

Monday

Tuesday

Wednesday

Thursday

Friday



ASSORTED WG CEREAL APPLES **4**

WG BANANA BREAD 100% APPLE JUICE **5**

WG BAGELS CREAM CHEESE TANGERINES **6**

WG WAFFLES TURKEY BREAKFAST SAUSAGE PEARS SYRUP **7**

WG BLUEBERRY MUFFIN APPLE SAUCE **1**
NONFAT YOGURT GRANOLA ORANGE **8**

ASSORTED WG CEREAL PEARS **11**

WG BAGEL CREAM CHEESE 100% APPLE JUICE **12**

WG BLUEBERRY MUFFIN ORANGE **13**

WG MINI CINNIS CINNAMON ROLLS APPLES **14**

HARD BOILED EGG HOME POTATOES WG ROLL MIXED FRUIT CUP **15**

ASSORTED WG CEREAL PEARS **18**

WG BAGELS CREAM CHEESE APPLES **19**

WG APPLE MUFFIN 100% ORANGE JUICE **20**

NONFAT YOGURT GRANOLA ORANGE **21**

WG PANCAKE TURKEY BREAKFAST SAUSAGE MIXED FRUIT CUP SYRUP **22**

NO SCHOOL **25**

ASSORTED WG CEREAL PEARS **26**

WG FRENCH TOAST TURKEY BACON 100% ORANGE JUICE JELLY **27**

WG BAGELS CREAM CHEESE APPLES **28**

WG BLUEBERRY MUFFIN TANGERINES **29**

- 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 WG CEREAL
APPLES **4**

WG BANANA BREAD
100% APPLE JUICE **5**

WG BAGELS
CREAM CHEESE
TANGERINES **6**

WG WAFFLES
PEARS
SYRUP **7**

WG BLUEBERRY MUFFIN
APPLE SAUCE **1**

NONFAT YOGURT
GRANOLA
ORANGE **8**

ASSORTED WG CEREAL
PEARS **11**

WG BAGEL
CREAM CHEESE
100% APPLE JUICE **12**

WG BLUEBERRY MUFFIN
ORANGE **13**

WG MINI CINNIS
CINNAMON ROLLS
APPLES **14**

HARD BOILED EGG
HOME POTATOES
WG ROLL
MIXED FRUIT CUP **15**

ASSORTED WG CEREAL
PEARS **18**

WG BAGELS
CREAM CHEESE
APPLES **19**

WG APPLE MUFFIN
100% ORANGE JUICE **20**

NONFAT YOGURT
GRANOLA
ORANGE **21**

WG PANCAKE
MIXED FRUIT CUP
SYRUP **22**

NO SCHOOL **25**

ASSORTED WG CEREAL
PEARS **26**

WG FRENCH TOAST
100% ORANGE JUICE
JELLY **27**

WG BAGELS
CREAM CHEESE
APPLES **28**

WG BLUEBERRY MUFFIN
TANGERINES **29**

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MAY 2026 GLUTEN FREE

Monday	Tuesday	Wednesday	Thursday	Friday
 GF CHEERIOS 4 APPLES	 GF CORN CEREAL 5 100% APPLE JUICE	 UDIS GF BAGEL 6 CREAM CHEESE TANGERINES	 VANS GF WAFFLE 7 TURKEY BREAKFAST SAUSAGE PEARS SYRUP	 GF RICE CEREAL 1 APPLE SAUCE
GF CHEERIOS 11 PEARS	UDIS GF BAGEL 12 CREAM CHEESE 100% APPLE JUICE	GF RICE CEREAL 13 ORANGE	GF CORN CEREAL 14 APPLES	HARD BOILED EGG 15 HOME POTATOES MIXED FRUIT CUP
GF CHEERIOS 18 PEARS	UDIS GF BAGELS 19 CREAM CHEESE APPLES	GF CORN CEREAL 20 100% ORANGE JUICE	NONFAT YOGURT 21 GF RICE CEREAL ORANGE	VANS GF PANCAKE 22 TURKEY BREAKFAST SAUSAGE MIXED FRUIT CUP SYRUP
NO SCHOOL 25	GF CHEERIOS 26 PEARS	VANS GF PANCAKE 27 TURKEY BACON 100% ORANGE JUICE JELLY	UDIS GF BAGELS 28 CREAM CHEESE APPLES	GF CORN CEREAL 29 TANGERINES

- 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

May 1, 2026 thru May 31, 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)
Fri - 05/01/2026															
K-8 Breakfast	Total														
Whole Grain Blueberry Muffin 3	3.1 oz	250	35	140	2.00	2.00	23.0	0	0.0	20	5.0	42.0	7.0	1.00	0.00
Apple Sauce	8 oz	100	0	0	2.00	0.00	0.0	0	12.0	22	0.0	26.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		435	41	258	3.92	1.92	283.2	594	13.13	53	12.39	78.63	7.90	1.67	0.00
% of Calories										48.4%	11.4%	72.4%	16.3%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Mon - 05/04/2026															
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 - 05/05/2026															
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	

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

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Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 2

