

Monday
Tuesday
Wednesday
Thursday
Friday

NONFAT YOGURT **1**
Granola /
Graham Crackers (PK)
Apples / Apple Sauce (PK)

WG Pancakes **2**
Hard Boiled Egg
100% Orange Juice
Syrup

WG Banana Bread **3**
Watermelon

WG Bagels **4**
Cream Cheese
Mixed Fruit Cup

NO SCHOOL
LABOR DAY

Cinnamon Toast **8**
Crunch Cereal
Apples

WG Blueberry Muffin **9**
100% Orange Juice

WG French Toast **10**
Turkey Breakfast Sausage
Pears / Pear Cup (PK)
Syrup

WG Grape Crescent Rolls **11**
Cantaloupe Melon

Cinnamon Toast **14**
Crunch Cereal
Apples

WG Bagels **15**
Cream Cheese
Pears / Pear Cup (PK)

WG Waffles **16**
Turkey Breakfast Sausage
Mixed Fruit Cup
Syrup

WG Banana Bread **17**
100% Orange Juice

Turkey Ham & Cheese **18**
English Muffin
Orange

Golden Graham **21**
Cereal
Orange

WG French Toast **22**
Turkey Breakfast Sausage
100% Orange Juice
Syrup

WG Apple Muffin **23**
Apples

Hard Boiled Egg **24**
WG Roll
Home Potatoes
Mixed Fruit Cup

NONFAT Yogurt **25**
Granola /
Graham Crackers (PK)
Pears / Pear Cup (PK)

Cinnamon Toast **28**
Crunch Cereal
Pears / Pear Cup (PK)

WG Bagels **29**
Cream Cheese
Orange

WG Mini Cinnamon Rolls **30**
100% Apple Juice

- 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

SEPTEMBER 2026

VEGETARIAN

Monday
Tuesday
Wednesday
Thursday
Friday

NONFAT YOGURT **1**
Granola /
Graham Crackers (PK)
Apples / Apple Sauce (PK)

WG Pancakes **2**
Hard Boiled Egg
100% Orange Juice
Syrup

WG Banana Bread **3**
Watermelon

WG Bagels **4**
Cream Cheese
Mixed Fruit Cup

NO SCHOOL
LABOR DAY **7**

Cinnamon Toast **8**
Crunch Cereal
Apples

WG Blueberry Muffin **9**
100% Orange Juice

WG French Toast **10**
Pears / Pear Cup (PK)
Syrup

WG Grape Crescent Rolls **11**
Cantaloupe Melon

Cinnamon Toast **14**
Crunch Cereal
Apples

WG Bagels **15**
Cream Cheese
Pears / Pear Cup (PK)

WG Waffles **16**
Mixed Fruit Cup
Syrup

WG Banana Bread **17**
100% Orange Juice

Cheese **18**
English Muffin
Orange

Golden Graham **21**
Cereal
Orange

WG French Toast **22**
100% Orange Juice
Syrup

WG Apple Muffin **23**
Apples

Hard Boiled Egg **24**
WG Roll
Home Potatoes
Mixed Fruit Cup

NONFAT Yogurt **25**
Granola /
Graham Crackers (PK)
Pears / Pear Cup (PK)

Cinnamon Toast **28**
Crunch Cereal
Pears / Pear Cup (PK)

WG Bagels **29**
Cream Cheese
Orange

WG Mini Cinnamon Rolls **30**
100% Apple Juice

- 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

SEPTEMBER 2026

GLUTEN FREE

Monday
Tuesday
Wednesday
Thursday
Friday

NONFAT YOGURT **1**
Apples / Apple Sauce (PK)

WG Pancakes **2**
Hard Boiled Egg
100% Orange Juice
Syrup

Rice Cereal **3**
Watermelon

UDIS GF Bagels **4**
Cream Cheese
Mixed Fruit Cup

NO SCHOOL
LABOR DAY

GF Plain Cheerios **8**
Cereal
Apples

Corn Cereal **9**
100% Orange Juice

VANS GF Waffle **10**
Turkey Breakfast Sausage
Pears / Pear Cup (PK)
Syrup

Apple Cinnamon Cheerios **11**
Cantaloupe Melon

Apple Cinnamon **14**
Cheerios
Apples

UDIS GF Bagels **15**
Cream Cheese
Pears / Pear Cup (PK)

VANS GF Waffles **16**
Turkey Breakfast Sausage
Mixed Fruit Cup
Syrup

Rice cereal **17**
100% Orange Juice

Vans GF Pancake **18**
Turkey Ham
Orange

GF Plain Cheerios **21**
Orange

VANS GF Waffle **22**
Turkey Breakfast Sausage
100% Orange Juice
Syrup

WG Apple Cinnamon **23**
Cheerios
Apples

Hard Boiled Egg **24**
Home Potatoes
Mixed Fruit Cup

NONFAT Yogurt **25**
Pears / Pear Cup (PK)

