

Monday	Tuesday	Wednesday	Thursday	Friday
3 Assorted Whole Grain Cereal Mandarin Fruit Cup	4 WG Pancakes Turkey Bacon Cantaloupe Fruit Jelly	5 WG Blueberry Muffin Pears	6 WG French Toast Turkey Sausage 100% Orange Juice Fruit Jelly	7 Strawberry Oatmeal Bar Apples
10 Assorted Whole Grain Cereal Pear Cup	11 WG Waffles Turkey Sausage Pineapple Fruit Jelly	12 Fat Free Yogurt Granola Orange	13 WG Bagels Cream Cheese 100% Apple Juice	14 WG Lemon Sliced Bread Loaf Fruit Salad
17 SUMMER BREAK	18 SUMMER BREAK	19 SUMMER BREAK	20 SUMMER BREAK	21 SUMMER BREAK
24 SUMMER BREAK	25 SUMMER BREAK	26 SUMMER BREAK	27 SUMMER BREAK	28 SUMMER BREAK



- 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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Assorted Whole Grain Cereal Mandarin Fruit Cup	4 WG Pancakes Cantaloupe Fruit Jelly	5 WG Blueberry Muffin Pears	6 WG French Toast 100% Orange Juice Fruit Jelly	7 Strawberry Oatmeal Bar Apples
10 Assorted Whole Grain Cereal Pear Cup	11 WG Waffles Pineapple Fruit Jelly	12 Fat Free Yogurt Granola Orange	13 WG Bagels Cream Cheese 100% Apple Juice	14 WG Lemon Sliced Bread Loaf Fruit Salad
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Top Spanish Cafe & Catering

Jun 3, 2024 thru Jun 7, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/03/2024															
K-8 Breakfast	Total														
Cer/Cinnamon Toast Crunch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	0.00	0.00
Mandarin Fruit Cup.	1 C	140	0	0	2.00	0.00	60.0	0	0.0	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
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		439	7	449	9.96	3.93	457.6	1232	8.33	52	12.19	88.96	6.16	0.71	0.00
% of Calories										47.1%	11.1%	81.0%	12.6%	1.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 06/04/2024															
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 Bacon.2s	0.25 oz	42	12	219	0.00	0.13	0.0	0	0.0	0	3.54	0.35	2.83	0.71	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
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Gluten Free Pancakes	3 oz	200	0	260	2.00	1.00	25.0	0	0.0	3	3.0	38.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		393	27	553	3.45	1.93	364.5	5908	58.39	43	16.85	65.94	7.31	1.47	0.00
% of Calories										43.4%	17.1%	67.1%	16.7%	3.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 06/05/2024															
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	5.01	42.06	7.01	1.00	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios	1 oz	100	0	140	3.00	9.00	80.0	300	3.6	1	4.0	21.0	2.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00

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Top Spanish Cafe & Catering

Jun 3, 2024 thru Jun 7, 2024

Base Menu Spreadsheet

K-8 Breakfast

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)
Weighted Daily Average		445	41	272	7.56	2.61	318.1	689	8.94	49	13.66	81.30	8.23	1.71	0.00
% of Calories										43.7%	12.3%	73.1%	16.7%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 06/06/2024															
K-8 Breakfast	Total														
Whole Grain French Toast 3oz	3 oz	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Gluten Free Pancake (1)	1.5 oz	100	0	135	0.50	0.50	15.0	0	0.0	1	1.5	19.5	2.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		523	46	497	1.94	0.99	282.0	594	85.14	51	21.24	82.77	11.87	2.64	0.00
% of Calories										39.0%	16.2%	63.3%	20.4%	4.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 06/07/2024															
K-8 Breakfast	Total														
WG Strawberry Oatmeal Bar	1.2 oz	140	5	75	1.00	1.00	10.0	0	0.0	9	2.0	23.0	4.5	0.50	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	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	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		312	12	214	4.51	1.85	301.0	731	7.78	35	10.64	55.63	5.85	1.22	0.00
% of Calories										44.8%	13.6%	71.2%	16.9%	3.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		423	27	397	5.48	2.26	344.6	1831	33.71	46	14.91	74.92	7.88	1.55	0.00
										97.5%	14.1%	70.9%	16.8%	3.3%	0.0%

