NOVEMBER 2026

TOP SPANISH CATERING, INC

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Glazed Drumstick PK: Baked Chicken WG Roll; Mixed Vegetables Apples	3 Chicken Taco WG Flour Tortilla Pinto Bean Orange	4 Turkey Hot Dog PK: Sliced Turkey Hot Dog Sweet Potatoes Bananas	5 Chicken Alfredo Pasta Broccoli 100% Apple Juice	6 Salisbury Steak Brown Rice Corn Pears PK: Diced Pear Cup
9 Chicken Patty Sandwich Green Beans & Carrots Apples	10 Spanish Rice with Chicken Pinto Beans Bananas	11 **NO SCHOOL** *Veteran's Day*	12 Chicken Nuggets WG Roll Corn Pears PK: Diced Pear Cup	13 Ground Beef Macaroni Broccoli Orange
16 Hamburger Potatoes Apples	17 Chicken Corndog Nuggets PK: Chicken Nuggets & Roll Baked Beans Orange	18 Cheese Pizza Broccoli Bananas	19 Grilled Chicken Green Salad Corn Chips PK: WG Roll 100% Apple Juice; Ranch	20 Beef Stew with Mixed Vegetables Brown Rice Pears PK: Diced Pear Cup
23 Macaroni & Cheese Broccoli Orange	24 Roasted Turkey With Gravy Mashed Potatoes Corn Chip/ PK: WG Roll Pears / PK: Diced Pear Cup	25 **NO SCHOOL**	26 **NO SCHOOL**	27 **NO SCHOOL**
30 Baked Glazed Drumstick PK: Baked Chicken WG Roll; Mixed Vegetables Apples				

- 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 CATERING, INC

NOVEMBER 2026
VEGETARIAN

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 Morning Star Vegetarian Chick'N Nuggets WG Roll; Mixed Vegetables; Apples	3 Vegetarian Meat Taco WG Flour Tortilla Pinto Bean Orange	4 Black Bean Patty Hot Dog Roll Sweet Potatoes Bananas	5 Vegetarian Meat Spaghetti with Tomato Sauce Broccoli 100% Apple Juice	6 Rice and Beans Corn Pears PK: Diced Pear Cup
9 Vegetarian Patty Sandwich Green Beans & Carrots Apples	10 Spanish Rice with Vegetarian Meat Pinto Beans Bananas	11 **NO SCHOOL** *Veteran's Day*	12 Black Bean Patty WG Roll Corn Pears PK: Diced Pear Cup	13 Macaroni & Cheese Broccoli Orange
16 Vegetarian Patty Sandwich Potatoes Apples	17 Black Bean Patty WG Roll Baked Beans Orange	18 Cheese Pizza Broccoli Bananas	19 Grilled Tofu Green Salad Corn Chips PK: WG Roll 100% Apple Juice; Ranch	20 Mixed Vegetables Brown Rice with Vegetarian Meat Pears PK: Diced Pear Cup
23 Macaroni & Cheese Broccoli Orange	24 Vegetarian Patty Mashed Potatoes Corn Chip/ PK: WG Roll Pears / PK: Diced Pear Cup	25 **NO SCHOOL**	26 **NO SCHOOL**	27 **NO SCHOOL**
30 Morning Star Vegetarian Chick'N Nuggets WG Roll; Mixed Vegetables; Apples				



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- Daily fruit offered might change depending on availability.

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TOP SPANISH CATERING, INC

NOVEMBER 2026
GLUTEN FREE

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Glazed Drumstick PK: Baked Chicken UDIS GF Bread; Mixed Vegetables Apples	3 Chicken Taco Soft GF Corn Tortilla Pinto Bean Orange	4 Turkey Hot Dog PK: Sliced Turkey Hot Dog GF Bread Sweet Potatoes Bananas	5 Chicken and GF Rice Broccoli 100% Apple Juice	6 Salisbury Steak GF Rice Corn Pears PK: Diced Pear Cup
9 Nonbreaded Chicken GF Bread Green Beans & Carrots Apples	10 Spanish Rice with Chicken Pinto Beans Bananas	11 **NO SCHOOL** *Veteran's Day*	12 Nonbreaded Chicken GF Bread Corn Pears PK: Diced Pear Cup	13 Ground Beef GF Rice Broccoli Orange
16 Hamburger on GF Bread Potatoes Apples	17 Nonbreaded Chicken GF Bread Baked Beans Orange	18 Cheese Pizza on GF Bread Slice Broccoli Bananas	19 Grilled Chicken Green Salad Corn Chips PK: GF Bread 100% Apple Juice; Ranch	20 Beef Stew with Mixed Vegetables GF Rice Pears PK: Diced Pear Cup
23 GF Rice and Cheese Broccoli Orange	24 Roasted Turkey GF Mashed Potatoes Corn Chip/ PK: GF Bread Pears / PK: Diced Pear Cup	25 **NO SCHOOL**	26 **NO SCHOOL**	27 **NO SCHOOL**
30 Baked Glazed Drumstick PK: Baked Chicken UDIS GF Bread; Mixed Vegetables Apples				



