

BREAKFAST

JULY 2024



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

Assorted Whole Grain Cereal
Mandarin Fruit Cup

Fat Free Yogurt
Granola
Watermelon

WG Bagels
Cream Cheese
100% Orange Juice

WG Banana Muffin
Pineapple

WG Waffles
Turkey Sausage
Fruit Jelly
Apples

Assorted Whole Grain Cereal
Apples

WG Bagels
Cream Cheese
Strawberries

WG Banana Bread Loaf
100% Orange Juice

WG Mini Cinnamon Rolls
Pears

WG Strawberry Oatmeal Bar
Mandarin Cup

Assorted Whole Grain Cereal
Oranges

WG Blueberry Muffin
Pears

WG Waffles
Turkey Bacon
Cantaloupe
Fruit Jelly

WG Bagels
Cream Cheese
Fruit Salad

Fat Free Yogurt
Granola Bar
Apples

Assorted Whole Grain Cereal
Pears

WG Pancakes
Turkey Sausage
Fruit Jelly
Watermelon

WG Banana Bread Loaf
Apples



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

This institution is an equal opportunity provider

BREAKFAST

**JULY 2024
VEGETARIAN**



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

Assorted Whole Grain Cereal
Mandarin Fruit Cup

Fat Free Yogurt
Granola
Watermelon

WG Bagels
Cream Cheese
100% Orange Juice

WG Banana Muffin
Pineapple

WG Waffles
Fruit Jelly
Apples

Assorted Whole Grain Cereal
Apples

WG Bagels
Cream Cheese
Strawberries

WG Banana Bread Loaf
100% Orange Juice

WG Mini Cinnamon Rolls
Pears

WG Strawberry Oatmeal Bar
Mandarin Cup

Assorted Whole Grain Cereal
Oranges

WG Blueberry Muffin
Pears

WG Waffles
Cantaloupe
Fruit Jelly

WG Bagels
Cream Cheese
Fruit Salad

Fat Free Yogurt
Granola Bar
Apples

Assorted Whole Grain Cereal
Pears

WG Pancakes
Fruit Jelly
Watermelon

WG Banana Bread Loaf
Apples



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

This institution is an equal opportunity provider

Top Spanish Cafe & Catering

Jul 8, 2024 thru Jul 12, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

Generated on: 7/1/2024 3:03:51 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) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 07/08/2024 | | | | | | | | | | | | | | | |
| 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 |
| Weighted Daily Average | | 430 | 7 | 436 | 9.82 | 3.52 | 438.4 | 1181 | 8.17 | 51 | 11.55 | 87.35 | 6.07 | 0.71 | 0.00 |
| % of Calories | | | | | | | | | | 47.5% | 10.7% | 81.2% | 12.7% | 1.5% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-------------------------|---------|---------|----|-----|------|-------|-------|------|-------|-------|-------|-------|-------|--------|------|
| Tue - 07/09/2024 | | | | | | | | | | | | | | | |
| 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 |
| WATERMELON,CHUNKS | 1 CUP | 46 | 0 | 2 | 0.61 | 0.36 | 10.6 | 865 | 12.31 | 9 | 0.93 | 11.48 | 0.23 | 0.02 | 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 |
| Weighted Daily Average | | 341 | 12 | 268 | 1.88 | 1.75 | 501.7 | 2004 | 13.58 | 40 | 15.26 | 61.77 | 5.05 | 1.72 | 0.00 |
| % of Calories | | | | | | | | | | 47.0% | 17.9% | 72.4% | 13.3% | 4.5% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-----------------------------|----------|---------|----|-----|------|-------|-------|-----|-------|-------|-------|-------|-------|--------|------|
| Wed - 07/10/2024 | | | | | | | | | | | | | | | |
| 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% 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 |
| 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 | | 401 | 27 | 513 | 2.00 | 1.89 | 638.5 | 645 | 85.30 | 37 | 16.03 | 65.50 | 7.69 | 4.71 | 0.00 |
| % of Calories | | | | | | | | | | 37.0% | 16.0% | 65.3% | 17.3% | 10.6% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

