

MAY 2026

 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Cheeseburger on WG Bun Potatoes Oranges Ketchup 4</p>	 <p>Beef Taco Corn Taco Shells Black Beans Bananas 5</p>	 <p>Spaghetti and Beef Meatballs with Marinara Sauce Green Beans Apples 6</p>	 <p>Spanish Rice with Chicken Carrots 100% Apple Juice 7</p>	<p>Barbecue Beef Sandwich on WG Bun Broccoli Oranges 1</p>
<p>Baked BBQ Chicken Drumstick WG Roll Baked Beans Apples 11</p>	<p>WG Chicken Eggroll Brown Rice Green Beans Bananas 12</p>	<p>Turkey Bologna And Cheese Sandwich Romaine & Tomato Salad 100% Grape Juice Ranch Dressing 13</p>	<p>Cheese Pizza Carrots Pears 14</p>	<p>Macaroni & Cheese with Chicken Corn Oranges 15</p>
<p>Turkey Hot Dog Potatoes Apples Ketchup, Mustard 18</p>	<p>Ground Beef Spanish Rice Pinto Beans Oranges 19</p>	<p>Turkey Bologna And Cheese Sandwich Romaine & Tomato Salad Bananas Ranch Dressing, Mayo 20</p>	<p>Chicken Parmesan WG Roll Mixed Vegetables 100% Grape Juice 21</p>	<p>Chicken Drumstick WG Roll Sweet Potatoes Pears Ketchup 22</p>
<p>NO SCHOOL 25</p>	<p>Chicken Nuggets WG Roll Corn Apple Sauce Ketchup 26</p>	<p>Brown Rice Beef Meatballs Marinara Sauce Mixed Vegetables Banana 27</p>	<p>Chicken Taco Soft WG Flour Tortilla Black Beans Oranges 28</p>	<p>Turkey Bologna and Cheese Sandwich Romaine & Tomato Salad 100% Apple Juice 29</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

MAY 2026 VEGETARIAN

 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Vegetarian Patty 4 WG Bun Potatoes Oranges Ketchup</p>	 <p>Vegetarian Meat Taco 5 Corn Taco Shells Black Beans Bananas</p>	 <p>Vegetarian Meat 6 Spaghetti Green Beans Apples</p>	 <p>Spanish Rice with 7 Vegetarian Meat Carrots 100% Apple Juice</p>	<p>Black Bean Patty 1 on WG Bun Broccoli Oranges</p>
<p>VEGETARIAN PATTY 11 WG Roll Baked Beans Apples</p>	<p>RICE WITH 12 VEGETARIAN MEAT Green Beans Bananas</p>	<p>SUNBUTTER & JELLY 13 Sandwich Romaine & Tomato Salad 100% Grape Juice Ranch Dressing</p>	<p>Cheese Pizza 14 Carrots Pears</p>	<p>Macaroni & 15 Cheese Corn Oranges</p>
<p>BLACK BEAN PATTY 18 WG Hot Dog Roll Potatoes Apples Ketchup, Mustard</p>	<p>Spanish Rice with 19 Vegetarian Meat Pinto Beans Oranges</p>	<p>SUNBUTTER & JELLY 20 Sandwich Romaine & Tomato Salad Bananas Ranch Dressing</p>	<p>Vegetarian Patty 21 WG Roll Mixed Vegetables 100% Grape Juice</p>	<p>Vegetarian Patty 22 WG Roll Sweet Potatoes Pears Ketchup</p>
<p>NO SCHOOL 25</p>	<p>Black Bean Patty 26 WG Roll Corn Apple Sauce Ketchup</p>	<p>Brown Rice 27 With Vegetarian Meat Mixed Vegetables Banana</p>	<p>Vegetarian Meat Taco 28 Soft WG Flour Tortilla Black Beans Oranges</p>	<p>SUNBUTTER & JELLY 29 Sandwich Romaine & Tomato Salad 100% Apple Juice</p>

