

# JUNE 2026

 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Patty Sandwich Carrots Apples Ketchup, Mayo <b>1</b>	WG Chicken Eggroll Brown Rice Green Beans Bananas <b>2</b>	Chicken Corndog Nugget Baked Beans Pears <b>3</b>	Turkey Ham & Cheese Sandwich Greens & Strawberries Salad 100% Apple Juice <b>4</b>	Beef Hot Dog Potato Fries Oranges <b>5</b>
Baked BBQ Glazed Chicken Drumsticks WG Roll Sweet Potatoes 100% Apple Juice <b>8</b>	Beef Taco Taco Shell Black Beans Bananas <b>9</b>	Grilled Chicken Salad Corn Chips Pears Ranch <b>10</b>	Spanish Rice with Chicken Green Beans Oranges <b>11</b>	Turkey Pepperoni & Cheese Pizza Broccoli Apples <b>12</b>
Chicken Nuggets WG Roll Corn Apple Sauce Ketchup <b>15</b>	Cheeseburger Potatoes Oranges Ketchup Mayo <b>16</b>	<i>*Last Day Of School</i> Turkey Bologna & Cheese Sandwich Romaine & Tomato Salad 100% Apple Juice <b>17</b>	<b>NO SCHOOL</b> <b>18</b>	<b>NO SCHOOL</b> JUNETEENTH <b>19</b>
<b>SUMMER BREAK</b> <b>22</b>	<b>SUMMER BREAK</b> <b>23</b>	<b>SUMMER BREAK</b> <b>24</b>	<b>SUMMER BREAK</b> <b>25</b>	<b>SUMMER BREAK</b> <b>26</b>
<b>SUMMER BREAK</b> <b>29</b>	<b>SUMMER BREAK</b> <b>30</b>			

- 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*

# JUNE 2026 VEGETARIAN



Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Patty Sandwich Carrots Apples Ketchup, Mayo <b>1</b>	Rice with Vegetarian Meat Green Beans Bananas <b>2</b>	Black Bean Patty WG Roll Baked Beans Pears <b>3</b>	Tofu and Lettuce Sandwich Greens & Strawberries Salad 100% Apple Juice <b>4</b>	Black Bean Patty Hot Dog Roll Potato Fries Oranges <b>5</b>
Vegetarian Patty WG Roll Sweet Potatoes 100% Apple Juice <b>8</b>	Vegetarian Meat Taco Taco Shell Black Beans Bananas <b>9</b>	Grilled Tofu Salad Corn Chips Pears Ranch <b>10</b>	Spanish Rice with Vegetarian Meat Green Beans Oranges <b>11</b>	Cheese Pizza Broccoli Apples <b>12</b>
Black Bean Patty WG Roll Corn Apple Sauce Ketchup <b>15</b>	Vegetarian Patty Sandwich Potatoes Oranges Ketchup <b>16</b>	<i>*Last Day Of School</i> SunButter & Jelly Sandwich Romaine & Tomato Salad 100% Apple Juice <b>17</b>	<b>NO SCHOOL</b> <b>18</b>	<b>NO SCHOOL</b> <b>JUNETEENTH</b> <b>19</b>
<b>SUMMER BREAK</b> <b>22</b>	<b>SUMMER BREAK</b> <b>23</b>	<b>SUMMER BREAK</b> <b>24</b>	<b>SUMMER BREAK</b> <b>25</b>	<b>SUMMER BREAK</b> <b>26</b>
<b>SUMMER BREAK</b> <b>29</b>	<b>SUMMER BREAK</b> <b>30</b>			

- 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*



# JUNE 2026 GLUTEN FREE

Monday	Tuesday	Wednesday	Thursday	Friday
Nonbreaded Chicken <b>1</b> UDIS GF Bread Carrots Apples Ketchup, Mayo	Rice and Chicken <b>2</b> Green Beans Bananas	UDIS GF Bread <b>3</b> Beef Patty Baked Beans Pears	GF Bread Turkey Ham & <b>4</b> Cheese Sandwich Greens & Strawberries Salad 100% Apple Juice	Beef Hot Dog <b>5</b> GF Bread Potato Fries Oranges
Baked BBQ <b>8</b> Glazed Chicken Drumsticks UDIS GF Bread Sweet Potatoes 100% Apple Juice	Beef Taco <b>9</b> Corn Taco Shell Black Beans Bananas	Grilled Chicken <b>10</b> Salad Corn Chips Pears Ranch	Spanish Rice with <b>11</b> Chicken Green Beans Oranges	Turkey Pepperoni <b>12</b> & Cheese Pizza on GF Bread Broccoli Apples
Nonbreaded Chicken <b>15</b> UDIS GF Bread Corn Apple Sauce Ketchup	Cheeseburger on <b>16</b> GF Bread Potatoes Oranges Ketchup Mayo	*Last Day Of School <b>17</b> GF Bread Turkey Bologna & Cheese Sandwich Romaine & Tomato Salad 100% Apple Juice	<b>NO SCHOOL</b> <b>18</b>	<b>NO SCHOOL</b> <b>19</b> <i>JUNETEENTH</i>
<b>SUMMER BREAK</b> <b>22</b>	<b>SUMMER BREAK</b> <b>23</b>	<b>SUMMER BREAK</b> <b>24</b>	<b>SUMMER BREAK</b> <b>25</b>	<b>SUMMER BREAK</b> <b>26</b>
<b>SUMMER BREAK</b> <b>29</b>	<b>SUMMER BREAK</b> <b>30</b>			

