

OCTOBER 2026

TOP SPANISH CATERING, INC



Monday

SEPTEMBER 28

Baked Glazed Drumstick
PK: Baked Chicken
WG Roll; Mixed Veggies
Apples / Apple Sauce (PK)

Meatloaf with Gravy **5**
WG Roll
Mashed Potatoes
Green Beans
Orange

NO SCHOOL **12**

Turkey Hot Dogs **19**
PK: SLICED Turkey Hot
Dogs
Sweet Potatoes
Apples

Chicken Nuggets **26**
WG Roll
Baked Beans
Apples

Tuesday

SEPTEMBER 29

Chicken Alfredo Pasta
Broccoli
Bananas

Chicken Patty **6**
Sandwich
Sweet Potatoes
Apples
Ketchup

Chicken Corndog **13**
Nuggets; Baked Beans
PK: Chicken Nuggets, Roll,
Baked Beans
Pears / Pear Cup (PK)

Chicken Taco **20**
WG Flour Tortilla
Pinto Beans
Oranges

Meatloaf with Gravy **27**
Mashed Potatoes
Green Beans
WG Roll
Bananas

Wednesday

SEPTEMBER 30

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

Spanish Rice with **7**
Chicken
Pinto Beans
Bananas

Beef Stew with Gravy **14**
Mixed Vegetables
Brown Rice
Bananas

Cheeseburger **21**
Potatoes
Bananas
Ketchup

Chicken Teriyaki with **28**
Stir Fry Vegetables
Brown Rice
Pears / Pear Cup (PK)

Thursday

Chicken Nuggets **1**
WG Roll
Carrots
100% Grape Juice

Cheese Pizza **8**
Broccoli
Oranges

Macaroni & Cheese **15**
With Chicken
Corn
Orange

Chicken Parmesan **22**
WG Roll
Mixed Vegetables
100% Grape Juice

Cheese Pizza **29**
Broccoli
Oranges

Friday

Beef Taco **2**
Taco Shell
PK: Soft Flour Tortilla
Black Beans
Orange

Green Salad with **9**
Grilled Chicken
Corn Chips / WG Roll (PK)
100% Grape Juice
Ranch

Turkey Bologna & **16**
Cheese Sandwich
Romaine Lettuce &
Tomato Salad
100% Apple Juice

Chicken Eggroll **23**
Brown Rice
Broccoli
Pears / Pear Cup (PK)

Green Salad With **30**
Grilled Chicken
Corn Chip / WG Roll (PK)
100% Apple Juice
Ranch

- 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

VEGETARIAN CHICK'N
Nuggets
WG Roll; Mixed Veggies
Apples / Apple Sauce (PK)

Black Bean Patty **5**
WG Roll
Mashed Potatoes
Green Beans
Orange

NO SCHOOL **12**

Black Bean Patty **19**
Hot Dog Roll
Sweet Potatoes
Apples

Black Bean Patty **26**
WG Roll
Baked Beans
Apples

Tuesday

SEPTEMBER 29

Vegetarian Meat
Spaghetti
Broccoli
Bananas

Vegetarian Patty **6**
Sandwich
Sweet Potatoes
Apples
Ketchup

Black Bean Patty **13**
Baked Beans
WG Roll
Pears / Pear Cup (PK)

Vegetarian Meat Taco **20**
WG Flour Tortilla
Pinto Beans
Oranges

Vegetarian Patty **27**
Mashed Potatoes
Green Beans
WG Roll
Bananas

Wednesday

SEPTEMBER 30

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

Spanish Rice with **7**
Vegetarian Meat
Pinto Beans
Bananas

Rice with Vegetaria **14**
Meat and Mixed
Vegetables
Bananas

Vegetarian Patty **21**
Sandwich
Potatoes
Bananas
Ketchup

Tofu Teriyaki with **28**
Stir Fry Vegetables
Brown Rice
Pears / Pear Cup (PK)

Thursday

Black Bean Patty **1**
WG Roll
Carrots
100% Grape Juice

Cheese Pizza **8**
Broccoli
Oranges

Macaroni & Cheese **15**
Corn
Orange

Vegetarian Patty **22**
WG Roll
Mixed Vegetables
100% Grape Juice

Cheese Pizza **29**
Broccoli
Oranges

Friday

Vegetarian Meat Taco **2**
Taco Shell
PK: Soft Flour Tortilla
Black Beans
Orange

Green Salad with **9**
Grilled Tofu
Corn Chips / WG Roll (PK)
100% Grape Juice
Ranch

