

OCTOBER 2026

TOP SPANISH CATERING, INC

BREAKFAST

Monday

SEPTEMBER 28

Cinnamon Toast Crunch
Cereal
Pears / Pear Cup (PK)

Cinnamon Toast Crunch Cereal
Pears / Pear Cup (PK) **5**

NO SCHOOL **12**

Cinnamon Toast Crunch Cereal
Pears / Pear Cup (PK) **19**

Cinnamon Toast Crunch Cereal
Orange **26**

Tuesday

SEPTEMBER 29

WG Bagels
Cream Cheese
Orange

WG Bagels Cream Cheese
100% Orange Juice **6**

Cinnamon Toast Crunch Cereal
Apples **13**

WG French Toast Turkey Breakfast Sausage
Cantaloupe Melon Syrup **20**

WG Bagels Cream Cheese
100% Orange Juice **27**

Wednesday

SEPTEMBER 30

Grape Filled Crescent Rolls
100% Apple Juice

WG French Toast Turkey Breakfast Sausage Link
Cantaloupe Melon Syrup **7**

WG Blueberry Muffin
100% Orange Juice **14**

WG Banana Bread
100% Orange Juice **21**

WG Pancakes Turkey Sausage Patty
Apples Syrup **28**

Thursday

WG English Muffin With Turkey Ham and Cheese
Mixed Fruit Cup **1**

WG Apple Muffin Apples **8**

WG Waffles Turkey Breakfast Sausage
Mixed Fruit Cup Syrup **15**

Mini Cinnis Cinnamon Rolls
Apples **22**

WG Banana Bread Loaf
Pears **29**

Friday

WG Blueberry Muffin Apples **2**

Grape Filled Crescent Rolls
Orange **9**

WG Bagels Cream Cheese
Orange **16**

Hard Boiled Egg Home Potatoes
Wg Roll Orange **23**

Nonfat Yogurt Granola Bar
Mixed Fruit Cup **30**

- All menus served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
- Daily fruit offered might change depending on availability.

This institution is an equal opportunity provider

OCTOBER 2026 VEGETARIAN

TOP SPANISH CATERING, INC



Monday

SEPTEMBER 28

Cinnamon Toast Crunch
Cereal
Pears / Pear Cup (PK)

Tuesday

SEPTEMBER 29

WG Bagels
Cream Cheese
Orange

Wednesday

SEPTEMBER 30

Grape Filled Crescent
Rolls
100% Apple Juice

Thursday

WG English Muffin **1**
With Cheese
Mixed Fruit Cup

Friday

WG Blueberry Muffin **2**
Apples

Cinnamon Toast **5**
Crunch Cereal
Pears / Pear Cup (PK)

WG Bagels **6**
Cream Cheese
100% Orange Juice

WG French Toast **7**
Cantaloupe Melon
Syrup

WG Apple Muffin **8**
Apples

Grape Filled **9**
Crescent Rolls
Orange

NO SCHOOL **12**

Cinnamon Toast Crun **13**
Cereal
Apples

WG Blueberry **14**
Muffin
100% Orange Juice

WG Waffles **15**
Mixed Fruit Cup
Syrup

WG Bagels **16**
Cream Cheese
Orange

Cinnamon Toast Crun **19**
Cereal
Pears / Pear Cup (PK)

WG French Toast **20**
Cantaloupe Melon
Syrup

WG Banana Bread **21**
100% Orange Juice

Mini Cinnis **22**
Cinnamon Rolls
Apples

Hard Boiled Egg **23**
Home Potatoes
WG Roll
Orange

Cinnamon Toast Crun **26**
Cereal
Orange

WG Bagels **27**
Cream Cheese
100% Orange Juice

WG Pancakes **28**
Apples
Syrup

WG Banana Bread **29**
Loaf
Pears

Nonfat Yogurt **30**
Granola Bar
Mixed Fruit Cup

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OCTOBER 2026 GLUTEN FREE

TOP SPANISH CATERING, INC

BREAKFAST

Monday

SEPTEMBER 28

GF Cheerios Cereal
Pears / Pear Cup (PK)

GF Cheerios Cereal **5**
Pears / Pear Cup (PK)

NO SCHOOL **12**

GF Cheerios Cereal **19**
Pears / Pear Cup (PK)