GF Plain **28**
Cheerios
Pears / Pear Cup (PK)

UDIS GF Bagels **29**
Cream Cheese
Orange

Corn Cereal **30**
100% Apple Juice

- 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

Aug 31, 2026 thru Sep 4, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/31/2026															
K-8 Breakfast	Total														
Cer/ Apple Cinnamon Cheerios 2	2 oz	200	0	260	4.00	5.40	180.0	0	0.0	12	6.0	44.0	4.0	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		392	7	379	9.43	5.60	453.1	639	8.79	40	14.10	82.46	5.34	0.75	0.00
% of Calories										41.3%	14.4%	84.2%	12.3%	1.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 09/01/2026															
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 Bar.	0.89 oz	90	0	55	1.00	0.50	110.0	0	0.0	6	2.0	19.0	1.5	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
Weighted Daily Average		365	12	232	6.32	0.75	476.9	715	11.39	50	13.95	74.97	3.01	0.77	0.00
% of Calories										54.7%	15.3%	82.1%	7.4%	1.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 09/02/2026															
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
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*
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 SMUCKERS	43grams	110	0	20	0.00	0.00	0.0	0	0.0	21	0.0	29.0	0.0	0.00	0.00
Weighted Daily Average		540	196	414	2.00	2.04	358.5	846	85.14	63	19.69	95.89	9.32	2.29	*0.00
% of Calories										46.6%	14.6%	71.0%	15.5%	3.8%	*0.0%
Nutrient Guideline		400-500		540										<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.

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

Aug 31, 2026 thru Sep 4, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	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)
Thu - 09/03/2026															
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
WATERMELON,CHUNKS	1 CUP	46	0	2	0.61	0.36	10.6	865	12.31	9	0.93	11.48	0.23	0.02	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		388	7	353	2.51	0.36	271.8	1459	13.45	44	13.28	66.58	9.01	2.16	0.00
% of Calories										45.0%	13.7%	68.7%	20.9%	5.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 09/04/2026															
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
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
Weighted Daily Average		432	27	468	3.96	1.56	620.2	594	55.13	44	15.49	71.76	7.67	4.71	0.00
% of Calories										41.0%	14.3%	66.4%	16.0%	9.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		423	50	369	4.84	2.06	436.1	851	34.78	48	15.30	78.33	6.87	2.14	*0.00
										102.6%	14.5%	74.0%	14.6%	4.5%	*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.

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

Aug 31, 2026 thru Sep 4, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

		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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	423		400 - 500	100%												
Cholesterol (mg)	50															
Sodium 1 (mg)	369		540	68%												
Fiber (g)	4.84															
Iron (mg)	2.06															
Calcium (mg)	436.1															
Vitamin A (IU)	851															
Sugars (g)	48	45.61%														
Vitamin C (mg)	34.78															
Protein (g)	15.30	14.46%														
Carbohydrate (g)	78.33	74.02%														
Total Fat (g)	6.87	14.61%														
Saturated Fat (g)	2.14	4.54%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			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
¹ - 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

Sep 7, 2026 thru Sep 11, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/07/2026															
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	

Tue - 09/08/2026															
K-8 Breakfast	Total														
Cer/Cinnamon Toast Crunch 2oz	2 oz	220	0	340	6.00	4.40	180.0	120	12.0	12	4.0	44.0	6.0	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
Weighted Daily Average		426	7	458	11.22	4.57	450.4	832	23.12	46	12.09	86.15	7.42	0.77	0.00
% of Calories										43.5%	11.4%	80.9%	15.7%	1.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 09/09/2026															
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
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
Weighted Daily Average		435	41	288	1.92	1.92	283.2	594	85.14	51	14.40	76.63	7.90	1.67	0.00
% of Calories										46.5%	13.2%	70.5%	16.3%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 09/10/2026															
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 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 SMUCKERS	43grams	110	0	20	0.00	0.00	0.0	0	0.0	21	0.0	29.0	0.0	0.00	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*
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Top Spanish Cafe & Catering