- 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 Lunch

Portion Values - Detailed

Page 1

Generated on: 5/27/2026 1:01:32 PM

	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 <sup>1</sup> (g)
Mon - 06/01/2026															
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 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
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
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
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
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		682	32	1040	12.94	4.47	357.6	21134	11.84	35	27.25	86.81	27.11	4.81	0.00
% of Calories										20.7%	16.0%	50.9%	35.8%	6.3%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 06/02/2026															
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	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Jun 1, 2026 thru Jun 30, 2026

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 5/27/2026 1:01:32 PM

	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 <sup>1</sup> (g)
Wed - 06/03/2026															
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	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		584	57	802	12.86	3.27	336.2	666	7.52	40	26.46	81.00	17.32	4.27	0.00
% of Calories										27.6%	18.1%	55.5%	26.7%	6.6%	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 <sup>1</sup> (g)
Thu - 06/04/2026															
K-8 Lunch	Total														
Turkey Ham 3oz (JO).	3.01 oz	110	55		0.00	0.70	0.0	0	0.0	0	14.0	1.0	5.0	1.50	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
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
tomatoes 3/4C	3/4 C	24	0		1.62	0.36	13.5	1125	18.5	4	1.19	5.25	0.27	0.04	0.00
Strawberries, fresh	0.25 cup	23	0		1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	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
Tofu and Vegetable Sandwich	2.2 oz	59	0		0.73	1.06	44.0	0	0.0	0	6.6	2.2	2.93	0.37	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
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		468	63	1012	7.07	3.86	349.1	5857	63.86	36	28.50	69.41	8.53	2.36	0.00
% of Calories										30.5%	24.4%	59.3%	16.4%	4.5%	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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Jun 1, 2026 thru Jun 30, 2026

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 3

Generated on: 5/27/2026 1:01:32 PM

	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 <sup>1</sup> (g)
Fri - 06/05/2026															
K-8 Lunch	Total														
Beef Hot Dog	2 oz	150	30		0.00	1.00	0.0	0	2.0	0	7.0	1.0	13.0	6.00	0.50
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
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
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
Weighted Daily Average		656	36	925	8.60	2.89	390.7	1010	94.09	30	24.69	93.95	24.21	7.60	0.48
% of Calories										18.4%	15.1%	57.3%	33.2%	10.4%	0.7%
Nutrient Guideline		600-650												<10.00	

Mon - 06/08/2026															
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
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	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
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		645	96	1394	7.72	3.30	381.5	33575	34.75	48	32.48	102.49	10.56	2.86	0.00
% of Calories										29.8%	20.2%	63.6%	14.7%	4.0%	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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Jun 1, 2026 thru Jun 30, 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 <sup>1</sup> (g)
Tue - 06/09/2026															
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 - 06/10/2026															
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	1248	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	

Thu - 06/11/2026															
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
Green Beans & Corn	1 C	186	0		8.38	2.20	58.1	333	6.35	*N/A*	8.47	41.45	1.31	0.29	*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

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Jun 1, 2026 thru Jun 30, 2026

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 5

Generated on: 5/27/2026 1:01:32 PM

	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 <sup>1</sup> (g)
Weighted Daily Average		650	62	896	13.61	5.53	421.1	1652	112.44	*26	40.63	108.45	8.46	2.67	*0.00
% of Calories										*16.1%	25.0%	66.7%	11.7%	3.7%	*0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 06/12/2026															
K-8 Lunch	Total														
PizzaTurkey Pepperoni K-5.*	1 Slices	390	67		2.00	3.00	228.6	1042	10.65	9	24.22	36.27	16.55	5.41	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
Apples	1 cup	116	0		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		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
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
Weighted Daily Average		641	74	1475	11.50	4.12	549.5	3152	77.48	45	36.74	86.95	18.36	6.23	0.00
% of Calories										28.2%	22.9%	54.3%	25.8%	8.8%	0.0%
Nutrient Guideline		600-650												<10.00	

Mon - 06/15/2026															
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
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	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Jun 1, 2026 thru Jun 30, 2026

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 6

Generated on: 5/27/2026 1:01:32 PM

	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 <sup>1</sup> (g)
Tue - 06/16/2026															
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
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		746	50	811	8.49	3.82	376.5	755	92.21	28	25.90	93.16	32.92	8.93	0.48
% of Calories										14.8%	13.9%	50.0%	39.7%	10.8%	0.6%
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 <sup>1</sup> (g)
Wed - 06/17/2026															
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	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Jun 1, 2026 thru Jun 30, 2026

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 7

Generated on: 5/27/2026 1:01:32 PM

	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 <sup>1</sup> (g)
Thu - 06/18/2026															
K-8 Lunch NO SCHOOL TODAY	Total 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 % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
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 <sup>1</sup> (g)
Fri - 06/19/2026															
K-8 Lunch NO SCHOOL TODAY	Total 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 % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		600-650													<10.00

Weighted Average		623	55		10.20	3.73	388.4	6304	45.12	*35 *49.9%	29.41 18.9%	89.88 57.7%	17.28 25.0%	4.45 6.4%	*0.13 *0.2%
------------------	--	-----	----	--	-------	------	-------	------	-------	---------------	----------------	----------------	----------------	--------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	623		600 - 650	100%				
Cholesterol (mg)	55							
Sodium 1a (mg)	950		1110	86%				
Fiber (g)	10.20							
Iron (mg)	3.73							
Calcium (mg)	388.4							
Vitamin A (IU)	6304							
Sugars (g)	35	22.17%			Missing			
Vitamin C (mg)	45.12							
Protein (g)	29.41	18.87%						
Carbohydrate (g)	89.88	57.68%						
Total Fat (g)	17.28	24.96%						
Saturated Fat (g)	4.45	6.42%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.13	0.18%			Missing			

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.