- 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

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Generated on: 10/26/2026 1:13:38 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[1] (g)
Mon - 11/02/2026															
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 - 11/03/2026															
K-8 Lunch	Total														
Chicken for TACOs 4oz.	4 oz	200	76		1.17	1.73	15.8	506	4.02	*2	25.82	6.03	7.17	2.11	*0.00
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
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
Weighted Daily Average		687	81	1154	14.44	6.15	525.6	1566	96.26	*28	48.56	92.63	12.58	4.01	*0.00
% of Calories										*16.3%	28.3%	53.9%	16.5%	5.3%	*0.0%
Nutrient Guideline		600-650												<10.00	

N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
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[1] - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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 - 11/04/2026															
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	
Thu - 11/05/2026															
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
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
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		550	81	695	8.90	2.52	455.2	1971	56.33	*27	33.29	65.29	18.83	10.17	0.00
% of Calories										*19.9%	24.2%	47.4%	30.8%	16.6%	0.0%
Nutrient Guideline		600-650												<10.00	
Fri - 11/06/2026															
K-8 Lunch	Total														
Salisbury Steak (AP)	2.14 oz	140	30		1.00	1.08	20.0	0	1.16	1	10.0	3.0	10.0	4.00	0.00
BROWN RICE 1/2C	1/2 C	170	0		2.00	0.72	4.4	0	0.0	0	0.0	35.0	1.5	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
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 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
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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	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		618	37	381	11.77	2.74	320.6	939	15.10	*34	21.78	104.28	13.65	4.83	*0.00
% of Calories										*22.3%	14.1%	67.5%	19.9%	7.0%	*0.0%
Nutrient Guideline		600-650												<10.00	
Mon - 11/09/2026															
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 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
Green Beans & CARROTS: HS	1 Cup	46	0		4.33	0.86	56.3	13594	5.6	*3	1.6	10.73	0.25	0.05	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		642	52	790	13.73	4.14	370.8	14344	17.00	*43	33.19	93.55	16.34	3.86	0.00
% of Calories										*26.7%	20.7%	58.3%	22.9%	5.4%	0.0%
Nutrient Guideline		600-650												<10.00	
Tue - 11/10/2026															
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
Pinto Beans 1/2C	1/2 C	105	0		4.36	1.74	36.6	0	0.0	1	6.11	18.32	0.0	0.00	0.00
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
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		598	62	748	9.28	5.18	339.3	1014	25.34	*28	38.15	92.96	7.31	2.49	*0.00
% of Calories										*19.0%	25.5%	62.1%	11.0%	3.7%	*0.0%
Nutrient Guideline		600-650												<10.00	

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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 - 11/11/2026															
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	
Thu - 11/12/2026															
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
PEARS,FRESH 1/2C.	1/2 cup	84	0		4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
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		679	37	938	11.82	4.37	375.8	924	12.19	32	32.84	101.04	17.17	3.39	0.00
% of Calories										18.6%	19.3%	59.5%	22.8%	4.5%	0.0%
Nutrient Guideline		600-650												<10.00	
Fri - 11/13/2026															
K-8 Lunch	Total														
GROUND BEEF & MACARONI 3/4 .cup	3/4 CUP	285	52		2.19	3.38	47.1	666	8.15	*3	19.23	24.38	12.21	4.51	*0.66
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
Orange Navel K-8	1/2 Cup	75	0		3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		492	59	550	9.69	4.37	423.1	3036	155.54	*30	32.36	63.28	13.64	5.22	*0.65
% of Calories										*24.0%	26.3%	51.5%	25.0%	9.6%	*1.2%
Nutrient Guideline		600-650												<10.00	