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

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

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Top Spanish Cafe & Catering

Jul 8, 2024 thru Jul 12, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 2

Generated on: 7/1/2024 3:03:51 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) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 07/11/2024 | | | | | | | | | | | | | | | |
| K-8 Breakfast | Total | | | | | | | | | | | | | | |
| Whole Grain Banana Muffin 3.6 | 3.6 oz | 280 | 30 | 180 | 2.00 | 2.00 | 26.0 | 0 | 0.0 | 26 | 5.0 | 51.0 | 7.0 | 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, 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 | | 456 | 36 | 314 | 4.46 | 3.12 | 329.4 | 752 | 80.30 | 53 | 14.02 | 84.82 | 8.19 | 1.67 | 0.00 |
| % of Calories | | | | | | | | | | 46.5% | 12.3% | 74.4% | 16.2% | 3.3% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|---------------------------|----------|---------|----|-----|------|------|-------|-----|------|-------|-------|-------|-------|--------|------|
| Fri - 07/12/2024 | | | | | | | | | | | | | | | |
| 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 |
| 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, 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 | | 447 | 45 | 491 | 5.37 | 2.57 | 309.8 | 705 | 7.49 | 38 | 18.27 | 69.44 | 11.40 | 1.73 | 0.00 |
| % of Calories | | | | | | | | | | 34.3% | 16.3% | 62.2% | 23.0% | 3.5% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|------|------|
| Weighted Average | | 415 | 25 | 405 | 4.70 | 2.57 | 443.5 | 1057 | 38.97 | 44 | 15.03 | 73.78 | 7.68 | 2.11 | 0.00 |
| | | | | | | | | | | 95.2% | 14.5% | 71.1% | 16.7% | 4.6% | 0.0% |

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Top Spanish Cafe & Catering

Jul 8, 2024 thru Jul 12, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 3

Generated on: 7/1/2024 3:03:51 PM

| 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 | 415 | | 400 - 500 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 25 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 405 | | 540 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 405 | | 485 | | | | | | | | | | | | | | |
| Fiber (g) | 4.70 | | | | | | | | | | | | | | | | |
| Iron (mg) | 2.57 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 443.5 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 1057 | | | | | | | | | | | | | | | | |
| Sugars (g) | 44 | 42.33% | | | | | | | | | | | | | | | |
| Vitamin C (mg) | 38.97 | | | | | | | | | | | | | | | | |
| Protein (g) | 15.03 | 14.48% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 73.78 | 71.09% | | | | | | | | | | | | | | | |
| Total Fat (g) | 7.68 | 16.65% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 2.11 | 4.57% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | | | | | | | | | | | | | |

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Top Spanish Cafe & Catering

Jul 15, 2024 thru Jul 19, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

Generated on: 7/1/2024 3:04:14 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 - 07/15/2024 | | | | | | | | | | | | | | | |
| 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 |
| 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 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 | | 371 | 7 | 452 | 11.23 | 3.91 | 405.0 | 1306 | 14.68 | 38 | 10.43 | 76.11 | 6.36 | 0.75 | 0.00 |
| % of Calories | | | | | | | | | | 41.2% | 11.2% | 82.0% | 15.4% | 1.8% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-------------------------|----------|---------|----|-----|------|-------|-------|-----|-------|-------|-------|-------|-------|--------|------|
| Tue - 07/16/2024 | | | | | | | | | | | | | | | |
| 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 |
| STRAWBERRIES,FRESH | 1 CUP | 46 | 0 | 1 | 2.88 | 0.59 | 23.0 | 17 | 84.67 | 7 | 0.96 | 11.06 | 0.43 | 0.02 | 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 | | 347 | 27 | 485 | 4.88 | 2.48 | 661.5 | 663 | 85.97 | 24 | 14.99 | 52.56 | 8.13 | 4.73 | 0.00 |
| % of Calories | | | | | | | | | | 27.8% | 17.3% | 60.6% | 21.1% | 12.3% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-----------------------------|--------|---------|----|-----|------|-------|-------|-----|-------|-------|-------|-------|-------|--------|------|
| Wed - 07/17/2024 | | | | | | | | | | | | | | | |
| 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 |
| 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 | | 455 | 7 | 399 | 2.15 | 0.74 | 283.2 | 656 | 85.43 | 55 | 15.13 | 81.47 | 8.95 | 2.13 | 0.00 |
| % of Calories | | | | | | | | | | 48.3% | 13.3% | 71.7% | 17.7% | 4.2% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

