

SEPTEMBER 2026

TOP SPANISH CATERING, INC



Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Eggroll **1**
Brown Rice
Broccoli
Bananas

Macaroni & **2**
Cheese with Chicken
Corn
Pears / Pear Cup (PK)

Turkey Breast **3**
Ham & Cheese Sandwich
Coleslaw
100% Grape Juice
Mayo

Cheese Pizza **4**
Carrots
Orange

NO SCHOOL
LABOR DAY

Chicken Patty **8**
WG Roll
Green Beans & Corn
100% Grape Juice

Ground Beef **9**
Spanish Rice
Pinto Beans
Apples

Turkey **10**
Hot Dog
Sweet Potatoes
Bananas

Turkey Bologna **11**
& Cheese Sandwich
Romaine,
Tomatoes/Carrots,
Peach

Chicken Nuggets **14**
WG Roll
Green Beans
100% Grape Juice

Turkey Sausage **15**
Jambalaya
Baked Beans
Bananas

Beef Taco **16**
Soft WG Flour Tortilla
Corn
Orange

Grilled Chicken & **17**
Green Salad
Corn Chips / WG Roll (PK)
Apple
Ranch

Cheeseburger **18**
Sweet Potatoes
Pear / Pear Cup (PK)
Ketchup & Mayo

Chicken Patty **21**
WG Roll
Carrots
Apples
Ketchup

Spanish Rice with **22**
Chicken
Corn
Pear / Pear Cup (PK)

Meatloaf with Gravy **23**
WG Roll
Mashed Potatoes & Green
Beans
Bananas

Cheese Ravioli **24**
Marinara Sauce
Broccoli
100% Apple Juice

Chicken & Cheese **25**
Quesadilla
Black Beans
Orange
Taco Sauce

Baked Glazed Chicken **28**
Drumstick /
Baked Chicken (PK), WG
Roll, Mixed Vegetables
Apples

Chicken Alfredo **29**
Broccoli
Bananas

Arroz con Queso **30**
(Rice and Beans with
Cheese)
Corn
Pears / Pear Cup (PK)

- 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

TOP SPANISH CATERING, INC



Monday

Tuesday

Wednesday

Thursday

Friday

Rice With
Vegetarian Meat
Broccoli
Bananas

1

Macaroni &
Cheese
Corn
Pears / Pear Cup (PK)

2

Tofu & Vegetable
Sandwich
Coleslaw
100% Grape Juice
Mayo

3

Cheese Pizza
Carrots
Orange

4

**NO SCHOOL
LABOR DAY**

7

Vegetarian Patty
WG Roll
Green Beans & Corn
100% Grape Juice

8

Spanish Rice with
Vegetarian Meat
Pinto Beans
Apples

9

Black Bean Patty
Hot Dog
Sweet Potatoes
Bananas

10

SunButter &
Jelly Sandwich
Romaine,
Tomatoes/Carrots,
Peach

11

Black Bean Patty
WG Roll
Green Beans
100% Grape Juice

14

Vegetarian Meat
Jambalaya
Baked Beans
Bananas

15

Vegetarian Meat
Taco
Soft WG Flour Tortilla
Corn
Orange

16

Grilled Tofu &
Green Salad
Corn Chips / WG Roll (PK)
Apple
Ranch

17

Vegetarian Patty
Burger
Sweet Potatoes
Pear / Pear Cup (PK)
Ketchup & Mayo

18

Vegetarian Patty
WG Roll
Carrots
Apples
Ketchup

21

Spanish Rice with
Vegetarian Meat
Corn
Pear / Pear Cup (PK)

22

Black Bean Patty
WG Roll
Mashed Potatoes & Green
Beans
Bananas

23

Cheese Ravioli
Marinara Sauce
Broccoli
100% Apple Juice

24

Cheese
Quesadilla
Black Beans
Orange
Taco Sauce

25

Vegetarian Chick/N
Nuggets
WG Roll,
Mixed Vegetables
Apples

28

Vegetarian Meat
Spaghetti
Broccoli
Bananas

29

Arroz con Queso
(Rice and Beans with
Cheese)
Corn
Pears / Pear Cup (PK)

30

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SEPTEMBER 2026

GLUTEN FREE

TOP SPANISH CATERING, INC



Monday

Tuesday

Wednesday

Thursday

Friday

Rice with
Vegetarian Meat
Broccoli
Bananas

1

Black Bean Patty
GF Bread
Corn
Pears / Pear Cup (PK)