Sep 7, 2026 thru Sep 11, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		595	46	482	7.44	1.28	297.3	639	8.79	61	19.80	104.91	12.02	2.67	0.00
% of Calories										41.2%	13.3%	70.6%	18.2%	4.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 09/11/2026															
K-8 Breakfast	Total														
WG Filled Crescent Rolls	2.29 oz	209	0	246	1.90	1.90	0.0	0	0.0	9	4.74	33.18	5.69	0.95	0.00
Cantaloupe Melon BF 1C	1 cup	53	0	25	1.40	0.33	14.0	5276	57.25	12	1.31	12.73	0.3	0.08	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		348	7	385	3.22	2.15	275.2	5870	58.39	32	13.46	56.90	6.93	1.70	0.00
% of Calories										36.6%	15.5%	65.4%	17.9%	4.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		451	25	403	5.95	2.48	326.5	1984	43.86	47	14.94	81.15	8.57	1.70	0.00
										94.8%	13.3%	72.0%	17.1%	3.4%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	451		400 - 500	100%				
Cholesterol (mg)	25							
Sodium 1 (mg)	403		540	75%				
Fiber (g)	5.95							
Iron (mg)	2.48							
Calcium (mg)	326.5							
Vitamin A (IU)	1984							
Sugars (g)	47	42.14%						
Vitamin C (mg)	43.86							
Protein (g)	14.94	13.25%						
Carbohydrate (g)	81.15	72.00%						
Total Fat (g)	8.57	17.10%						
Saturated Fat (g)	1.70	3.40%	<10.00%					
Trans Fat ¹ (g)	0.00	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**
¹ - 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

Sep 14, 2026 thru Sep 18, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/14/2026															
K-8 Breakfast	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	170	3.00	2.20	90.0	60	6.0	6	2.0	22.0	3.0	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
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		328	8	305	8.34	2.63	379.9	820	17.41	41	10.61	66.15	4.66	0.85	0.00
% of Calories										50.3%	12.9%	80.8%	12.8%	2.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 09/15/2026															
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
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		393	27	470	7.47	1.88	636.2	639	8.79	34	14.13	66.87	7.92	4.75	0.00
% of Calories										34.2%	14.4%	68.0%	18.1%	10.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 09/16/2026															
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
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 SMUCKERS	43grams	110	0	20	0.00	0.00	0.0	0	0.0	21	0.0	29.0	0.0	0.00	0.00
Weighted Daily Average		489	40	336	2.00	1.06	289.9	594	55.13	62	17.33	84.86	7.93	2.16	0.00
% of Calories										50.9%	14.2%	69.4%	14.6%	4.0%	0.0%
Nutrient Guideline		400-500		540										<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.

Top Spanish Cafe & Catering

Sep 14, 2026 thru Sep 18, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	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)
Thu - 09/17/2026															
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% 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
Weighted Daily Average		442	7	382	1.90	0.00	261.1	594	85.14	54	14.35	79.10	8.78	2.13	0.00
% of Calories										49.1%	13.0%	71.6%	17.9%	4.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 09/18/2026															
K-8 Breakfast	Total														
Whole Grain English Muffin	2 oz	120	0	270	1.00	1.60	90.0	0	0.0	1	6.0	21.0	1.5	0.00	0.00
Turkey Ham 3oz (JO).	3.01 oz	110	55	480	0.00	0.70	0.0	0	0.0	0	14.0	1.0	5.0	1.50	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
Gluten Free Waffles	2.6 oz	200	0	220	5.00	1.00	50.0	0	0.0	3	2.0	34.0	7.0	0.50	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
American Cheese	1 oz	70	15	240	0.00	0.00	100.0	200	0.0	0	4.0	0.9	6.0	3.50	0.00
Weighted Daily Average		484	78	1131	4.48	2.52	544.9	1237	92.21	27	33.78	56.42	14.22	5.85	0.00
% of Calories										22.0%	27.9%	46.6%	26.4%	10.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average															
		427	32	525	4.84	1.62	422.4	777	51.74	44	18.04	70.68	8.70	3.15	0.00
										91.8%	16.9%	66.2%	18.3%	6.6%	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.

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

Sep 14, 2026 thru Sep 18, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

		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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	427		400 - 500	100%												
Cholesterol (mg)	32															
Sodium 1 (mg)	525		540	97%												
Fiber (g)	4.84															
Iron (mg)	1.62															
Calcium (mg)	422.4															
Vitamin A (IU)	777															
Sugars (g)	44	40.82%														
Vitamin C (mg)	51.74															
Protein (g)	18.04	16.89%														
Carbohydrate (g)	70.68	66.17%														
Total Fat (g)	8.70	18.33%														
Saturated Fat (g)	3.15	6.63%	<10.00%													
Trans Fat ¹ (g)	0.00	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*
¹ - 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

Sep 21, 2026 thru Sep 25, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/21/2026															
K-8 Breakfast	Total														
Cer/GOLDEN GRAHAMS 2oz	2 oz	220	0	480	4.00	3.60	180.0	0	0.0	12	4.0	46.0	2.0	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
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		393	8	605	7.33	3.75	519.9	1012	92.15	37	13.35	77.68	3.51	0.81	0.00
% of Calories										37.6%	13.6%	79.1%	8.0%	1.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 09/22/2026															
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 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 SMUCKERS	43grams	110	0	20	0.00	0.00	0.0	0	0.0	21	0.0	29.0	0.0	0.00	0.00
Weighted Daily Average		593	46	510	1.92	0.96	281.3	594	85.14	64	21.16	101.80	11.77	2.64	0.00
% of Calories										43.1%	14.3%	68.6%	17.9%	4.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 09/23/2026															
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
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 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		460	41	283	7.42	2.61	314.6	*769	*11.59	53	13.49	85.79	8.46	1.80	0.00
% of Calories										46.3%	11.7%	74.7%	16.6%	3.5%	0.0%
Nutrient Guideline		400-500		540										<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.