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Top Spanish Cafe & Catering

Jul 15, 2024 thru Jul 19, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 2

Generated on: 7/1/2024 3:04:14 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) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 07/18/2024 | | | | | | | | | | | | | | | |
| 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 |
| 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. | 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 | | 437 | 7 | 400 | 8.61 | 2.67 | 327.8 | 701 | 9.08 | 43 | 12.82 | 79.83 | 9.19 | 2.17 | 0.00 |
| % of Calories | | | | | | | | | | 39.1% | 11.7% | 73.1% | 18.9% | 4.5% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |
| Fri - 07/19/2024 | | | | | | | | | | | | | | | |
| K-8 Breakfast | Total | | | | | | | | | | | | | | |
| WG Strawberry Oatmeal Bar HS | 2.4 oz | 280 | 10 | 150 | 2.00 | 2.00 | 20.0 | 0 | 0.0 | 18 | 4.0 | 46.0 | 9.0 | 1.00 | 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 | | 514 | 17 | 284 | 4.15 | 2.64 | 362.2 | 656 | 1.43 | 57 | 14.18 | 90.42 | 9.90 | 1.66 | 0.00 |
| % of Calories | | | | | | | | | | 44.5% | 11.0% | 70.4% | 17.3% | 2.9% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |
| Weighted Average | | 425 | 13 | 404 | 6.20 | 2.49 | 407.9 | 797 | 39.32 | 43 | 13.51 | 76.08 | 8.50 | 2.29 | 0.00 |
| | | | | | | | | | | 92.0% | 12.7% | 71.6% | 18.0% | 4.8% | 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

Jul 15, 2024 thru Jul 19, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 3

Generated on: 7/1/2024 3:04:14 PM

| 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 | 425 | | 400 - 500 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 13 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 404 | | 540 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 404 | | 485 | | | | | | | | | | | | | | |
| Fiber (g) | 6.20 | | | | | | | | | | | | | | | | |
| Iron (mg) | 2.49 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 407.9 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 797 | | | | | | | | | | | | | | | | |
| Sugars (g) | 43 | 40.90% | | | | | | | | | | | | | | | |
| Vitamin C (mg) | 39.32 | | | | | | | | | | | | | | | | |
| Protein (g) | 13.51 | 12.72% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 76.08 | 71.65% | | | | | | | | | | | | | | | |
| Total Fat (g) | 8.50 | 18.02% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 2.29 | 4.85% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | | | | | | | | | | | | | |

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

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

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

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Top Spanish Cafe & Catering

Jul 22, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

Generated on: 7/1/2024 3:04:40 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) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 07/22/2024 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| Weighted Daily Average | | 375 | 7 | 451 | 11.34 | 4.13 | 463.8 | 1612 | 99.35 | 37 | 11.59 | 76.27 | 6.39 | 0.73 | 0.00 |
| % of Calories | | | | | | | | | | 39.3% | 12.4% | 81.4% | 15.3% | 1.8% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------------|--------|---------|----|-----|------|------|-------|-----|------|-------|-------|-------|-------|--------|------|
| Tue - 07/23/2024 | | | | | | | | | | | | | | | |
| 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 |
| 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 | |

| | | | | | | | | | | | | | | | |
|---------------------------|----------|-----|----|-----|------|------|-------|------|-------|----|------|-------|------|------|------|
| Wed - 07/24/2024 | | | | | | | | | | | | | | | |
| 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 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, 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 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 |
| 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 |

