

Monday

ASSORTED **1**
Whole Grain Cereal
Oranges

ASSORTED **8**
Whole Grain Cereal
Apples

ASSORTED **15**
Whole Grain Cereal
Pears

22
SUMMER BREAK

29
SUMMER BREAK

Tuesday

WG Mini Cinnis **2**
Cinnamon Rolls
Apples

WG Bagels **9**
Cream Cheese
Oranges

WG Bagels **16**
Cream Cheese
100% Apple Juice

23
SUMMER BREAK

30
SUMMER BREAK

Wednesday

WG Pancake **3**
Turkey Breakfast Sausage
100% Orange Juice
Syrup

WG Apple **10**
Muffin
100% Orange Juice

Last Day Of School* **17
NONFAT Yogurt
Granola
Apples

24
SUMMER BREAK

Thursday

WG Blueberry **4**
Muffin
Pears

WG French Toast **11**
Turkey Bacon
Mixed Fruit Cup
Jelly

18
NO SCHOOL

25
SUMMER BREAK

Friday

NONFAT **5**
Yogurt
Granola
Mixed Fruit Cup

WG Banana Bread **12**
Pears

19
NO SCHOOL
JUNETEENTH

26
SUMMER BREAK

- 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.

Monday

1
ASSORTED
Whole Grain Cereal
Oranges

Tuesday

2
WG Mini Cinnis
Cinnamon Rolls
Apples

Wednesday

3
WG Pancake
100% Orange Juice
Syrup

Thursday

4
WG Blueberry
Muffin
Pears

Friday

5
NONFAT
Yogurt
Granola
Mixed Fruit Cup

8
ASSORTED
Whole Grain Cereal
Apple

9
WG Bagels
Cream Cheese
Orange

10
WG Apple
Muffin
100% Orange Juice

11
WG French Toast
Mixed Fruit Cup
Jelly

12
WG Banana Bread
Pear

15
ASSORTED
Whole Grain Cereal
Pear

16
WG Bagels
Cream Cheese
100% Apple Juice

17
**Last Day Of School*
NONFAT Yogurt
Granola
Apple

18
NO SCHOOL

19
NO SCHOOL
JUNETEENTH

22
SUMMER BREAK

23
SUMMER BREAK

24
SUMMER BREAK

25
SUMMER BREAK

26
SUMMER BREAK

29
SUMMER BREAK

30
SUMMER BREAK

- 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.

JUNE 2026 GLUTEN FREE

Monday	Tuesday	Wednesday	Thursday	Friday
GF Apple Cinnamon 1 Cheerios Cereal Oranges	GF Rice Cereal 2 Cereal Apples	Vans GF Pancake 3 Turkey Breakfast Sausage 100% Orange Juice Syrup	GF Corn Cereal 4 Pears	NONFAT 5 Yogurt GF Plain Cheerios Cereal Mixed Fruit Cup
GF Rice Cereal 8 Apples	UDIS GF Bagels 9 Cream Cheese Oranges	GF Plain Cheerios 10 Cereal 100% Orange Juice	Vans GF Waffle 11 Turkey Bacon Mixed Fruit Cup Jelly	GF Corn Cereal 12 Pears
GF Apple Cinnamon 15 Cheerios Cereal Pears	UDIS GF Bagels 16 Cream Cheese 100% Apple Juice	<i>*Last Day Of School</i> 17 NONFAT Yogurt GF Rice Cereal Apples	NO SCHOOL 18	NO SCHOOL 19 <i>JUNETEENTH</i>
SUMMER BREAK 22	SUMMER BREAK 23	SUMMER BREAK 24	SUMMER BREAK 25	SUMMER BREAK 26
SUMMER BREAK 29	SUMMER BREAK 30			

- 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

Top Spanish Cafe & Catering

Jun 1, 2026 thru Jun 30, 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 - 06/01/2026															
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 Navels	1 Cup	151	0	3	6.78	0.40	132.4	761	182.03	26	2.8	38.62	0.46	0.05	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		357	7	290	10.75	2.37	454.4	1659	186.81	44	12.43	73.33	4.12	0.76	0.00
% of Calories										48.8%	13.9%	82.1%	10.4%	1.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 06/02/2026															
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	

Wed - 06/03/2026															
K-8 Breakfast	Total														
Whole Grain Pancake 1.3oz	1 oz	80	4	90	1.00	0.73	36.6	0	0.0	5	2.0	15.0	1.5	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
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	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		450	40	327	0.96	1.09	296.2	594	85.14	55	17.33	81.74	6.49	1.68	0.00
% of Calories										49.1%	15.4%	72.7%	13.0%	3.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Jun 1, 2026 thru Jun 30, 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 - 06/04/2026															
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
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		436	41	260	7.44	2.24	299.2	639	8.79	48	13.04	79.74	8.14	1.71	0.00
% of Calories										44.0%	12.0%	73.1%	16.8%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 06/05/2026															
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
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
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		478	12	286	3.93	0.98	575.3	594	54.15	60	17.42	94.82	4.13	0.71	0.00
% of Calories										50.6%	14.6%	79.4%	7.8%	1.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Mon - 06/08/2026															
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	

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Top Spanish Cafe & Catering

Jun 1, 2026 thru Jun 30, 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 - 06/09/2026															
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
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		368	26	472	5.39	1.80	677.2	975	92.15	29	14.97	59.60	7.72	4.61	0.00
% of Calories										32.0%	16.3%	64.7%	18.9%	11.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 06/10/2026															
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 - 06/11/2026															
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
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
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		580	50	966	3.92	0.96	281.3	594	55.13	52	24.92	81.75	15.54	3.58	0.00
% of Calories										35.8%	17.2%	56.4%	24.1%	5.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Jun 1, 2026 thru Jun 30, 2026

Base Menu Spreadsheet

K-8 Breakfast

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 - 06/12/2026															
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
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		443	7	353	7.42	0.32	277.2	639	8.79	52	12.99	82.21	9.03	2.17	0.00
% of Calories										46.5%	11.7%	74.2%	18.3%	4.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Mon - 06/15/2026															
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 - 06/16/2026															
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	

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Jun 1, 2026 thru Jun 30, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 5

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/17/2026															
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
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	12	288	7.22	1.24	588.5	713	11.21	56	16.02	93.64	4.50	0.77	0.00
% of Calories										49.1%	14.1%	82.5%	8.9%	1.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Thu - 06/18/2026															
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	
Fri - 06/19/2026															
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		423	22	386	6.01	1.67	412.7	*798	*48.28	47	14.65	77.21	7.13	2.02	0.00
										100.1%	13.8%	73.0%	15.2%	4.3%	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.

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Top Spanish Cafe & Catering

Jun 1, 2026 thru Jun 30, 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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	423		400 - 500	100%												
Cholesterol (mg)	22															
Sodium 1 (mg)	386		540	72%												
Fiber (g)	6.01															
Iron (mg)	1.67															
Calcium (mg)	412.7															
Vitamin A (IU)	798				Missing											
Sugars (g)	47	44.51%														
Vitamin C (mg)	48.28				Missing											
Protein (g)	14.65	13.85%														
Carbohydrate (g)	77.21	72.99%														
Total Fat (g)	7.13	15.16%														
Saturated Fat (g)	2.02	4.29%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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