2

GF Turkey Breast
Ham & Cheese Sandwich
Coleslaw
100% Grape Juice
Mayo

3

Cheese Pizza on GF
Bread Slice
Carrots
Orange

4

**NO SCHOOL
LABOR DAY**

7

Nonbreaded
Chicken, GF Bread
Green Beans & Corn
100% Grape Juice

8

Ground Beef
Spanish Rice
Pinto Beans
Apples

9

Turkey
Hot Dog
GF Bread
Sweet Potatoes
Bananas

10

GF Turkey Bologna
& Cheese Sandwich
Romaine,
Tomatoes/Carrots,
Peach

11

Nonbreaded Chicken
GF Bread
Green Beans
100% Grape Juice

14

Turkey Sausage
Jambalaya
Baked Beans
Bananas

15

Beef Taco
GF Corn Tortilla
Corn
Orange

16

Grilled Chicken &
Green Salad
Corn Chips / GF Bread (PK)
Apple
Ranch

17

GF Cheeseburger
Sweet Potatoes
Pear / Pear Cup (PK)
Ketchup & Mayo

18

Nonbreaded Chicken
GF Bread
Carrots
Apples
Ketchup

21

Spanish Rice with
Chicken
Corn
Pear / Pear Cup (PK)

22

Meatloaf with Gravy
Mashed Potatoes & Green
Beans
Bananas

23

Rice & Vegetarian
Meat
Marinara Sauce
Broccoli
100% Apple Juice

24

GF Corn Tortilla
Quesadilla
Black Beans
Orange
Taco Sauce

25

Baked Glazed Chicken
Drumstick /
Baked Chicken (PK), GF
Bread, Mixed Vegetables
Apples

28

Rice and Vegetarian
Meat
Marinara Sauce
Broccoli
Bananas

29

Arroz con Queso
(Rice and Beans with
Cheese)
Corn
Pears / Pear Cup (PK)

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.

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Top Spanish Cafe & Catering

Aug 31, 2026 thru Sep 4, 2026

Base Menu Spreadsheet

K-8 Lunch

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 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	

Tue - 09/01/2026															
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
BROCCOLI: fresh, boiled	3/4 cup	55	0		5.15	1.05	62.4	2415	101.24	2	3.71	11.2	0.64	0.12	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		684	36	594	16.27	4.15	396.8	3599	127.97	45	23.65	130.70	9.15	2.66	0.00
% of Calories										26.4%	13.8%	76.4%	12.0%	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*
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Top Spanish Cafe & Catering

Aug 31, 2026 thru Sep 4, 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)	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 - 09/02/2026															
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
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
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		641	65	947	10.69	1.19	669.4	1436	14.46	41	33.96	96.06	15.31	7.99	0.00
% of Calories										25.9%	21.2%	60.0%	21.5%	11.2%	0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 09/03/2026															
K-8 Lunch	Total														
Turkey Breast HS	3 oz	110	45		0.00	0.36	0.0	0	0.0	0	17.0	0.0	4.5	1.50	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
Creamy Cole Slaw	3/4 cup	99	9		2.99	0.90	57.0	3015	33.3	0	1.79	13.55	4.89	0.77	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
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
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
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		603	60	1009	5.91	3.21	368.1	3650	34.45	32	30.26	69.64	22.09	4.51	0.00
% of Calories										21.2%	20.1%	46.2%	33.0%	6.7%	0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Aug 31, 2026 thru Sep 4, 2026

Base Menu Spreadsheet

K-8 Lunch

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)
Fri - 09/04/2026															
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
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
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		628	48	1461	10.08	3.32	827.5	28301	118.76	42	31.40	86.57	20.37	7.36	0.00
% of Calories										26.7%	20.0%	55.2%	29.2%	10.6%	0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		628	61		10.72	3.11	522.3	7537	60.63	41	30.50	94.33	15.48	5.06	0.00
										58.6%	19.4%	60.1%	22.2%	7.3%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	628		600 - 650	100%				
Cholesterol (mg)	61							
Sodium 1a (mg)	1086		1110	98%				
Fiber (g)	10.72							
Iron (mg)	3.11							
Calcium (mg)	522.3							
Vitamin A (IU)	7537							
Sugars (g)	41	26.06%						
Vitamin C (mg)	60.63							
Protein (g)	30.50	19.44%						
Carbohydrate (g)	94.33	60.11%						
Total Fat (g)	15.48	22.20%						
Saturated Fat (g)	5.06	7.26%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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Top Spanish Cafe & Catering