GF Cheerios Cereal **26**
Orange

Tuesday

SEPTEMBER 29

Rice Cereal
Orange

UDIS GF Bagels **6**
Cream Cheese
100% Orange Juice

GF Cheerios Cereal **13**
Apples

VANS GF Pancake **20**
Turkey Breakfast Sausage
Cantaloupe Melon
Syrup

UDIS GF Bagels **27**
Cream Cheese
100% Orange Juice

Wednesday

SEPTEMBER 30

Corn Cereal
100% Apple Juice

VANS GF Waffle **7**
Turkey Breakfast Sausage
Link
Cantaloupe Melon
Syrup

Rice Cereal **14**
100% Orange Juice

Rice Cereal **21**
100% Orange Juice

VANS GF Pancakes **28**
Turkey Sausage Patty
Apples
Syrup

Thursday

VANS GF Pancake **1**
Turkey Ham
Mixed Fruit Cup

Rice Cereal **8**
Apples

Vans GF Waffles **15**
Turkey Breakfast Sausage
Mixed Fruit Cup
Syrup

Corn Cereal **22**
Apples

Rice Cereal **29**
Pears

Friday

GF Cheerios Cereal **2**
Apples

Corn Cereal **9**
Orange

UDIS GF Bagels **16**
Cream Cheese
Orange

Hard Boiled Egg **23**
Home Potatoes
Orange

Nonfat Yogurt **30**
Corn Cereal
Mixed Fruit Cup

- 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

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 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
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		413	7	388	1.80	1.80	261.1	594	1.13	46	12.10	71.87	6.59	1.61	0.00
% of Calories										44.1%	11.7%	69.6%	14.3%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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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
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		451	41	260	7.27	2.19	296.6	715	11.39	54	12.97	83.43	8.27	1.73	0.00
% of Calories										47.7%	11.5%	74.0%	16.5%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average															
		423	32	514	5.20	2.31	421.1	777	24.14	44	16.60	71.19	8.26	2.94	0.00
										92.7%	15.7%	67.4%	17.6%	6.3%	0.0%

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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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	423		400 - 500	100%												
Cholesterol (mg)	32															
Sodium 1 (mg)	514		540	95%												
Fiber (g)	5.20															
Iron (mg)	2.31															
Calcium (mg)	421.1															
Vitamin A (IU)	777															
Sugars (g)	44	41.19%														
Vitamin C (mg)	24.14															
Protein (g)	16.60	15.71%														
Carbohydrate (g)	71.19	67.38%														
Total Fat (g)	8.26	17.58%														
Saturated Fat (g)	2.94	6.27%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Oct 5, 2026 thru Oct 9, 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 - 10/05/2026															
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 - 10/06/2026															
K-8 Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
100% 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		392	27	498	1.95	1.56	620.2	594	85.14	36	15.49	63.76	7.67	4.71	0.00
% of Calories										37.1%	15.8%	65.1%	17.6%	10.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 10/07/2026															
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
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
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		546	46	505	3.32	1.29	295.3	5870	58.39	56	20.47	90.53	12.06	2.72	0.00
% of Calories										41.1%	15.0%	66.3%	19.9%	4.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Oct 5, 2026 thru Oct 9, 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 - 10/08/2026															
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	
Fri - 10/09/2026															
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
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		369	7	359	5.19	2.00	327.4	975	92.15	33	13.50	63.18	6.82	1.64	0.00
% of Calories										35.4%	14.7%	68.6%	16.6%	4.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average		416	26	390	5.28	2.03	388.0	*1790	*52.41	43	14.72	73.14	7.91	2.34	0.00
										92.5%	14.2%	70.3%	17.1%	5.1%	0.0%

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Top Spanish Cafe & Catering

Oct 5, 2026 thru Oct 9, 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	416		400 - 500	100%												
Cholesterol (mg)	26															
Sodium 1 (mg)	390		540	72%												
Fiber (g)	5.28															
Iron (mg)	2.03															
Calcium (mg)	388.0															
Vitamin A (IU)	1790				Missing											
Sugars (g)	43	41.10%														
Vitamin C (mg)	52.41				Missing											
Protein (g)	14.72	14.16%														
Carbohydrate (g)	73.14	70.34%														
Total Fat (g)	7.91	17.11%														
Saturated Fat (g)	2.34	5.05%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Oct 12, 2026 thru Oct 16, 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 - 10/12/2026															
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 - 10/13/2026															
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	

Wed - 10/14/2026															
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	

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Top Spanish Cafe & Catering

Oct 12, 2026 thru Oct 16, 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 - 10/15/2026															
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	
Fri - 10/16/2026															
K-8 Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
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	
Weighted Average															
		405	29	350	4.40	1.84	409.9	746	62.46	46	14.30	71.68	7.10	2.35	0.00
										102.0%	14.1%	70.8%	15.8%	5.2%	0.0%