SunButter & Grape Jelly **16**
Sandwich
Romaine Lettuce &
Tomato Salad
100% Apple Juice

Rice with **23**
Vegetarian Meat
Broccoli
Pears / Pear Cup (PK)

Green Salad With **30**
Tofu Chicken
Corn Chip / WG Roll (PK)
100% Apple Juice
Ranch

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OCTOBER 2026 GLUTEN FREE

TOP SPANISH CATERING, INC



Monday

SEPTEMBER 28

Baked Glazed Drumstick
PK: Baked Chicken
GF Bread; Mixed Veggies
Apples / Apple Sauce (PK)

Meatloaf

5

GF Bread Slice
Mashed Potatoes
Green Beans
Orange

NO SCHOOL

12

Turkey Hot Dogs

19

PK: SLICED Turkey Hot
Dogs; GF Bread
Sweet Potatoes
Apples

Nonbreaded Chicke

26

GF Bread
Baked Beans
Apples

Tuesday

SEPTEMBER 29

Rice and Chicken
Broccoli
Bananas

Nonbreaded Chicke

6

GF Bread
Sweet Potatoes
Apples
Ketchup

Nonbreaded Chicke

13

GF Bread
Baked Beans
Pears / Pear Cup (PK)

Chicken Taco

20

Soft GF Corn Tortilla
Pinto Beans
Oranges

Meatloaf

27

Mashed Potatoes
Green Beans
GF Bread Slice
Bananas

Wednesday

SEPTEMBER 30

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

Spanish Rice with

7

Chicken
Pinto Beans
Bananas

Beef Stew with

14

Mixed Vegetables
GF Rice
Bananas

Cheeseburger on G

21

Bread
Potatoes
Bananas
Ketchup

Chicken Teriyaki wit

28

Stir Fry Vegetables
GF Rice
Pears / Pear Cup (PK)

Thursday

Nonbreaded

1

Chicken
GF Bread Slice
Carrots
100% Grape Juice

Cheese Pizza on

8

GF Bread Slice
Broccoli
Oranges

Rice with Beef or

15

Chicken
Corn
Orange

Nonbreaded Chicke

22

Parmesan
GF Bread
Mixed Vegetables
100% Grape Juice

Cheese Pizza on

29

GF Bread Slice
Broccoli
Oranges

Friday

Beef Taco

2

Taco Shell
PK: Soft GF Corn Tortilla
Black Beans
Orange

Green Salad with

9

Grilled Chicken
Corn Chips / GF Bread (PK)
100% Grape Juice
Ranch

GF Turkey Bologna

16

Cheese Sandwich
Romaine Lettuce &
Tomato Salad
100% Apple Juice

GF Rice with

23

Chicken
Broccoli
Pears / Pear Cup (PK)

Green Salad With

30

Grilled Chicken
Corn Chip / GF Bread (PK)
100% Apple Juice
Ranch

- All menus served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
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Top Spanish Cafe & Catering

Sep 28, 2026 thru Oct 2, 2026

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 9/24/2026 10:06:47 AM

	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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Top Spanish Cafe & Catering

Oct 5, 2026 thru Oct 9, 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 - 10/05/2026															
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
Orange Navel	1 Cup	75	0		3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
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		591	43	1281	10.13	4.21	457.2	1514	104.93	34	28.48	88.39	14.04	5.53	*0.48
% of Calories										22.9%	19.3%	59.8%	21.4%	8.4%	*0.7%
Nutrient Guideline		600-650												<10.00	

Tue - 10/06/2026															
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
Sweet potatoes	3/4 cup	154	0		5.66	1.18	65.1	32945	33.6	11	3.45	35.5	0.26	0.09	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
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		750	52	801	15.06	4.46	379.6	33696	45.01	51	35.03	118.32	16.35	3.90	0.00
% of Calories										27.4%	18.7%	63.1%	19.6%	4.7%	0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Oct 5, 2026 thru Oct 9, 2026

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 9/24/2026 10:07:33 AM

	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 - 10/07/2026															
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	

Thu - 10/08/2026															
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 Florets, Raw.1/2C	1/2 C	15	0		1.14	0.32	20.7	274	39.25	*N/A*	1.24	2.92	0.16	0.02	*N/A*
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		588	48	1385	6.54	3.11	801.3	2003	152.39	*37	31.46	76.67	20.25	7.33	*0.00
% of Calories										*24.9%	21.4%	52.2%	31.0%	11.2%	*0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 10/09/2026															
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
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
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