Sep 7, 2026 thru Sep 11, 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)	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 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 - 09/08/2026															
K-8 Lunch	Total														
*Chicken Patty-3.15	3.15 OZ	240	45		1.00	1.00	14.0	0	0.0	1	19.0	10.0	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
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
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
Weighted Daily Average		685	52	1027	10.41	4.01	368.2	963	7.50	*32	37.42	96.39	17.01	4.03	*0.00
% of Calories										*18.7%	21.9%	56.3%	22.4%	5.3%	*0.0%
Nutrient Guideline		600-650												<10.00	

Wed - 09/09/2026															
K-8 Lunch	Total														
GROUND BEEF &SPANISH RICE	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
k-8															
Pinto Beans 3/4C	3/4 C	157	0		6.54	2.62	55.0	0	0.0	1	9.16	27.48	0.0	0.00	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
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
Weighted Daily Average		750	63	850	15.04	6.37	382.5	1102	22.54	*38	36.18	110.50	16.04	5.64	*0.71
% of Calories										*20.4%	19.3%	59.0%	19.3%	6.8%	*0.8%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Sep 7, 2026 thru Sep 11, 2026

Base Menu Spreadsheet

K-8 Lunch

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 - 09/10/2026															
K-8 Lunch	Total														
Hot Dog-Turkey Frank	2 oz	140	50		0.00	0.72	60.0	0	0.0	1	6.0	1.0	11.0	3.50	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
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
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, 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		630	56	774	11.93	3.31	433.1	33650	45.02	42	25.06	103.07	14.70	4.40	0.00
% of Calories										26.4%	15.9%	65.4%	21.0%	6.3%	0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 09/11/2026															
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
PEACHES,FRESH K-5 B	1 cup	59	0		2.25	0.38	9.0	489	9.9	13	1.37	14.31	0.38	0.03	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 & CARROTS	3/4 C	27	0		1.85	0.33	18.1	5344	13.05	*1	1.05	6.16	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
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
Weighted Daily Average		456	47	900	8.11	3.93	389.4	10552	26.03	*29	21.02	62.19	14.65	3.36	*0.00
% of Calories										*25.2%	18.4%	54.5%	28.9%	6.6%	*0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		630	54		11.37	4.41	393.3	11567	25.27	*35	29.92	93.04	15.60	4.36	*0.18
										*50.1%	19.0%	59.1%	22.3%	6.2%	*0.3%

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Top Spanish Cafe & Catering

Sep 7, 2026 thru Sep 11, 2026

Base Menu Spreadsheet

K-8 Lunch

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	630		600 - 650	100%												
Cholesterol (mg)	54															
Sodium 1a (mg)	888		1110	80%												
Fiber (g)	11.37															
Iron (mg)	4.41															
Calcium (mg)	393.3															
Vitamin A (IU)	11567															
Sugars (g)	35	22.28%			Missing											
Vitamin C (mg)	25.27															
Protein (g)	29.92	18.99%														
Carbohydrate (g)	93.04	59.06%														
Total Fat (g)	15.60	22.28%														
Saturated Fat (g)	4.36	6.22%	<10.00%													
Trans Fat ¹ (g)	0.18	0.25%			Missing											

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Top Spanish Cafe & Catering

Sep 14, 2026 thru Sep 18, 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)	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 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
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
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, 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
Weighted Daily Average		598	37	952	7.30	4.20	423.9	1077	5.64	33	30.55	77.99	16.27	3.27	0.00
% of Calories										22.1%	20.4%	52.2%	24.5%	4.9%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 09/15/2026															
K-8 Lunch	Total														
Turkey Sausage Jambalaya HS	10 oz	418	52		3.31	1.99	26.7	140	22.13	*5	14.89	56.56	14.59	3.27	*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
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 Jambalaya	6 oz	583	0		14.37	8.79	169.5	864	125.46	*5	18.61	114.29	8.47	1.61	*0.00
Weighted Daily Average		713	58	1003	11.89	3.88	322.1	825	36.11	*38	27.76	116.87	16.01	4.07	*0.00
% of Calories										*21.5%	15.6%	65.6%	20.2%	5.1%	*0.0%
Nutrient Guideline		600-650												<10.00	

Wed - 09/16/2026															
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
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
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

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Top Spanish Cafe & Catering

Sep 14, 2026 thru Sep 18, 2026

Base Menu Spreadsheet

K-8 Lunch

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 % of Calories		622	60	556	10.60	4.63	480.1	1640	99.29	*30 *19.2%	32.70 21.0%	87.44 56.2%	18.35 26.5%	6.58 9.5%	*0.67 *1.0%
Nutrient Guideline		600-650												<10.00	

