

MARCH 2026

 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Turkey Hot Dog 2 PRE-K: Sliced Turkey Hot Dog Potatoes, Apples Ketchup, Mustard</p>	<p>Ground Beef 3 Spanish Rice Pinto Beans Oranges</p>	<p>Turkey Bologna 4 And Cheese Sandwich Romaine and Tomato Salad, Bananas Mayo, Ranch</p>	<p>Chicken Parmesan 5 WG Roll Mixed Vegetables 100% Grape Juice</p>	<p>NO SCHOOL 6</p>
<p>Hamburger 9 Potatoes Orange Ketchup, Mayo</p>	<p>Macaroni & Cheese with Chicken 10 Carrots Bananas</p>	<p>Grilled Chicken 11 Salad Corn Chip Pre-K: WG Roll 100% Apple Juice</p>	<p>WG Chicken Corndog 12 Nuggets Pre-K: Chicken Nuggets & Roll Baked Beans, Pears</p>	<p>Brown Rice 13 Beef Meatballs Marinara Sauce Green Beans Apples</p>
<p>Chicken Patty 16 WG Roll Sweet Potatoes 100% Apple Juice Ketchup</p>	<p>Beef Meatloaf 17 Mashed Potatoes Green Beans WG Roll Bananas</p>	<p>Spanish Rice with 18 Chicken Blak Beans Oranges</p>	<p>Cheese Pizza 19 Broccoli Pears</p>	<p>WG Fish Patty 20 Sandwich Mixed Vegetables Apples</p>
<p>Baked Chicken 23 Drumstick Pre-K: Baked Chicken WG Roll, Mixed Vegetable Apples</p>	<p>Beef Tacos 24 Taco Shells Black Beans Bananas</p>	<p>Rice and Beans 25 Mozzarella Cheese Corn Diced Pear Cup</p>	<p>Chicken Alfredo 26 Pasta Broccoli Oranges</p>	<p>Chicken Nuggets 27 WG Roll Carrots 100% Grape Juice</p>
<p>Hamburger 30 Potatoes Oranges</p>	<p>Spaghetti and Meatballs 31 Marinara Sauce Green Beans Bananas</p>			



- 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

MARCH 2026 VEGETARIAN

TOP SPANISH CATERING, INC



Monday	Tuesday	Wednesday	Thursday	Friday
Black Bean Patty 2 Hot Dog Roll Potatoes, Apples Ketchup, Mustard	Spanish Rice with 3 Vegetarian Meat Pinto Beans Oranges	SunButter & 4 Jelly Sandwich Romaine and Tomato Salad, Bananas Ranch	Vegetarian Patty 5 WG Roll Mixed Vegetables 100% Grape Juice	NO SCHOOL 6
Vegetarian Patty 9 Potatoes Orange Ketchup, Mayo	Macaroni & 10 Cheese Carrots Bananas	Grilled Tofu 11 Salad Corn Chip Pre-K: WG Roll 100% Apple Juice	Black Bean Patty 12 WG Roll Baked Beans Pears	Vegetarian Meat 13 Rice Green Beans Apples
Vegetarian Patty 16 WG Roll Sweet Potatoes 100% Apple Juice Ketchup	Black Bean Patty 17 Mashed Potatoes Green Beans WG Roll Bananas	Rice and Vegetarian 18 Meat Blak Beans Oranges	Cheese Pizza 19 Broccoli Pears	Vegetarian Patty 20 Sandwich Mixed Vegetables Apples
Vegetarian Chick'N 23 Nuggets WG Roll, Mixed Vegetable Apples	Vegetarian Meat Tacos 24 Taco Shells Black Beans Bananas	Rice and Beans 25 Mozzarella Cheese Corn Diced Pear Cup	Vegetarian Meat 26 Spaghetti Broccoli Oranges	Black Bean Patty 27 WG Roll Carrots 100% Grape Juice
Vegetarian Patty 30 Hamburger Bun Potatoes Oranges	Vegetarian Meat 31 Spaghetti Marinara Sauce Green Beans Bananas			