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

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

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Top Spanish Cafe & Catering

Jul 22, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

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Generated on: 7/1/2024 3:04:40 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 | | 409 | 27 | 637 | 3.47 | 2.43 | 315.5 | 5907 | 58.40 | 37 | 16.75 | 63.21 | 10.26 | 1.49 | 0.00 |
| % of Calories | | | | | | | | | | 35.7% | 16.4% | 61.8% | 22.6% | 3.3% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| Thu - 07/25/2024 | | | | | | | | | | | | | | | |
|-------------------------|----------|---------|----|-----|------|-------|-------|-----|------|-------|-------|-------|-------|--------|------|
| 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 |
| 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 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 | | 461 | 27 | 503 | 4.00 | 2.69 | 638.5 | 645 | 1.30 | 57 | 14.03 | 83.50 | 7.69 | 4.71 | 0.00 |
| % of Calories | | | | | | | | | | 49.5% | 12.2% | 72.4% | 15.0% | 9.2% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| Fri - 07/26/2024 | | | | | | | | | | | | | | | |
|-------------------------|---------|---------|----|-----|------|-------|-------|------|------|-------|-------|-------|-------|--------|------|
| 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 |
| 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 |
| 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 |
| Weighted Daily Average | | 367 | 12 | 268 | 4.53 | 1.55 | 499.3 | 1228 | 7.73 | 45 | 14.71 | 69.22 | 5.06 | 1.73 | 0.00 |
| % of Calories | | | | | | | | | | 48.9% | 16.0% | 75.5% | 12.4% | 4.2% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|------|------|
| Weighted Average | | 411 | 23 | 426 | 6.18 | 2.68 | 447.1 | 2016 | 35.14 | 45 | 14.15 | 74.70 | 7.53 | 2.08 | 0.00 |
| | | | | | | | | | | 98.0% | 13.8% | 72.6% | 16.5% | 4.5% | 0.0% |

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Top Spanish Cafe & Catering

Jul 22, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 3

Generated on: 7/1/2024 3:04:40 PM

| 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 | 411 | | 400 - 500 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 23 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 426 | | 540 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 426 | | 485 | | | | | | | | | | | | | | |
| Fiber (g) | 6.18 | | | | | | | | | | | | | | | | |
| Iron (mg) | 2.68 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 447.1 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 2016 | | | | | | | | | | | | | | | | |
| Sugars (g) | 45 | 43.55% | | | | | | | | | | | | | | | |
| Vitamin C (mg) | 35.14 | | | | | | | | | | | | | | | | |
| Protein (g) | 14.15 | 13.75% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 74.70 | 72.62% | | | | | | | | | | | | | | | |
| Total Fat (g) | 7.53 | 16.47% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 2.08 | 4.54% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | | | | | | | | | | | | | |

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Top Spanish Cafe & Catering

Jul 29, 2024 thru Aug 2, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

Generated on: 7/1/2024 3:05:01 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) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 07/29/2024 | | | | | | | | | | | | | | | |
| 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 |
| 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. | 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 | | 401 | 7 | 451 | 13.47 | 4.25 | 413.6 | 1276 | 15.99 | 41 | 10.83 | 84.06 | 6.41 | 0.75 | 0.00 |
| % of Calories | | | | | | | | | | 41.0% | 10.8% | 83.9% | 14.4% | 1.7% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|----------------------------|----------|---------|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|--------|------|
| Tue - 07/30/2024 | | | | | | | | | | | | | | | |
| 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 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 |
| WATERMELON, CHUNKS | 1 CUP | 46 | 0 | 2 | 0.61 | 0.36 | 10.6 | 865 | 12.31 | 9 | 0.93 | 11.48 | 0.23 | 0.02 | 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 | | 403 | 44 | 405 | 2.65 | 2.23 | 361.1 | 1497 | 13.45 | 39 | 18.85 | 64.34 | 8.37 | 1.70 | 0.00 |
| % of Calories | | | | | | | | | | 39.2% | 18.7% | 63.9% | 18.7% | 3.8% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-------------------------|--------|-----|----|-----|------|-------|-------|-----|------|----|------|-------|------|------|------|
| Wed - 07/31/2024 | | | | | | | | | | | | | | | |
| 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 |
| 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 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Top Spanish Cafe & Catering