Thu - 09/17/2026															
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
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
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 % of Calories		551	66	1248	7.53	1.84	401.3	5733	30.81	*30 *21.7%	31.53 22.9%	73.33 53.2%	14.85 24.3%	2.57 4.2%	*0.00 *0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 09/18/2026															
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
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 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
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 % of Calories		726	50	833	14.28	4.52	371.4	33365	42.45	41 22.6%	26.59 14.6%	102.45 56.4%	25.19 31.2%	8.03 10.0%	0.48 0.6%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Sep 14, 2026 thru Sep 18, 2026

Base Menu Spreadsheet

K-8 Lunch

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 Average		642	54		10.32	3.81	399.8	8528	42.86	*34 *48.3%	29.83 18.6%	91.61 57.1%	18.13 25.4%	4.90 6.9%	*0.23 *0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	642		600 - 650	100%				
Cholesterol (mg)	54							
Sodium 1a (mg)	918		1110	83%				
Fiber (g)	10.32							
Iron (mg)	3.81							
Calcium (mg)	399.8							
Vitamin A (IU)	8528							
Sugars (g)	34	21.45%			Missing			
Vitamin C (mg)	42.86							
Protein (g)	29.83	18.58%						
Carbohydrate (g)	91.61	57.07%						
Total Fat (g)	18.13	25.42%						
Saturated Fat (g)	4.90	6.87%	<10.00%					
Trans Fat ¹ (g)	0.23	0.32%			Missing			

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Top Spanish Cafe & Catering

Sep 21, 2026 thru Sep 25, 2026

Base Menu Spreadsheet

K-8 Lunch

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 Lunch	Total														
*Chicken Patty-3.15	3.15 OZ	240	45		1.00	1.00	14.0	0	0.0	1	19.0	10.0	13.0	3.00	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
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	116	0		5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	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		637	52	829	12.00	3.19	379.5	21190	15.73	43	32.49	91.68	15.81	3.85	0.00
% of Calories										27.2%	20.4%	57.5%	22.3%	5.4%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 09/22/2026															
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
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
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, 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
Weighted Daily Average		597	62	436	10.54	4.07	316.7	1246	27.35	*35	34.77	100.27	8.05	2.53	*0.00
% of Calories										*23.1%	23.3%	67.2%	12.1%	3.8%	*0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Sep 21, 2026 thru Sep 25, 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)	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 - 09/23/2026															
K-8 Lunch	Total														
Meatloaf 3oz	2 oz	180	35		1.00	1.80	20.0	200	3.6	5	12.0	8.0	11.0	4.50	0.50
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
Mashed Potatoes-HR k-8 Side	1/2 cup	87	2		1.58	0.28	25.2	28	6.51	2	2.01	18.45	0.6	0.32	*N/A*
GREEN BEANS: frozen,boiled 1/2	1/2 C	19	0		2.03	0.45	28.4	283	2.77	1	1.01	4.35	0.11	0.03	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, 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
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
Weighted Daily Average		620	43	1280	9.81	4.32	396.9	1209	24.18	35	28.37	96.03	14.20	5.64	*0.48
% of Calories										22.7%	18.3%	61.9%	20.6%	8.2%	*0.7%
Nutrient Guideline		600-650												<10.00	

Thu - 09/24/2026															
K-8 Lunch	Total														
Cheese Ravioli	3.7 oz	180	55		2.00	1.60	120.0	0	0.0	2	14.0	23.0	3.5	1.50	0.00
Marinara Sauce 1/2C (F)	1/2 C	50	0		2.00	1.44	20.0	500	0.0	6	1.0	10.0	1.0	0.00	0.00
Broccoli Florets, Raw	3/4 C	22	0		1.72	0.48	31.0	411	58.87	*N/A*	1.86	4.38	0.24	0.03	*N/A*
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
Vegetarian Meat Pasta.	6 oz	559	0		17.61	7.81	61.5	500	0.0	11	24.86	104.09	7.5	0.69	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		414	62	696	5.76	3.54	446.6	1541	60.02	*33	24.89	64.62	6.05	2.30	*0.00
% of Calories										*31.9%	24.1%	62.5%	13.1%	5.0%	*0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Sep 21, 2026 thru Sep 25, 2026