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Top Spanish Cafe & Catering

Oct 5, 2026 thru Oct 9, 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		559	66	1262	4.22	1.68	413.0	5659	24.46	*34 *24.0%	31.17 22.3%	72.28 51.7%	14.61 23.5%	2.53 4.1%	*0.00 *0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		617	54		9.04	3.73	478.1	8777	70.43	*37 *53.5%	32.86 21.3%	89.72 58.1%	14.51 21.2%	4.36 6.4%	*0.10 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	617		600 - 650	100%				
Cholesterol (mg)	54							
Sodium 1a (mg)	1095		1110	99%				
Fiber (g)	9.04							
Iron (mg)	3.73							
Calcium (mg)	478.1							
Vitamin A (IU)	8777							
Sugars (g)	37	23.80%			Missing			
Vitamin C (mg)	70.43							
Protein (g)	32.86	21.29%						
Carbohydrate (g)	89.72	58.14%						
Total Fat (g)	14.51	21.16%						
Saturated Fat (g)	4.36	6.35%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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Top Spanish Cafe & Catering

Oct 12, 2026 thru Oct 16, 2026

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 9/24/2026 10:36:57 AM

	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 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 - 10/13/2026															
K-8 Lunch	Total														
Chicken Corn Dog Nuggets	4.04 oz	310	50		3.00	1.60	20.0	0	0.0	6	14.0	26.0	16.0	3.50	0.00
PEARS,FRESH 1/2C.	1/2 cup	84	0		4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	0.00
Baked Beans. (F) 3/4C	3/4 C	92	0		5.23	1.41	26.2	0	0.0	8	3.93	19.63	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Black Bean Patty	2.9 oz	150	0		5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	1.00	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		584	57	802	12.86	3.27	336.2	666	7.52	40	26.46	81.00	17.32	4.27	0.00
% of Calories										27.6%	18.1%	55.5%	26.7%	6.6%	0.0%
Nutrient Guideline		600-650												<10.00	

Wed - 10/14/2026															
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
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
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		839	25	1326	23.13	7.61	564.7	38321	45.48	*42	26.58	149.20	15.49	3.63	*0.00
% of Calories										*20.2%	12.7%	71.1%	16.6%	3.9%	*0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Oct 12, 2026 thru Oct 16, 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 - 10/15/2026															
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
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		615	65	947	8.56	1.07	719.6	1772	97.82	37	34.72	88.26	15.30	7.98	0.00
% of Calories										24.2%	22.6%	57.4%	22.4%	11.7%	0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 10/16/2026															
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
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
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		458	47	915	5.86	3.56	380.4	10063	16.13	*29	19.65	61.88	14.27	3.33	*0.00
% of Calories										*25.4%	17.2%	54.1%	28.1%	6.6%	*0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		624	49		12.60	3.88	500.2	12705	41.74	*37	26.85	95.09	15.60	4.80	*0.00
										*53.7%	17.2%	61.0%	22.5%	6.9%	*0.0%

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Top Spanish Cafe & Catering

Oct 12, 2026 thru Oct 16, 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	624		600 - 650	100%												
Cholesterol (mg)	49															
Sodium 1a (mg)	998		1110	90%												
Fiber (g)	12.60															
Iron (mg)	3.88															
Calcium (mg)	500.2															
Vitamin A (IU)	12705															
Sugars (g)	37	23.86%			Missing											
Vitamin C (mg)	41.74															
Protein (g)	26.85	17.22%														
Carbohydrate (g)	95.09	60.97%														
Total Fat (g)	15.60	22.50%														
Saturated Fat (g)	4.80	6.93%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			Missing											

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Top Spanish Cafe & Catering

Oct 19, 2026 thru Oct 23, 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 - 10/19/2026															
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
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
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		597	56	774	12.18	3.17	435.5	33649	41.11	41	24.13	95.18	14.55	4.30	0.00
% of Calories										27.8%	16.2%	63.8%	21.9%	6.5%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 10/20/2026															
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	

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Top Spanish Cafe & Catering

Oct 19, 2026 thru Oct 23, 2026

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

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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 - 10/21/2026															
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
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 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
Weighted Daily Average		677	42	607	8.12	3.92	329.2	713	11.47	33	26.50	104.27	20.15	5.86	0.49
% of Calories										19.3%	15.7%	61.6%	26.8%	7.8%	0.7%
Nutrient Guideline		600-650												<10.00	