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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 - 11/16/2026															
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
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
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
Vegetarian Patty.	2.5 oz	140	0		3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		678	42	523	10.40	3.88	336.7	758	11.46	39	25.80	105.12	20.14	5.79	0.49
% of Calories										23.2%	15.2%	62.0%	26.7%	7.7%	0.7%
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[1] (g)
Tue - 11/17/2026															
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
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
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		575	57	802	11.66	3.21	389.1	1010	92.17	39	27.33	77.77	17.35	4.26	0.00
% of Calories										27.1%	19.0%	54.1%	27.2%	6.7%	0.0%
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[1] (g)
Wed - 11/18/2026															
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
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
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
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

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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)
Weighted Daily Average		649	48	1395	9.24	3.75	789.9	2871	87.80	41	35.00	89.73	20.57	7.51	0.00
% of Calories										25.1%	21.6%	55.3%	28.5%	10.4%	0.0%
Nutrient Guideline		600-650												<10.00	
Thu - 11/19/2026															
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	1 oz	80	0		0.50	0.10	15.0	0	0.0	0	1.0	8.0	5.0	0.75	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
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
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		459	66	1177	3.72	1.57	378.0	5659	24.46	*29	30.17	60.28	9.61	1.78	*0.00
% of Calories										*24.9%	26.3%	52.5%	18.8%	3.5%	*0.0%
Nutrient Guideline		600-650												<10.00	
Fri - 11/20/2026															
K-8 Lunch	Total														
BEEF STEW	4 oz	382	18		12.37	5.57	252.4	33134	30.5	*12	13.03	58.11	12.24	2.74	*0.00
BROWN RICE 1/2C	1/2 C	170	0		2.00	0.72	4.4	0	0.0	0	0.0	35.0	1.5	0.00	0.00
MIXED VEG. :frozen,boiled	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
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
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		835	25	1326	25.58	7.62	574.8	38290	42.87	*45	25.94	149.36	15.35	3.53	*0.00
% of Calories										*21.7%	12.4%	71.5%	16.5%	3.8%	*0.0%
Nutrient Guideline		600-650												<10.00	

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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 - 11/23/2026															
K-8 Lunch	Total														
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
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
Orange Navel	1 Cup	75	0		3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Macaroni and Cheese	6 oz	290	30		2.00	1.08	420.0	800	0.0	6	17.0	31.0	11.0	6.00	0.00
Soy Milk	8 oz	110	0		2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		505	38	1128	9.54	2.13	809.3	3206	147.55	33	30.73	70.77	12.67	6.81	0.00
% of Calories										26.3%	24.3%	56.1%	22.6%	12.1%	0.0%
Nutrient Guideline		600-650												<10.00	
Tue - 11/24/2026															
K-8 Lunch	Total														
Roasted Turkey HS	3 oz	237	139		0.21	1.64	25.7	33	0.45	*0	39.63	0.59	7.31	1.85	*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
Mashed Potatoes.	1/4 cup	44	1		0.79	0.14	12.6	14	3.26	1	1.0	9.22	0.3	0.16	*N/A*
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
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
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		669	143	674	10.85	3.01	405.8	1172	16.93	*32	52.06	73.08	19.33	4.35	*0.00
% of Calories										*19.3%	31.1%	43.7%	26.0%	5.9%	*0.0%
Nutrient Guideline		600-650												<10.00	
Wed - 11/25/2026															
K-8 Lunch	Total														
NO SCHOOL TODAY	SERVING	0	0		0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650												<10.00	

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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)
Thu - 11/26/2026															
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	
Fri - 11/27/2026															
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	
Mon - 11/30/2026															
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	
Weighted Average		603	63		11.38	3.73	445.1	7264	51.16	*35	32.61	86.79	14.81	4.59	*0.07
										*51.6%	21.6%	57.6%	22.1%	6.9%	*0.1%

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Nutrient	Menu AVG	Portion Size % of Cals	Cals (kcal) Weekly Target	Cholst (mg) % of Target	Sodm (mg)	Fiber (g) Miss Data	Iron (mg) Shortfall	Calcm (mg)	Vit-A (IU) Overage	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g) Error Messages (if any)
Calories	603		600 - 650		100%											
Cholesterol (mg)	63															
Sodium 1a (mg)	848		1110		76%											
Fiber (g)	11.38															
Iron (mg)	3.73															
Calcium (mg)	445.1															
Vitamin A (IU)	7264															
Sugars (g)	35	22.92%				Missing										
Vitamin C (mg)	51.16															
Protein (g)	32.61	21.63%														
Carbohydrate (g)	86.79	57.57%														
Total Fat (g)	14.81	22.10%														
Saturated Fat (g)	4.59	6.85%	<10.00%													
Trans Fat[1] (g)	0.07	0.10%				Missing										

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