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MAY 2026 GLUTEN FREE

 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
  Cheeseburger on GF Bun Potatoes Oranges Ketchup 4	  Beef Taco Corn Taco Shells Black Beans Bananas 5	  RICE and Beef Meatballs with Marinara Sauce Green Beans Apples 6	  Spanish Rice with Chicken Carrots 100% Apple Juice 7	Barbecue Beef Sandwich on GF Bun Broccoli Oranges 1
Baked BBQ Chicken Drumstick GF Bread Baked Beans Apples 11	Rice and Black Beans Green Beans Bananas 12	Turkey Bologna And Cheese Sandwich Romaine & Tomato Salad 100% Grape Juice Ranch Dressing 13	Cheese Pizza ON GF BREAD Carrots Pears 14	Grilled Chicken Salad Corn Chips Pears Ranch Dressing 8
Turkey Hot Dog Potatoes Apples Ketchup, Mustard 18	Ground Beef Spanish Rice Pinto Beans Oranges 19	Turkey Bologna And Cheese Sandwich Romaine & Tomato Salad Bananas Ranch Dressing, Mayo 20	Chicken Parmesan GF Bread Mixed Vegetables 100% Grape Juice 21	Rice and Chicken Corn Oranges 15
NO SCHOOL 25	Nonbreaded Chicken GF Bread Corn Apple Sauce Ketchup 26	GF Rice Beef Meatballs Marinara Sauce Mixed Vegetables Banana 27	Chicken Taco Soft Corn Tortilla Black Beans Oranges 28	Chicken Drumstick GF Bread Sweet Potatoes Pears Ketchup 22
NO SCHOOL 25	Nonbreaded Chicken GF Bread Corn Apple Sauce Ketchup 26	GF Rice Beef Meatballs Marinara Sauce Mixed Vegetables Banana 27	Chicken Taco Soft Corn Tortilla Black Beans Oranges 28	Turkey Bologna and Cheese Sandwich Romaine & Tomato Salad 100% Apple Juice 29

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Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 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)
Fri - 05/01/2026															
K-8 Lunch	Total														
Barbecue Beef	6 oz	440	79		4.40	3.85	97.5	661	10.0	*21	27.86	39.48	18.61	7.13	*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
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, 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
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	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		772	83	1819	14.95	6.79	494.6	3039	157.09	*49	44.96	104.20	21.23	7.70	*0.00
% of Calories										*25.6%	23.3%	54.0%	24.7%	9.0%	*0.0%
Nutrient Guideline		600-650												<10.00	

Mon - 05/04/2026															
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
American Cheese Pullman	1 oz	40	10		0.00	0.00	75.0	0	0.0	1	2.0	1.0	3.0	1.75	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	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		651	43	614	8.50	3.86	386.5	1011	92.16	31	27.01	96.56	20.30	5.85	0.50
% of Calories										19.1%	16.6%	59.3%	28.1%	8.1%	0.7%
Nutrient Guideline		600-650												<10.00	

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

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Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 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)
Tue - 05/05/2026															
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 - 05/06/2026															
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
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
Weighted Daily Average		821	37	646	19.59	8.22	378.4	1522	22.34	37	38.01	131.00	18.07	5.77	0.00
% of Calories										18.2%	18.5%	63.8%	19.8%	6.3%	0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 05/07/2026															
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
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, 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

May 1, 2026 thru May 31, 2026

Base Menu Spreadsheet

K-8 Lunch

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)
Weighted Daily Average		491	62	517	5.45	3.54	332.7	21378	19.40	*30	31.67	71.55	7.13	2.39	*0.00
% of Calories										*24.7%	25.8%	58.3%	13.1%	4.4%	*0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 05/08/2026															
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.	24Grams	20	0		0.00	0.00	40.0	0	0.0	2	0.0	6.0	0.0	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
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	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		564	66	1248	8.80	1.94	406.3	5696	30.82	*30	31.71	76.82	14.82	2.56	*0.00
% of Calories										*21.3%	22.5%	54.5%	23.7%	4.1%	*0.0%
Nutrient Guideline		600-650												<10.00	