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Top Spanish Cafe & Catering

Jun 3, 2024 thru Jun 7, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	423		400 - 500	100%													
Cholesterol (mg)	27																
Sodium 1 (mg)	397		540														
Sodium 2 (mg)	397		485														
Fiber (g)	5.48																
Iron (mg)	2.26																
Calcium (mg)	344.6																
Vitamin A (IU)	1831																
Sugars (g)	46	43.34%															
Vitamin C (mg)	33.71																
Protein (g)	14.91	14.11%															
Carbohydrate (g)	74.92	70.90%															
Total Fat (g)	7.88	16.79%															
Saturated Fat (g)	1.55	3.30%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

Jun 10, 2024 thru Jun 14, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/10/2024															
K-8 Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	0.00	0.00
Pear Cup	8 oz	140	0	0	6.00	2.00	0.0	0	0.0	28	2.0	36.0	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 Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		439	7	449	13.96	5.93	397.6	1232	8.33	52	12.19	92.95	6.16	0.71	0.00
% of Calories										47.1%	11.1%	84.6%	12.6%	1.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 06/11/2024															
K-8 Breakfast	Total														
Whole Grain Waffles 2.6oz	2 oz	180	8	270	2.00	2.00	24.0	0	0.0	4	4.0	28.0	6.0	0.00	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
Pineapple, Fresh	1 C	83	0	2	2.31	0.48	21.5	96	78.87	16	0.89	21.65	0.2	0.01	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
Gluten Free Waffle (1)	1.3 oz	100	0	110	2.50	0.50	25.0	0	0.0	2	1.0	17.0	3.5	0.25	0.00
Fruit Jelly.	14 GRAMS	35	0	0	0.00	0.00	0.0	0	0.0	8	0.0	9.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		458	45	492	4.37	2.88	322.9	726	80.02	40	18.80	72.03	11.36	1.71	0.00
% of Calories										35.2%	16.4%	63.0%	22.3%	3.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 06/12/2024															
K-8 Breakfast	Total														
Fat Free Yogurt	4 oz	100	5	70	0.00	0.00	100.4	502	0.0	13	4.01	17.06	2.01	1.00	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 Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	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

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Top Spanish Cafe & Catering

Jun 10, 2024 thru Jun 14, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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		370	12	268	4.61	1.59	556.2	1528	90.85	44	15.73	69.46	5.05	1.72	0.00
% of Calories										47.1%	17.0%	75.0%	12.3%	4.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 06/13/2024															
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% 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
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	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		421	27	513	2.00	1.89	638.5	645	1.30	43	14.03	69.50	7.69	4.71	0.00
% of Calories										40.9%	13.3%	66.0%	16.4%	10.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 06/14/2024															
K-8 Breakfast	Total														
WG Lemon Sliced Bread Loaf	3.4 oz	230	0	250	2.00	0.00	0.0	0	0.0	15	5.0	44.0	8.0	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 Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		486	7	399	4.14	1.54	283.2	656	1.43	66	13.13	98.52	8.95	2.13	0.00
% of Calories										54.6%	10.8%	81.1%	16.6%	3.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		435	20	424	5.82	2.76	439.7	958	36.39	49	14.77	80.49	7.84	2.20	0.00
										101.4%	13.6%	74.0%	16.2%	4.5%	0.0%

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Top Spanish Cafe & Catering

Jun 10, 2024 thru Jun 14, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 3

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	435		400 - 500	100%													
Cholesterol (mg)	20																
Sodium 1 (mg)	424		540														
Sodium 2 (mg)	424		485														
Fiber (g)	5.82																
Iron (mg)	2.76																
Calcium (mg)	439.7																
Vitamin A (IU)	958																
Sugars (g)	49	45.08%															
Vitamin C (mg)	36.39																
Protein (g)	14.77	13.59%															
Carbohydrate (g)	80.49	74.03%															
Total Fat (g)	7.84	16.23%															
Saturated Fat (g)	2.20	4.54%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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 LUNCH

JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger on WG Bun Potatoes Ketchup, Mayo Pears 3	Baked Glazed Chicken Drumstick WG Roll Broccoli Banana 4	Turkey Ham & Cheese Sandwich <i>Green Salad and Berries</i> 100% Orange Juice 5	Ground Beef & Spanish Rice Green Beans & Corn Orange 6	Beef Hot Dog Hot Dog Roll Baked Beans Peaches 7
Chicken Nuggets WG Roll Corn Apple Sauce 10	Chicken Taco Taco Shells Black Beans Bananas 11	Grilled Chicken Salad Corn Chip Ranch Dressing 100% Orange Juice 12	Turkey Sausage Jambalaya Green Beans Pears 13	Cheese Pizza Broccoli Apples 14
SUMMER BREAK 17	SUMMER BREAK 18	SUMMER BREAK 19	SUMMER BREAK 20	SUMMER BREAK 21
SUMMER BREAK 24	SUMMER BREAK 25	SUMMER BREAK 26	SUMMER BREAK 27	SUMMER BREAK 28



- 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



JUNE 2024 VEGETARIAN

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Patty Sandwich Potatoes Ketchup, Mayo Pears 3	Vegetarian Patty WG Roll Broccoli Banana 4	Tofu & Vegetable Sandwich <i>Green Salad and Berries</i> 100% Orange Juice 5	Spanish Rice With Vegetarian Meat Green Beans & Corn Orange 6	Black Bean Patty Hot Dog Roll Baked Beans Peaches 7
Black Bean Patty WG Roll Corn Apple Sauce 10	Vegetarian Meat Taco Taco Shells Black Beans Bananas 11	Grilled Tofu Salad Corn Chip Ranch Dressing 100% Orange Juice 12	Vegetarian Jambalaya Green Beans Pears 13	Cheese Pizza Broccoli Apples 14
SUMMER BREAK 17	SUMMER BREAK 18	SUMMER BREAK 19	SUMMER BREAK 20	SUMMER BREAK 21
SUMMER BREAK 24	SUMMER BREAK 25	SUMMER BREAK 26	SUMMER BREAK 27	SUMMER BREAK 28



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

This institution is an equal opportunity provider

Top Spanish Cafe & Catering

Jun 3, 2024 thru Jun 7, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 5/22/2024 12:04:11 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 - 06/03/2024															
K-8 Lunch	Total														
Beef Patty 2.25 Oz	2.25 oz	130	35	95	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	250	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	147	0	33	2.67	0.48	0.0	0	0.0	0	2.67	22.67	4.0	0.00	0.00
PEARS,FRESH 1/2C.	1/2 cup	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	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
Vegetarian Patty.	2.5 oz	160	0	580	6.00	1.40	90.0	0	0.0	2	17.0	14.0	7.0	1.00	0.00
KETCHUP: individual (WC)	9 grams	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Mayonnaise	7 GRAMS	90	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	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
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		767	57	922	10.48	3.80	416.0	867	7.51	31	30.88	89.64	32.17	9.79	0.50
% of Calories										15.9%	16.1%	46.8%	37.8%	11.5%	0.6%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 06/04/2024															
K-8 Lunch	Total														
Baked Glazed Chicken Drumstick	3.2 oz	150	90	350	0.00	0.60	0.0	0	0.0	1	17.0	2.0	8.0	2.00	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0	270	2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
BROCCOLI: frozen, boiled MS	3/4 CUP	39	0	15	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	1	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	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
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Vegetarian Patty.	2.5 oz	160	0	580	6.00	1.40	90.0	0	0.0	2	17.0	14.0	7.0	1.00	0.00
Weighted Daily Average		529	97	788	9.44	3.30	371.3	2100	66.76	31	35.25	74.87	11.03	2.92	0.00
% of Calories										23.1%	26.6%	56.6%	18.7%	5.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Jun 3, 2024 thru Jun 7, 2024

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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/05/2024															
K-8 Lunch	Total														
Turkey Ham 3oz (JO).	3 oz	110	55	478	0.00	0.70	0.0	0	0.0	0	13.95	1.0	4.98	1.50	0.00
Whole Grain Bun 2oz.	2 oz	130	0	250	3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
Romaine Lettuce K-5.*	1 C	8	0	4	0.99	0.46	15.5	4094	1.88	1	0.58	1.55	0.14	0.02	0.00
tomatoes 3/4C	3/4 C	24	0	7	1.62	0.36	13.5	1125	18.5	4	1.19	5.25	0.27	0.04	0.00
Strawberries, fresh	0.25 cup	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	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
100% Orange Juice (Ardmore)4oz	1/2 C	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	0.0	0.00	0.00
Tofu and Vegetable Sandwich	2.2 oz	59	0	18	0.73	1.06	44.0	0	0.0	0	6.6	2.2	2.93	0.37	0.00
Ranch Dressing.	12Grams	10	0	125	0.00	0.00	20.0	0	0.0	1	0.0	3.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		457	62	1010	7.07	3.85	349.5	5857	105.86	33	29.49	67.41	8.42	2.29	0.00
% of Calories										28.6%	25.8%	59.0%	16.6%	4.5%	0.0%
Nutrient Guideline		600-650		1230											<10.00