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MARCH 2026 GLUTEN FREE

TOP SPANISH CATERING, INC



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Turkey Hot Dog 2 PRE-K: Sliced Turkey Hot Dog, GF Bread Potatoes, Apples Ketchup, Mustard</p>	<p>Ground Beef 3 Spanish Rice Pinto Beans Oranges</p>	<p>Turkey Bologna 4 & Cheese Sandwich on GF Bread, Romaine & Tomato Salad, Bananas Mayo, Ranch</p>	<p>Black Bean Patty 5 GF Bread Mixed Vegetables 100% Grape Juice</p>	<p>NO SCHOOL 6</p>
<p>Hamburger 9 GF Bread Potatoes Orange Ketchup, Mayo</p>	<p>Rice and Chicken 10 Carrots Bananas</p>	<p>Grilled Chicken 11 Salad Corn Chip Pre-K: WG Roll 100% Apple Juice</p>	<p>Nonbreaded Chicken 12 GF Bread Baked Beans Pears</p>	<p>Brown Rice 13 Beef Meatballs Marinara Sauce Green Beans Apples</p>
<p>Nonbreaded Chicken 16 GF Bread Sweet Potatoes 100% Apple Juice Ketchup</p>	<p>Beef Meatloaf 17 Green Beans GF Bread Bananas</p>	<p>Spanish Rice with 18 Chicken Blak Beans Oranges</p>	<p>Cheese Pizza on 19 GF Bread Slice Broccoli Pears</p>	<p>Black Bean Patty 20 GF Bread Mixed Vegetables Apples</p>
<p>Baked Chicken 23 GF Bread Mixed Vegetable Apples</p>	<p>Beef Tacos 24 Taco Shells Black Beans Bananas</p>	<p>Rice and Beans 25 Mozzarella Cheese Corn Diced Pear Cup</p>	<p>Chicken and Rice 26 Broccoli Oranges</p>	<p>Nonbreaded Chicken 27 GF Bread Carrots 100% Grape Juice</p>
<p>Hamburger 30 On GF Bread Potatoes Oranges</p>	<p>Rice and 31 Meatballs Marinara Sauce Green Beans Bananas</p>			



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Top Spanish Cafe & Catering

Mar 2, 2026 thru Mar 6, 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)	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 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,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
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
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
MUSTARD: individual PC	Pkt 5g	3	0		0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
Weighted Daily Average		746	51	1306	11.38	3.62	434.3	704	7.51	35	29.37	119.42	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	

Tue - 03/03/2026															
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
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
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		656	63	692	10.90	5.43	417.1	1362	103.30	*28	33.95	89.81	15.79	5.54	*0.71
% of Calories										*16.9%	20.7%	54.8%	21.7%	7.6%	*1.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Mar 2, 2026 thru Mar 6, 2026

Base Menu Spreadsheet

K-8 Lunch

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)
Wed - 03/04/2026															
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
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
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
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
Weighted Daily Average		479	46	866	7.14	3.47	363.3	3127	18.07	*29	19.93	69.71	14.39	3.36	*0.00
% of Calories										*24.3%	16.7%	58.2%	27.0%	6.3%	*0.0%
Nutrient Guideline		600-650												<10.00	

	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 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
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
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		604	77	807	10.06	3.39	572.0	8762	6.98	41	28.96	80.83	17.53	5.80	0.00
% of Calories										27.0%	19.2%	53.5%	26.1%	8.6%	0.0%
Nutrient Guideline		600-650												<10.00	

	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)
Fri - 03/06/2026															
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

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Top Spanish Cafe & Catering

Mar 2, 2026 thru Mar 6, 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)
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		621	59		9.87	3.98	446.7	3489	33.96	*33 *48.1%	28.05 18.1%	89.94 57.9%	17.71 25.7%	4.72 6.8%	*0.18 *0.3%
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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)	446.7							
Vitamin A (IU)	3489							
Sugars (g)	33	21.36%			Missing			
Vitamin C (mg)	33.96							
Protein (g)	28.05	18.06%						
Carbohydrate (g)	89.94	57.92%						
Total Fat (g)	17.71	25.67%						
Saturated Fat (g)	4.72	6.85%	<10.00%					
Trans Fat ¹ (g)	0.18	0.26%			Missing			