Mon - 05/11/2026															
K-8 Lunch	Total														
Baked BBQ Glazed Chicken Drum	3.2 oz	190	90		0.00	0.60	0.0	0	0.0	9	17.0	12.0	8.0	2.00	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
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, 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
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
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	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
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
Soy Milk	8 oz	110	0		2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		583	96	1417	10.63	3.70	349.8	700	7.52	44	33.25	88.70	10.50	2.78	0.00
% of Calories										30.2%	22.8%	60.8%	16.2%	4.3%	0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 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)
Tue - 05/12/2026															
K-8 Lunch	Total														
WG Chicken Egg Roll	3 oz	160	30		3.00	1.80	40.0	400	4.8	2	9.0	20.0	5.0	1.50	0.00
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
GREEN BEANS: frozen,boiled 1C	1 CUP	38	0		4.05	0.89	56.7	566	5.54	3	2.01	8.71	0.23	0.06	0.00
Banana2	1 C	210	0		6.14	0.61	11.8	151	20.53	29	2.57	53.9	0.78	0.26	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	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
RICE With Vegetarian Meat	6 Oz	289	0		7.51	2.80	87.3	340	11.14	4	17.07	43.01	6.41	1.10	0.00
Soy Milk	8 oz	110	0		2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		668	36	532	15.17	4.00	391.1	1750	32.26	46	21.94	128.21	8.73	2.59	0.00
% of Calories										27.3%	13.1%	76.8%	11.8%	3.5%	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)
Wed - 05/13/2026															
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
American Cheese Pullman	1 oz	40	10		0.00	0.00	75.0	0	0.0	1	2.0	1.0	3.0	1.75	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
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, 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	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	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
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
Soy Milk	8 oz	110	0		2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		555	46	1072	4.08	3.17	400.1	3057	7.81	*34	18.70	63.86	24.09	4.79	*0.00
% of Calories										*24.3%	13.5%	46.0%	39.0%	7.8%	*0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 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)
Thu - 05/14/2026															
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
CARROTS: fresh, boiled-HS	1 CUP	55	0		4.68	0.53	46.8	26571	5.62	5	1.19	12.82	0.28	0.05	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
Soy Milk	8 oz	110	0		2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		654	48	1461	12.21	3.44	777.3	27965	35.40	46	30.64	94.37	20.39	7.38	0.00
% of Calories										28.3%	18.8%	57.8%	28.1%	10.2%	0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 05/15/2026															
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
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
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
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
Soy Milk	8 oz	110	0		2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		615	65	947	8.56	1.07	719.6	1772	97.82	37	34.72	88.26	15.30	7.98	0.00
% of Calories										24.2%	22.6%	57.4%	22.4%	11.7%	0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 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)
Mon - 05/18/2026															
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	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	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
Soy Milk	8 oz	110	0		2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		748	51	1308	11.39	3.63	436.9	709	7.51	35	29.42	119.53	23.27	4.26	0.00
% of Calories										18.9%	15.7%	63.9%	28.0%	5.1%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 05/19/2026															
K-8 Lunch	Total														
GROUND BEEF &SPANISH RICE k-8	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
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	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Soy Milk	8 oz	110	0		2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		657	63	693	10.90	5.44	419.6	1367	103.30	*28	34.01	89.92	15.91	5.61	*0.71
% of Calories										*16.9%	20.7%	54.7%	21.8%	7.7%	*1.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 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)
Wed - 05/20/2026															
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	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	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
Soy Milk	8 oz	110	0		2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Weighted Daily Average		480	46	868	7.15	3.48	364.8	3130	18.07	*29	19.96	69.77	14.50	3.42	*0.00
% of Calories										*24.2%	16.6%	58.1%	27.2%	6.4%	*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)
Thu - 05/21/2026															
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	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	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	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Soy Milk	8 oz	110	0		2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Weighted Daily Average		606	77	809	10.06	3.40	574.5	8767	6.98	41	29.01	80.94	17.65	5.86	0.00
% of Calories										26.9%	19.2%	53.4%	26.2%	8.7%	0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 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)
Fri - 05/22/2026															
K-8 Lunch	Total														
Chicken Drumstick.	5.15 oz	220	60		1.00	1.00	14.0	0	0.0	0	19.0	6.0	13.0	3.00	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
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
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, 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	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	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
Soy Milk	8 oz	110	0		2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Weighted Daily Average		646	65	949	12.32	3.27	370.6	33614	41.12	41	32.83	94.05	16.01	3.82	0.00
% of Calories										25.1%	20.3%	58.3%	22.3%	5.3%	0.0%
Nutrient Guideline		600-650												<10.00	