Base Menu Spreadsheet

K-8 Lunch

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)
Fri - 09/25/2026															
K-8 Lunch	Total														
Chicken and Cheese Quesadilla	4 oz	382	63		4.00	2.45	360.5	0	0.0	1	27.06	36.8	14.96	5.70	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
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
Cheese Quesadilla.	5 oz	443	61		4.00	1.98	761.4	0	0.0	3	27.26	40.07	23.22	10.61	0.00
Taco Sauce.	100grams	54	0		1.30	1.03	15.0	536	23.5	*N/A*	1.16	13.08	0.32	0.04	*N/A*
Weighted Daily Average		743	70	1835	15.23	4.98	775.7	1541	115.71	*27	45.47	105.80	16.89	6.60	*0.00
% of Calories										*14.8%	24.5%	56.9%	20.5%	8.0%	*0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		602	58		10.67	4.02	463.1	5346	48.60	*35	33.20	91.68	12.20	4.18	*0.10
										*51.8%	22.0%	60.9%	18.2%	6.2%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	602		600 - 650	100%				
Cholesterol (mg)	58							
Sodium 1a (mg)	1015		1110	91%				
Fiber (g)	10.67							
Iron (mg)	4.02							
Calcium (mg)	463.1							
Vitamin A (IU)	5346							
Sugars (g)	35	23.04%			Missing			
Vitamin C (mg)	48.60							
Protein (g)	33.20	22.04%						
Carbohydrate (g)	91.68	60.87%						
Total Fat (g)	12.20	18.23%						
Saturated Fat (g)	4.18	6.25%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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Top Spanish Cafe & Catering

Sep 28, 2026 thru Oct 2, 2026

Base Menu Spreadsheet

K-8 Lunch

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 Lunch	Total														
Baked Glazed Chicken Drumstick	3.2 oz	150	90		0.00	0.60	0.0	0	0.0	1	17.0	2.0	8.0	2.00	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
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
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
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 Chick'N Nuggets	3oz (4piece	170	0		3.00	2.20	40.0	0	0.0	2	12.0	18.0	8.0	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
Weighted Daily Average		492	94	678	10.45	2.75	320.0	6542	11.87	33	31.02	66.62	11.23	2.82	0.00
% of Calories										26.6%	25.2%	54.2%	20.5%	5.2%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 09/29/2026															
K-8 Lunch	Total														
Chicken Alfredo Pasta K-5	1 C	376	79		4.48	1.57	192.5	0	0.0	3	22.76	32.66	18.47	10.05	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
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, 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
Vegetarian Spaghetti K-8	6 oz	245	0		11.18	4.08	64.1	1003	4.79	*0	14.83	45.69	3.01	0.11	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		595	81	681	11.97	2.83	461.1	2047	66.60	*29	34.58	78.24	19.22	10.30	0.00
% of Calories										*19.4%	23.2%	52.6%	29.0%	15.6%	0.0%
Nutrient Guideline		600-650												<10.00	

Wed - 09/30/2026															
K-8 Lunch	Total														
Rice and Beans..	1/2 Cup	315	0		5.85	1.75	31.6	93	16.73	*2	2.89	62.93	2.91	0.11	*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
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
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
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

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Top Spanish Cafe & Catering

Sep 28, 2026 thru Oct 2, 2026

Base Menu Spreadsheet

K-8 Lunch

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		697	28	385	14.39	2.65	527.5	1030	29.72	*36	21.91	128.96	11.35	4.11	*0.00
% of Calories										*20.7%	12.6%	74.1%	14.7%	5.3%	*0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 10/01/2026															
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
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% 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, 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
Weighted Daily Average		610	37	1020	7.66	3.89	414.5	21064	5.53	35	29.85	80.88	16.30	3.26	0.00
% of Calories										23.1%	19.6%	53.0%	24.0%	4.8%	0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 10/02/2026															
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
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
Weighted Daily Average		696	60	398	13.78	3.73	430.7	1378	94.67	*28	35.39	86.37	22.47	6.24	*0.67
% of Calories										*16.2%	20.3%	49.6%	29.0%	8.1%	*0.9%
Nutrient Guideline		600-650												<10.00	

Weighted Average		618	60		11.65	3.17	430.7	6412	41.68	*32	30.55	88.21	16.11	5.35	*0.13
										*46.9%	19.8%	57.1%	23.5%	7.8%	*0.2%

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Top Spanish Cafe & Catering

Sep 28, 2026 thru Oct 2, 2026

Base Menu Spreadsheet

K-8 Lunch

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	618		600 - 650	100%												
Cholesterol (mg)	60															
Sodium 1a (mg)	633		1110	57%												
Fiber (g)	11.65															
Iron (mg)	3.17															
Calcium (mg)	430.7															
Vitamin A (IU)	6412															
Sugars (g)	32	20.83%			Missing											
Vitamin C (mg)	41.68															
Protein (g)	30.55	19.78%														
Carbohydrate (g)	88.21	57.10%														
Total Fat (g)	16.11	23.47%														
Saturated Fat (g)	5.35	7.79%	<10.00%													
Trans Fat ¹ (g)	0.13	0.20%			Missing											

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