Thu - 06/06/2024															
K-8 Lunch	Total														
GROUND BEEF &SPANISH RICE k-8	3/4 CUP	376	58	234	3.00	3.48	37.5	352	11.14	*2	18.32	38.74	14.52	4.94	*0.73
Green Beans & Corn	1 C	186	0	461	8.38	2.20	58.1	333	6.35	*N/A*	8.47	41.45	1.31	0.29	*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
SPANISH RICE With VG Meat	6 Oz	356	0	675	8.45	3.01	101.8	340	11.14	*3	17.01	56.18	7.94	0.92	*0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		736	63	844	14.97	5.87	440.5	1695	109.65	*27	36.17	113.17	17.01	5.82	*0.71
% of Calories										*14.6%	19.7%	61.5%	20.8%	7.1%	*0.9%
Nutrient Guideline		600-650		1230											<10.00

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Top Spanish Cafe & Catering

Jun 3, 2024 thru Jun 7, 2024

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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 06/07/2024															
K-8 Lunch	Total														
Beef Hot Dog	2 oz	150	30	480	0.00	1.00	0.0	0	2.0	0	7.0	1.0	13.0	6.00	0.50
Hot Dog Bun-Ultra	2oz Bun	140	0	220	4.00	1.80	20.0	15	0.0	3	5.0	28.0	1.5	0.00	0.00
PEACHES,FRESH K-5 B	1 cup	59	0	0	2.25	0.38	9.0	489	9.9	13	1.37	14.31	0.38	0.03	0.00
Baked Beans. (F) 3/4C	3/4 C	92	0	183	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	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
Black Bean Patty	2.9 oz	150	0	320	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	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Gluten Free Bread	2 oz	140	0	267	4.00	0.48	0.0	0	0.0	2	2.0	26.0	3.33	1.67	0.00
Weighted Daily Average		546	37	1026	11.69	4.64	333.9	1133	13.06	36	25.87	76.63	16.28	6.80	0.50
% of Calories										26.0%	19.0%	56.1%	26.8%	11.2%	0.8%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		607	64	918	10.73	4.29	382.2	2330	60.57	*31 *46.3%	31.53 20.8%	84.34 55.6%	16.98 25.2%	5.52 8.2%	*0.34 *0.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	607		600 - 650	100%				
Cholesterol (mg)	64							
Sodium 1 (mg)	918		1230					
Sodium 2 (mg)	918		935					
Fiber (g)	10.73							
Iron (mg)	4.29							
Calcium (mg)	382.2							
Vitamin A (IU)	2330							
Sugars (g)	31	20.57%			Missing			
Vitamin C (mg)	60.57							
Protein (g)	31.53	20.78%						
Carbohydrate (g)	84.34	55.59%						
Total Fat (g)	16.98	25.18%						
Saturated Fat (g)	5.52	8.19%	<10.00%					
Trans Fat ¹ (g)	0.34	0.51%			Missing			