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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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	405		400 - 500	100%												
Cholesterol (mg)	29															
Sodium 1 (mg)	350		540	65%												
Fiber (g)	4.40															
Iron (mg)	1.84															
Calcium (mg)	409.9															
Vitamin A (IU)	746															
Sugars (g)	46	45.33%														
Vitamin C (mg)	62.46															
Protein (g)	14.30	14.13%														
Carbohydrate (g)	71.68	70.83%														
Total Fat (g)	7.10	15.78%														
Saturated Fat (g)	2.35	5.23%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Oct 19, 2026 thru Oct 23, 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 - 10/19/2026															
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 - 10/20/2026															
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
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
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		546	46	505	3.32	1.29	295.3	5870	58.39	56	20.47	90.53	12.06	2.72	0.00
% of Calories										41.1%	15.0%	66.3%	19.9%	4.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 10/21/2026															
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	

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Top Spanish Cafe & Catering

Oct 19, 2026 thru Oct 23, 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 - 10/22/2026															
K-8 Breakfast	Total														
WG Mini Cinnis Cinnamon Rolls	2.29 oz	240	0	270	3.00	1.70	30.0	0	0.0	14	4.0	40.0	8.0	1.50	0.00
Apples	1 cup	116	0	2	5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		439	7	382	8.20	1.88	303.0	715	11.39	48	11.98	81.15	9.16	2.20	0.00
% of Calories										43.6%	10.9%	74.0%	18.8%	4.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 10/23/2026															
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*
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, 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		423	189	369	6.43	2.43	379.8	1272	102.40	28	19.74	65.51	9.50	2.60	*0.00
% of Calories										26.8%	18.6%	61.9%	20.2%	5.5%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		433	51	389	5.67	1.66	324.4	1839	54.42	44	15.44	75.75	8.81	2.09	*0.00
										92.3%	14.3%	70.0%	18.3%	4.4%	*0.0%

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Top Spanish Cafe & Catering

Oct 19, 2026 thru Oct 23, 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	433		400 - 500	100%												
Cholesterol (mg)	51															
Sodium 1 (mg)	389		540	72%												
Fiber (g)	5.67															
Iron (mg)	1.66															
Calcium (mg)	324.4															
Vitamin A (IU)	1839															
Sugars (g)	44	41.04%														
Vitamin C (mg)	54.42															
Protein (g)	15.44	14.27%														
Carbohydrate (g)	75.75	70.02%														
Total Fat (g)	8.81	18.32%														
Saturated Fat (g)	2.09	4.36%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			Missing											

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Top Spanish Cafe & Catering

Oct 26, 2026 thru Oct 30, 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 - 10/26/2026															
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
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 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		287	8	305	6.37	2.57	432.8	1080	98.16	31	11.43	54.67	4.51	0.81	0.00
% of Calories										43.3%	15.9%	76.2%	14.1%	2.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 10/27/2026															
K-8 Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
100% 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		392	27	498	1.95	1.56	620.2	594	85.14	36	15.49	63.76	7.67	4.71	0.00
% of Calories										37.1%	15.8%	65.1%	17.6%	10.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 10/28/2026															
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
Turkey Sausage Patty	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
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
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		539	44	413	7.35	2.12	347.7	715	11.39	66	17.99	102.15	8.43	1.74	0.00
% of Calories										48.7%	13.3%	75.8%	14.1%	2.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Oct 26, 2026 thru Oct 30, 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 - 10/29/2026															
K-8 Breakfast	Total														
WG Banana Bread Loaf	3.4 oz	260	0	240	2.00	0.00	0.0	0	0.0	24	5.0	45.0	8.0	1.50	0.00
PEARS, FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		443	7	353	7.42	0.32	277.2	639	8.79	52	12.99	82.21	9.03	2.17	0.00
% of Calories										46.5%	11.7%	74.2%	18.3%	4.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 10/30/2026															
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
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		389	12	230	2.97	0.48	463.5	594	55.13	55	15.37	76.17	2.63	0.71	0.00
% of Calories										56.3%	15.8%	78.3%	6.1%	1.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		410	20	360	5.21	1.41	428.3	724	51.72	48	14.65	75.79	6.46	2.03	0.00
										105.0%	14.3%	73.9%	14.2%	4.4%	0.0%

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Top Spanish Cafe & Catering

Oct 26, 2026 thru Oct 30, 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	410		400 - 500	100%												
Cholesterol (mg)	20															
Sodium 1 (mg)	360		540	67%												
Fiber (g)	5.21															
Iron (mg)	1.41															
Calcium (mg)	428.3															
Vitamin A (IU)	724															
Sugars (g)	48	46.68%														
Vitamin C (mg)	51.72															
Protein (g)	14.65	14.29%														
Carbohydrate (g)	75.79	73.91%														
Total Fat (g)	6.46	14.17%														
Saturated Fat (g)	2.03	4.45%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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