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Top Spanish Cafe & Catering

Mar 9, 2026 thru Mar 13, 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)	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 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
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
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		735	42	674	8.41	3.80	395.6	1034	92.21	32	26.76	96.29	29.81	7.21	0.49
% of Calories										17.1%	14.6%	52.4%	36.5%	8.8%	0.6%
Nutrient Guideline		600-650												<10.00	

Tue - 03/10/2026															
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

Mar 9, 2026 thru Mar 13, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/11/2026															
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
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
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		529	66	1137	4.22	1.68	373.0	5659	24.46	*28	31.17	65.27	14.60	2.52	*0.00
% of Calories										*20.8%	23.6%	49.4%	24.8%	4.3%	*0.0%
Nutrient Guideline		600-650												<10.00	

	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 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
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
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		583	57	801	12.86	3.27	336.2	666	7.52	40	26.46	80.96	17.23	4.22	0.00
% of Calories										27.6%	18.2%	55.6%	26.6%	6.5%	0.0%
Nutrient Guideline		600-650												<10.00	

	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)
Fri - 03/13/2026															
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
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 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

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Top Spanish Cafe & Catering

Mar 9, 2026 thru Mar 13, 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)
Weighted Daily Average		585	37	628	9.64	3.57	380.8	1522	22.34	33	24.24	82.72	16.50	5.77	0.00
% of Calories										22.8%	16.6%	56.6%	25.4%	8.9%	0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		602	53		8.76	2.66	434.9	6104	32.66	*34 *51.2%	28.14 18.7%	81.09 53.9%	18.58 27.8%	5.54 8.3%	*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	602		600 - 650	100%				
Cholesterol (mg)	53							
Sodium 1a (mg)	851		1110	77%				
Fiber (g)	8.76							
Iron (mg)	2.66							
Calcium (mg)	434.9							
Vitamin A (IU)	6104							
Sugars (g)	34	22.74%			Missing			
Vitamin C (mg)	32.66							
Protein (g)	28.14	18.70%						
Carbohydrate (g)	81.09	53.87%						
Total Fat (g)	18.58	27.78%						
Saturated Fat (g)	5.54	8.28%	<10.00%					
Trans Fat ¹ (g)	0.10	0.15%			Missing			

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Top Spanish Cafe & Catering

Mar 16, 2026 thru Mar 20, 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)
Mon - 03/16/2026															
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	

	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)
Tue - 03/17/2026															
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

Mar 16, 2026 thru Mar 20, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/18/2026															
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	

	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 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	

	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)
Fri - 03/20/2026															
K-8 Lunch	Total														
Whole Grain Fish Pollock	2 oz	180	45		1.00	1.10	0.0	5	0.0	1	15.0	16.0	7.0	1.00	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
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, 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
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		575	52	710	13.43	4.45	330.4	6548	11.87	34	31.87	92.12	10.40	1.84	0.00
% of Calories										23.4%	22.2%	64.1%	16.3%	2.9%	0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Mar 16, 2026 thru Mar 20, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average		624	47		11.47	4.35	465.2	9086	52.40	*36 *51.7%	32.69 21.0%	94.78 60.8%	13.65 19.7%	4.09 5.9%	*0.10 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	624		600 - 650	100%				
Cholesterol (mg)	47							
Sodium 1a (mg)	998		1110	90%				
Fiber (g)	11.47							
Iron (mg)	4.35							
Calcium (mg)	465.2							
Vitamin A (IU)	9086							
Sugars (g)	36	22.98%			Missing			
Vitamin C (mg)	52.40							
Protein (g)	32.69	20.96%						
Carbohydrate (g)	94.78	60.78%						
Total Fat (g)	13.65	19.70%						
Saturated Fat (g)	4.09	5.90%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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Top Spanish Cafe & Catering

Mar 23, 2026 thru Mar 27, 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)	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 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 - 03/24/2026															
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
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
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 - 03/25/2026															
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
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
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