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

Sep 21, 2026 thru Sep 25, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	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)
Thu - 09/24/2026															
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	
Fri - 09/25/2026															
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 Bar.	0.89 oz	90	0	55	1.00	0.50	110.0	0	0.0	6	2.0	19.0	1.5	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
Weighted Daily Average		351	12	231	6.49	0.80	479.6	639	8.79	44	14.01	71.28	2.88	0.75	0.00
% of Calories										50.4%	16.0%	81.3%	7.4%	1.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average		457	59	399	5.64	2.07	381.8	*781	*52.61	48	16.47	82.95	7.18	1.71	*0.00
										95.1%	14.4%	72.6%	14.1%	3.4%	*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.

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

Sep 21, 2026 thru Sep 25, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

		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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	457		400 - 500	100%												
Cholesterol (mg)	59															
Sodium 1 (mg)	399		540	74%												
Fiber (g)	5.64															
Iron (mg)	2.07															
Calcium (mg)	381.8															
Vitamin A (IU)	781				Missing											
Sugars (g)	48	42.29%														
Vitamin C (mg)	52.61				Missing											
Protein (g)	16.47	14.42%														
Carbohydrate (g)	82.95	72.62%														
Total Fat (g)	7.18	14.14%														
Saturated Fat (g)	1.71	3.38%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			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*
¹ - 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

Sep 28, 2026 thru Oct 2, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/28/2026															
K-8 Breakfast	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	170	3.00	2.20	90.0	60	6.0	6	2.0	22.0	3.0	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
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	305	8.50	2.69	382.6	744	14.80	35	10.67	62.46	4.53	0.82	0.00
% of Calories										45.2%	13.6%	79.8%	13.0%	2.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 09/29/2026															
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
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		367	27	469	5.34	1.76	686.4	975	92.15	29	14.89	59.07	7.90	4.73	0.00
% of Calories										32.0%	16.2%	64.3%	19.4%	11.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 09/30/2026															
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
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		443	7	410	2.85	1.61	289.6	594	1.13	51	11.40	78.35	8.78	2.13	0.00
% of Calories										45.8%	10.3%	70.8%	17.8%	4.3%	0.0%
Nutrient Guideline		400-500		540										<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.

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

Sep 28, 2026 thru Oct 2, 2026

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

	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)
Thu - 10/01/2026															
K-8 Breakfast	Total														
Whole Grain English Muffin	2 oz	120	0	270	1.00	1.60	90.0	0	0.0	1	6.0	21.0	1.5	0.00	0.00
Turkey Ham 3oz (JO).	3.01 oz	110	55	480	0.00	0.70	0.0	0	0.0	0	14.0	1.0	5.0	1.50	0.00
FRUIT SALAD: 1C (MAG)	1 C	160	0	20	2.00	0.80	0.0	0	0.0	40	0.0	42.0	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 Waffles	2.6 oz	200	0	220	5.00	1.00	50.0	0	0.0	3	2.0	34.0	7.0	0.50	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
American Cheese	1 oz	70	15	240	0.00	0.00	100.0	200	0.0	0	4.0	0.9	6.0	3.50	0.00
Weighted Daily Average		569	78	1150	3.10	3.12	478.7	857	1.20	54	32.38	79.10	13.99	5.82	0.00
% of Calories										37.7%	22.8%	55.7%	22.1%	9.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 10/02/2026															
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	
Weighted Average															
		425	32	518	4.74	2.22	424.1	753	24.48	44	16.34	71.52	8.62	3.04	0.00
										93.8%	15.4%	67.3%	18.2%	6.4%	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.

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.

		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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	425		400 - 500	100%												
Cholesterol (mg)	32															
Sodium 1 (mg)	518		540	96%												
Fiber (g)	4.74															
Iron (mg)	2.22															
Calcium (mg)	424.1															
Vitamin A (IU)	753															
Sugars (g)	44	41.68%														
Vitamin C (mg)	24.48															
Protein (g)	16.34	15.37%														
Carbohydrate (g)	71.52	67.26%														
Total Fat (g)	8.62	18.24%														
Saturated Fat (g)	3.04	6.42%	<10.00%													
Trans Fat ¹ (g)	0.00	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*
¹ - 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.