Jul 29, 2024 thru Aug 2, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 2

Generated on: 7/1/2024 3:05:01 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 | | 426 | 7 | 371 | 5.46 | 0.90 | 291.5 | 731 | 7.78 | 49 | 13.48 | 76.53 | 9.18 | 2.17 | 0.00 |
| % of Calories | | | | | | | | | | 46.2% | 12.7% | 71.8% | 19.4% | 4.6% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| Thu - 08/01/2024 | | | | | | | | | | | | | | | |
|-------------------------|----------|---------|----|-----|------|-------|-------|-----|------|-------|-------|-------|-------|--------|------|
| 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% Grape Juice 8oz | 8 oz | 160 | 0 | 40 | 0.00 | 0.00 | 40.0 | 0 | 2.4 | 36 | 0.0 | 38.0 | 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 | | 461 | 27 | 523 | 2.00 | 1.89 | 678.5 | 645 | 3.70 | 53 | 14.03 | 79.50 | 7.69 | 4.71 | 0.00 |
| % of Calories | | | | | | | | | | 46.0% | 12.2% | 69.0% | 15.0% | 9.2% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| Fri - 08/02/2024 | | | | | | | | | | | | | | | |
|------------------------------|----------|---------|----|-----|------|------|-------|-----|------|-------|-------|--------|-------|--------|------|
| 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 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 |
| 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 |
| 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 | | 566 | 29 | 612 | 3.94 | 1.52 | 282.0 | 594 | 1.13 | 71 | 16.85 | 101.11 | 10.73 | 2.35 | 0.00 |
| % of Calories | | | | | | | | | | 50.4% | 11.9% | 71.4% | 17.1% | 3.7% | 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|------|------|-------|-----|------|--------|-------|-------|-------|------|------|
| Weighted Average | | 451 | 23 | 472 | 5.51 | 2.16 | 405.4 | 949 | 8.41 | 51 | 14.81 | 81.11 | 8.48 | 2.34 | 0.00 |
| | | | | | | | | | | 101.4% | 13.1% | 71.9% | 16.9% | 4.7% | 0.0% |

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

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Top Spanish Cafe & Catering

Jul 29, 2024 thru Aug 2, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 3

Generated on: 7/1/2024 3:05:01 PM

| 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 | 451 | | 400 - 500 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 23 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 472 | | 540 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 472 | | 485 | | | | | | | | | | | | | | |
| Fiber (g) | 5.51 | | | | | | | | | | | | | | | | |
| Iron (mg) | 2.16 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 405.4 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 949 | | | | | | | | | | | | | | | | |
| Sugars (g) | 51 | 45.05% | | | | | | | | | | | | | | | |
| Vitamin C (mg) | 8.41 | | | | | | | | | | | | | | | | |
| Protein (g) | 14.81 | 13.12% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 81.11 | 71.86% | | | | | | | | | | | | | | | |
| Total Fat (g) | 8.48 | 16.90% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 2.34 | 4.66% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | | | | | | | | | | | | | |

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Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

