.50	4.04	0.77	0.00
% of Calories										50.4%	12.7%	81.3%	11.3%	2.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 03/31/2026															
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	

Wed - 04/01/2026															
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
TANGERINES,FRESH	1 C	47	0	2	1.58	0.13	32.6	599	23.5	9	0.71	11.74	0.27	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		347	27	484	3.58	2.02	670.5	1245	24.79	26	14.69	53.19	7.97	4.74	0.00
% of Calories										30.4%	16.9%	61.3%	20.6%	12.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Mar 30, 2026 thru Apr 3, 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)
Thu - 04/02/2026															
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 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
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
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		465	40	322	5.52	1.41	307.2	639	8.79	50	16.05	82.46	8.30	2.22	0.00
% of Calories										42.8%	13.8%	71.0%	16.1%	4.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 04/03/2026															
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
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
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		414	*7	302	5.29	1.18	640.3	968	90.49	45	16.83	80.40	4.35	0.73	0.00
% of Calories										43.3%	16.2%	77.6%	9.5%	1.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		402	*18	356	5.12	1.37	442.9	893	28.05	44	14.02	72.93	6.69	2.12	0.00
										99.3%	14.0%	72.6%	15.0%	4.7%	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

Mar 30, 2026 thru Apr 3, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	402		400 - 500	100%													
Cholesterol (mg)	18				Missing												
Sodium 1 (mg)	356		540	66%													
Fiber (g)	5.12																
Iron (mg)	1.37																
Calcium (mg)	442.9																
Vitamin A (IU)	893																
Sugars (g)	44	44.13%															
Vitamin C (mg)	28.05																
Protein (g)	14.02	13.95%															
Carbohydrate (g)	72.93	72.56%															
Total Fat (g)	6.69	14.97%															
Saturated Fat (g)	2.12	4.74%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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