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Top Spanish Cafe & Catering

Jun 10, 2024 thru Jun 14, 2024

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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/10/2024															
K-8 Lunch	Total														
Chicken Nuggets	3 oz	220	85	380	1.00	2.70	40.0	200	0.0	0	13.0	14.0	12.0	2.50	0.00
Whole Grain Roll	1.3 oz	90	0	140	2.00	0.72	100.0	0	0.0	2	4.0	16.0	1.0	0.00	0.00
CORN: frozen, yellow	3/4 CUP	107	0	1	3.17	0.62	4.0	263	4.62	4	3.37	25.48	0.88	0.14	0.00
Apple Sauce	4 oz	50	0	0	1.00	0.00	0.0	0	6.0	11	0.0	13.0	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Black Bean Patty	2.9 oz	150	0	320	5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	1.00	0.00
Weighted Daily Average		569	92	659	7.36	4.09	410.9	1064	11.78	29	28.59	81.59	15.28	3.40	0.00
% of Calories										20.2%	20.1%	57.4%	24.2%	5.4%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 06/11/2024															
K-8 Lunch	Total														
Chicken for TACOs 4oz.	4 oz	199	71	190	1.17	1.55	15.8	506	4.02	*2	25.87	6.43	7.38	1.82	*0.00
Black beans 3/4C	3/4 C	131	0	183	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	2.25 oz	210	0	0	3.00	1.08	20.0	5	0.0	1	3.0	29.0	9.0	2.50	0.00
BANANAS MS Lunch	1/2 Cup	105	0	1	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	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Vegetarian Meat Taco.	3 oz	186	0	792	8.26	1.99	95.7	4062	7.67	6	15.13	24.57	5.79	0.74	0.00
Weighted Daily Average		744	76	527	14.05	4.26	373.3	1351	15.58	*31	45.63	99.62	17.91	5.13	*0.00
% of Calories										*16.7%	24.5%	53.6%	21.7%	6.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Wed - 06/12/2024															
K-8 Lunch	Total														
Green Salad with Grilled Chick	1 Salad Bo	201	60	708	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	170	1.00	0.20	30.0	0	0.0	0	2.0	16.0	10.0	1.50	0.00
Ranch Dressing.	12Grams	10	0	125	0.00	0.00	20.0	0	0.0	1	0.0	3.0	0.0	0.00	0.00
100% Orange Juice (Ardmore)4oz	1/2 C	50	0	15	0.00	0.00	0.0	0	42.0	10	1.0	12.0	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
Green Salad with Tofu	1 Salad Bo	171	0	143	4.20	2.89	103.8	5039	23.29	*1	12.41	20.39	5.34	0.78	*0.00

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Top Spanish Cafe & Catering

Jun 10, 2024 thru Jun 14, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 5/22/2024 12:04:40 PM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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		523	67	1148	4.36	1.76	368.2	5832	67.32	*24	32.57	63.67	14.74	2.52	*0.00
% of Calories										*18.5%	24.9%	48.7%	25.3%	4.3%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 06/13/2024															
K-8 Lunch	Total														
Turkey Jambalaya. K-5	10 Oz	350	44	590	2.90	1.68	26.4	180	19.46	*4	12.38	47.5	12.14	2.72	*0.00
GREEN BEANS.	3/4 CUP	30	0	1	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	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
Vegetarian Jambalaya	6 oz	583	0	235	14.37	8.79	169.5	864	125.46	*5	18.61	114.29	8.47	1.61	*0.00
Diced Chicken Tyson	2.3 oz	101	43	97	0.00	0.78	5.4	0	0.0	0	13.97	0.78	3.88	1.16	0.00
Whole Grain Roll	1.3 oz	90	0	140	2.00	0.72	100.0	0	0.0	2	4.0	16.0	1.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		640	46	691	13.87	4.08	366.6	1351	52.70	*34	23.84	108.34	14.14	3.61	*0.00
% of Calories										*21.5%	14.9%	67.7%	19.9%	5.1%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 06/14/2024															
K-8 Lunch	Total														
Pizza Cheese K-5.	1 Slices	412	30	1164	2.00	1.80	445.0	952	21.0	10	21.17	39.0	18.65	8.60	0.00
BROCCOLI: fresh, boiled.1/2	1/2 cup	27	0	32	2.57	0.52	31.2	1207	50.62	1	1.86	5.6	0.32	0.06	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00
Weighted Daily Average		735	47	1489	7.89	2.49	1106.0	3649	80.57	52	41.46	92.88	21.92	10.33	0.00
% of Calories										28.5%	22.6%	50.5%	26.8%	12.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		642	66	903	9.50	3.34	525.0	2649	45.59	*34	34.42	89.22	16.80	5.00	*0.00
										*47.9%	21.4%	55.6%	23.5%	7.0%	*0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Top Spanish Cafe & Catering

Jun 10, 2024 thru Jun 14, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	642		600 - 650		100%												
Cholesterol (mg)	66																
Sodium 1 (mg)	903		1230														
Sodium 2 (mg)	903		935														
Fiber (g)	9.50																
Iron (mg)	3.34																
Calcium (mg)	525.0																
Vitamin A (IU)	2649																
Sugars (g)	34	21.27%				Missing											
Vitamin C (mg)	45.59																
Protein (g)	34.42	21.44%															
Carbohydrate (g)	89.22	55.58%															
Total Fat (g)	16.80	23.54%															
Saturated Fat (g)	5.00	7.00%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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