Thu - 10/22/2026															
K-8 Lunch	Total														
Chicken Patty.	1 oz	120	50		0.00	0.36	20.0	100	0.0	0	6.0	5.0	8.0	2.00	0.00
Marinara Sauce 1/4C (F)	1/4 C	25	0		1.00	0.72	10.0	250	0.0	3	0.5	5.0	0.5	0.00	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
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 Vegetables.	1 CUP	118	0		8.01	1.49	45.5	7784	5.82	6	5.21	23.82	0.27	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
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
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
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
Weighted Daily Average		606	77	809	10.06	3.40	574.5	8767	6.98	41	29.01	80.94	17.65	5.86	0.00
% of Calories										26.9%	19.2%	53.4%	26.2%	8.7%	0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Oct 19, 2026 thru Oct 23, 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 - 10/23/2026															
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
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
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		576	36	594	15.65	3.86	401.1	3492	115.09	34	21.71	103.91	8.62	2.43	0.00
% of Calories										23.4%	15.1%	72.2%	13.5%	3.8%	0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		629	58		12.09	4.10	453.2	9638	54.18	*35	29.99	95.38	14.71	4.49	*0.10
										*50.6%	19.1%	60.7%	21.1%	6.4%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	629		600 - 650	100%				
Cholesterol (mg)	58							
Sodium 1a (mg)	787		1110	71%				
Fiber (g)	12.09							
Iron (mg)	4.10							
Calcium (mg)	453.2							
Vitamin A (IU)	9638							
Sugars (g)	35	22.47%			Missing			
Vitamin C (mg)	54.18							
Protein (g)	29.99	19.08%						
Carbohydrate (g)	95.38	60.70%						
Total Fat (g)	14.71	21.06%						
Saturated Fat (g)	4.49	6.43%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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Top Spanish Cafe & Catering

Oct 26, 2026 thru Oct 30, 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 - 10/26/2026															
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
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
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, 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		695	37	1121	14.65	5.17	398.0	745	11.47	44	33.45	103.44	16.46	3.29	0.00
% of Calories										25.3%	19.2%	59.5%	21.3%	4.3%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 10/27/2026															
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	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
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		590	46	1205	9.04	3.75	367.4	1250	25.12	36	27.24	87.81	15.26	5.87	*0.51
% of Calories										24.7%	18.5%	59.5%	23.3%	8.9%	*0.8%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Oct 26, 2026 thru Oct 30, 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 - 10/28/2026															
K-8 Lunch	Total														
CHICKEN STIR-FRY.	3 OZ	195	48		1.58	0.88	23.9	148	41.4	*2	16.49	6.46	10.99	2.29	*0.00
BROWN RICE 1/2C.	4 OZ	119	0		1.40	0.50	0.0	0	0.0	0	0.0	24.5	1.05	0.00	0.00
Stir Fry Vegetables.	0.75	54	0		1.48	0.09	39.5	*78	*50.89	3	0.22	5.21	*3.41	0.46	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
Tofu Stir Fry with Vegetables	6 oz	729	0		14.04	4.89	221.3	17405	161.86	*9	21.86	37.79	59.51	8.73	*0.00
Weighted Daily Average		579	54	493	10.16	1.85	362.0	*1195	*102.30	*34	25.57	76.93	*17.74	3.66	*0.00
% of Calories										*23.6%	17.7%	53.2%	*27.6%	5.7%	*0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 10/29/2026															
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
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		620	48	1396	9.56	3.64	850.2	3176	168.55	39	35.12	82.09	20.41	7.41	0.00
% of Calories										25.4%	22.7%	53.0%	29.6%	10.8%	0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 10/30/2026															
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
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

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Top Spanish Cafe & Catering

Oct 26, 2026 thru Oct 30, 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		539	66	1262	4.22	1.68	393.0	5659	24.46	*29	31.17	68.28	14.61	2.53	*0.00
% of Calories										*21.2%	23.1%	50.7%	24.4%	4.2%	*0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		605	50		9.52	3.22	474.1	*2405	*66.38	*37 *54.3%	30.51 20.2%	83.71 55.4%	*16.90 *25.2%	4.55 6.8%	*0.10 *0.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	605		600 - 650	100%				
Cholesterol (mg)	50							
Sodium 1a (mg)	1095		1110	99%				
Fiber (g)	9.52							
Iron (mg)	3.22							
Calcium (mg)	474.1							
Vitamin A (IU)	2405				Missing			
Sugars (g)	37	24.15%			Missing			
Vitamin C (mg)	66.38				Missing			
Protein (g)	30.51	20.18%						
Carbohydrate (g)	83.71	55.38%						
Total Fat (g)	16.90	25.15%			Missing			
Saturated Fat (g)	4.55	6.77%	<10.00%					
Trans Fat ¹ (g)	0.10	0.15%			Missing			

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