Generated on: 4/22/2026 8:07:41 AM

	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 - 05/06/2026															
K-8 Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
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	110	10	130	0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		349	28	485	3.58	2.02	670.5	1245	24.79	26	14.69	53.24	8.09	4.82	0.00
% of Calories										30.3%	16.9%	61.1%	20.9%	12.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 05/07/2026															
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 - 05/08/2026															
K-8 Breakfast	Total														
NONFAT YOGURT	4 oz	70	5	55	0.00	0.00	100.0	0	0.0	10	4.0	14.0	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	12	287	5.29	1.18	640.3	968	90.49	46	16.83	82.37	4.35	0.73	0.00
% of Calories										44.2%	16.2%	79.5%	9.5%	1.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 3

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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 - 05/11/2026															
K-8 Breakfast	Total														
Cer/Cinnamon Toast Crunch 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 - 05/12/2026															
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
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
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	110	10	130	0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		422	28	513	2.00	1.89	638.0	645	1.30	43	13.98	69.50	7.82	4.78	0.00
% of Calories										40.8%	13.2%	65.9%	16.7%	10.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 05/13/2026															
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
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		410	41	259	5.31	2.12	349.4	975	92.15	44	13.80	71.94	8.13	1.69	0.00
% of Calories										42.6%	13.5%	70.2%	17.8%	3.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 4

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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 - 05/14/2026															
K-8 Breakfast	Total														
WG Mini Cinnis Cinnamon Rolls	2.29 oz	240	0	270	3.00	1.70	30.0	0	0.0	14	4.0	40.0	8.0	1.50	0.00
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		439	7	382	8.20	1.88	303.0	715	11.39	48	11.98	81.15	9.16	2.20	0.00
% of Calories										43.6%	10.9%	74.0%	18.8%	4.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 05/15/2026															
K-8 Breakfast	Total														
Boiled potatoes and onions	1/2 cup	92	0	27	2.04	0.85	12.9	8	10.25	2	2.22	18.65	1.29	0.20	*0.00
Hard boiled eggs	2 oz	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
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, 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
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
Whole Grain Roll	1.1 oz	80	0	150	1.00	0.80	0.0	0	0.0	1	2.0	14.0	1.5	0.00	0.00
Lactose Free Milk.	8 oz	110	10	130	0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		488	189	367	5.04	2.23	313.6	892	65.39	43	20.33	78.20	9.27	2.58	*0.00
% of Calories										35.5%	16.7%	64.1%	17.1%	4.8%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Mon - 05/18/2026															
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	

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May 1, 2026 thru May 31, 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)
Tue - 05/19/2026															
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 - 05/20/2026															
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	110	10	130	0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		444	41	310	2.06	2.34	301.3	*648	*85.33	50	14.91	78.99	8.08	1.73	0.00
% of Calories										45.1%	13.4%	71.2%	16.4%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 05/21/2026															
K-8 Breakfast	Total														
NONFAT YOGURT	4 oz	70	5	55	0.00	0.00	100.0	0	0.0	10	4.0	14.0	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	12	284	5.32	1.17	636.3	975	92.15	46	16.71	81.88	4.32	0.73	0.00
% of Calories										44.4%	16.2%	79.5%	9.4%	1.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/22/2026															
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
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
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		573	44	391	4.00	1.85	334.3	594	55.13	68	19.41	105.35	8.05	1.68	0.00
% of Calories										47.7%	13.5%	73.5%	12.6%	2.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Mon - 05/25/2026															
K-8 Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.00	0.0	0.00	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 05/26/2026															
K-8 Breakfast	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	160	4.00	1.80	60.0	300	3.6	6	2.0	22.0	2.5	0.00	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
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	110	10	130	0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		313	8	295	9.49	2.29	353.0	980	12.44	35	10.67	62.46	4.04	0.82	0.00
% of Calories										45.2%	13.6%	79.8%	11.6%	2.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 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)
Wed - 05/27/2026															
K-8 Breakfast	Total														
Whole Grain French Toast 3oz	3 oz	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Turkey Bacon..	1 oz	119	35	612	0.00	0.40	0.0	0	0.0	1	9.88	0.99	7.9	1.98	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
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		540	50	996	1.92	0.96	281.3	594	85.14	44	24.92	73.75	15.54	3.58	0.00
% of Calories										32.5%	18.5%	54.6%	25.9%	6.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 05/28/2026															
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
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
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	110	10	130	0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		374	28	485	5.31	2.06	646.2	720	7.65	31	14.33	60.56	8.05	4.82	0.00
% of Calories										33.6%	15.3%	64.8%	19.4%	11.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 05/29/2026															
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
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
Weighted Daily Average		381	41	260	3.50	2.05	315.8	1194	24.63	40	13.11	64.37	8.17	1.70	0.00
% of Calories										41.8%	13.7%	67.5%	19.3%	4.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 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)	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 Average		424	33	396	5.79	1.96	419.1	*858	*36.46	44 94.4%	14.76 13.9%	75.47 71.3%	7.63 16.2%	2.24 4.8%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	424		400 - 500	100%				
Cholesterol (mg)	33							
Sodium 1 (mg)	396		540	73%				
Fiber (g)	5.79							
Iron (mg)	1.96							
Calcium (mg)	419.1							
Vitamin A (IU)	858				Missing			
Sugars (g)	44	41.93%						
Vitamin C (mg)	36.46				Missing			
Protein (g)	14.76	13.93%						
Carbohydrate (g)	75.47	71.25%						
Total Fat (g)	7.63	16.21%						
Saturated Fat (g)	2.24	4.76%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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