Mar 23, 2026 thru Mar 27, 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)	Calc (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		663	28	382	11.87	3.33	511.4	986	22.06	*33	22.27	119.80	10.97	3.99	*0.00
% of Calories										*19.7%	13.4%	72.2%	14.9%	5.4%	*0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 03/26/2026															
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
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
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		566	81	681	12.29	2.72	521.4	2352	147.35	*28	34.69	70.60	19.05	10.19	0.00
% of Calories										*19.5%	24.5%	49.9%	30.3%	16.2%	0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 03/27/2026															
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	

Weighted Average		611	60		11.15	3.30	427.5	6403	40.15	*32	30.62	86.37	16.02	5.31	*0.13
										*46.4%	20.0%	56.5%	23.6%	7.8%	*0.2%

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Top Spanish Cafe & Catering

Mar 23, 2026 thru Mar 27, 2026

Base Menu Spreadsheet

K-8 Lunch

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)
Calories	611		600 - 650		100%												
Cholesterol (mg)	60																
Sodium 1a (mg)	632		1110		57%												
Fiber (g)	11.15																
Iron (mg)	3.30																
Calcium (mg)	427.5																
Vitamin A (IU)	6403																
Sugars (g)	32	20.63%				Missing											
Vitamin C (mg)	40.15																
Protein (g)	30.62	20.05%															
Carbohydrate (g)	86.37	56.54%															
Total Fat (g)	16.02	23.59%															
Saturated Fat (g)	5.31	7.82%	<10.00%														
Trans Fat ¹ (g)	0.13	0.20%				Missing											

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Top Spanish Cafe & Catering

Mar 30, 2026 thru Apr 3, 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)	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 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
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 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		650	42	613	8.50	3.86	386.2	1011	92.16	31	27.01	96.52	20.20	5.78	0.50
% of Calories										19.1%	16.6%	59.4%	28.0%	8.0%	0.7%
Nutrient Guideline		600-650												<10.00	

Tue - 03/31/2026															
K-8 Lunch	Total														
Spaghetti-4 oz.	4 oz	400	0		12.00	5.40	0.0	0	0.0	4	14.0	82.0	3.0	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
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 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
Weighted Daily Average		854	37	645	19.34	8.36	376.0	1523	26.26	37	38.93	138.89	18.22	5.86	0.00
% of Calories										17.5%	18.2%	65.0%	19.2%	6.2%	0.0%
Nutrient Guideline		600-650												<10.00	

Wed - 04/01/2026															
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
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
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
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

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Top Spanish Cafe & Catering

Mar 30, 2026 thru Apr 3, 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)	Calc (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		502	62	504	8.76	3.70	341.0	21453	25.74	*32	32.03	76.61	7.37	2.43	*0.00
% of Calories										*25.2%	25.5%	61.0%	13.2%	4.4%	*0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 04/02/2026															
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
100% Orange Juice (Ardmore)4oz	1/2 C	50	0		0.00	0.00	0.0	0	42.0	10	1.0	12.0	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 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		671	60	412	10.40	3.53	364.5	997	45.66	*25	34.99	79.06	22.24	6.22	*0.67
% of Calories										*14.9%	20.9%	47.1%	29.8%	8.3%	*0.9%
Nutrient Guideline		600-650												<10.00	

Fri - 04/03/2026															
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		627	49		11.13	4.58	367.7	5615	40.80	*31	30.43	91.27	16.44	4.71	*0.23
										*44.3%	19.4%	58.2%	23.6%	6.8%	*0.3%

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Top Spanish Cafe & Catering

Mar 30, 2026 thru Apr 3, 2026

Base Menu Spreadsheet

K-8 Lunch

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)
Calories	627		600 - 650		100%												
Cholesterol (mg)	49																
Sodium 1a (mg)	608		1110		55%												
Fiber (g)	11.13																
Iron (mg)	4.58																
Calcium (mg)	367.7																
Vitamin A (IU)	5615																
Sugars (g)	31	19.68%				Missing											
Vitamin C (mg)	40.80																
Protein (g)	30.43	19.41%															
Carbohydrate (g)	91.27	58.22%															
Total Fat (g)	16.44	23.60%															
Saturated Fat (g)	4.71	6.76%		<10.00%													
Trans Fat ¹ (g)	0.23	0.34%				Missing											

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