Mon - 05/25/2026															
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 - 05/26/2026															
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
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
Apple Sauce	4 oz	50	0		1.00	0.00	0.0	0	6.0	11	0.0	13.0	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
Soy Milk	8 oz	110	0		2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	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

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Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 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)
Weighted Daily Average		646	37	939	8.24	4.12	367.4	897	11.83	28	32.41	91.65	17.01	3.37	0.00
% of Calories										17.5%	20.1%	56.7%	23.7%	4.7%	0.0%
Nutrient Guideline		600-650												<10.00	

Wed - 05/27/2026															
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
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
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
RICE With Vegetarian Meat	6 Oz	289	0		7.51	2.80	87.3	340	11.14	4	17.07	43.01	6.41	1.10	0.00
Soy Milk	8 oz	110	0		2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		667	36	672	12.14	4.05	360.8	6893	26.27	35	27.05	100.28	16.40	5.75	0.00
% of Calories										21.1%	16.2%	60.2%	22.1%	7.8%	0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 05/28/2026															
K-8 Lunch	Total														
Chicken for TACOs 4oz.	4 oz	200	76		1.17	1.73	15.8	506	4.02	*2	25.82	6.03	7.17	2.11	*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
Whole Wheat Tortilla	2 oz	160	0		3.19	1.58	127.8	0	0.0	0	4.79	27.15	3.99	1.20	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
Soy Milk	8 oz	110	0		2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		662	81	867	14.45	4.85	526.8	1574	96.26	*28	47.33	88.80	12.62	4.02	*0.00
% of Calories										*17.0%	28.6%	53.6%	17.1%	5.5%	*0.0%
Nutrient Guideline		600-650												<10.00	

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

May 1, 2026 thru May 31, 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)
Fri - 05/29/2026															
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
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
Romaine Lettuce K-5.*	1 C	8	0		0.99	0.46	15.5	4094	1.88	1	0.58	1.55	0.14	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
tomatoes 1/2 C	1/2 cup	16	0		1.08	0.24	9.0	750	12.33	2	0.79	3.5	0.18	0.03	0.00
Soy Milk	8 oz	110	0		2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	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
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		428	46	877	4.08	3.28	352.2	4729	3.50	28	18.32	55.52	14.01	3.23	0.00
% of Calories										25.8%	17.1%	51.9%	29.5%	6.8%	0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		632	57		10.61	3.95	439.0	6532	41.57	*35 *50.3%	30.91 19.6%	91.40 57.8%	16.53 23.5%	4.77 6.8%	*0.09 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	632		600 - 650	100%				
Cholesterol (mg)	57							
Sodium 1a (mg)	933		1110	84%				
Fiber (g)	10.61							
Iron (mg)	3.95							
Calcium (mg)	439.0							
Vitamin A (IU)	6532							
Sugars (g)	35	22.36%			Missing			
Vitamin C (mg)	41.57							
Protein (g)	30.91	19.56%						
Carbohydrate (g)	91.40	57.85%						
Total Fat (g)	16.53	23.54%						
Saturated Fat (g)	4.77	6.80%	<10.00%					
Trans Fat ¹ (g)	0.09	0.13%			Missing			

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