8
Hamburger on
WG Bun
Sweet Potatoes
Apples

9
Chicken Tacos
Taco Shells
Corn
Bananas

10
Spaghetti & Meatballs
Marinara Sauce
Green Beans
Oranges

11
Spanish Rice with
Chicken
Black Beans
100% Grape Juice

12
Baked BBQ Glazed
Chicken Drumstick
WG Roll
Broccoli
Diced Pears

15
Beef Hot Dog
Hot Dog Roll
Baked Beans
100% Orange Juice
Ketchup

16
Turkey Sausage
Jambalaya
Mixed Vegetables
Bananas

17
Chicken & Bean Wrap
Corn
Apple Sauce

18
Cheese Pizza
Green Beans
Mandarin Cup

19
Chicken Salad
Sandwich
Green Salad
Granola Bar
Apples

22
Chicken Drumstick
WG Roll
Corn
Apples
Ketchup

23
Beef Lasagna
WG Roll
Broccoli
Bananas

24
Chicken Patty
Sandwich
Green Beans
Oranges

25
Ropa Vieja
(Shredded Beef Stew)
Brown Rice with Black
Beans
100% Grape Juice

26
Turkey Ham &
Cheese Sandwich
Green Salad
Sun Chips
Mayo, Ranch
Apple Sauce

29
Chicken Nuggets
WG Roll
Corn & Broccoli
Apple Sauce

30
Beef Taco
Taco Shells
Black Beans
Bananas


31
Turkey Bologna and
Cheese Sandwich
Carrots Sticks
100% Orange Juice
Mayonnaise
Ranch Dressing



- 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.

JULY 2024 VEGETARIAN



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 1 NO SCHOOL | 2 NO SCHOOL | 3 NO SCHOOL | 4 NO SCHOOL | 5 NO SCHOOL |
| 8 Vegetarian Patty WG Bun Sweet Potatoes Apples | 9 Vegetarian Meat Tacos Taco Shells Corn Bananas | 10 Vegetarian Meat Spaghetti Green Beans Oranges | 11 Rice with Vegetarian Meat Black Beans 100% Grape Juice | 12 Vegetarian Patty WG Roll Broccoli Diced Pears |
| 15 Black Bean Patty Hot Dog Roll Baked Beans 100% Orange Juice Ketchup | 16 Vegetarian Meat Jambalaya Mixed Vegetables Bananas | 17 Cheese & Bean Wrap Corn Apple Sauce | 18 Cheese Pizza Green Beans Mandarin Cup | 19 SunButter & Jelly Sandwich Sandwich Green Salad Granola Bar Apples |
| 22 Vegetarian Patty WG Roll Corn Apples Ketchup | 23 Vegetarian Lasagna WG Roll Broccoli Bananas | 24 Vegetarian Patty Sandwich Green Beans Oranges | 25 Rice with Vegetarian Meat Black Beans 100% Grape Juice | 26 Tofu & Vegetable Sandwich Green Salad Sun Chips Mayo, Ranch Apple Sauce |
| 29 Black Bean Patty WG Roll Corn & Broccoli Apple Sauce | 30 Vegetarian Meat Taco Taco Shells Black Beans Bananas | 31 Sunbutter & Jelly Sandwich Carrots Sticks 100% Orange Juice Mayonnaise Ranch Dressing |  | |

- 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

Jul 8, 2024 thru Jul 12, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 7/1/2024 2:27:44 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) |
|-------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 07/08/2024 | | | | | | | | | | | | | | | |
| 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 |
| Sweet potatoes | 3/4 cup | 154 | 0 | 62 | 5.66 | 1.18 | 65.1 | 32945 | 33.6 | 11 | 3.45 | 35.5 | 0.26 | 0.09 | 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 |
| 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 |
| 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 | | 586 | 41 | 550 | 12.12 | 4.36 | 375.2 | 33652 | 41.08 | 39 | 27.01 | 94.89 | 12.12 | 4.76 | 0.49 |
| % of Calories | | | | | | | | | | 27.0% | 18.4% | 64.7% | 18.6% | 7.3% | 0.7% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------|---------|---------|----|------|-------|------|-------|------|-------|--------|-------|--------|-------|--------|-------|
| Tue - 07/09/2024 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 | | 720 | 77 | 337 | 10.58 | 3.57 | 324.5 | 1570 | 20.13 | *34 | 41.31 | 101.31 | 18.79 | 5.27 | *0.00 |
| % of Calories | | | | | | | | | | *18.8% | 23.0% | 56.3% | 23.5% | 6.6% | *0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

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Top Spanish Cafe & Catering

Jul 8, 2024 thru Jul 12, 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) | 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 - 07/10/2024 | | | | | | | | | | | | | | | |
| K-8 Lunch | Total | | | | | | | | | | | | | | |
| Spaghetti-4 oz. | 4 oz | 400 | 0 | 20 | 12.00 | 5.40 | 0.0 | 0 | 0.0 | 4 | 14.0 | 82.0 | 3.0 | 0.00 | 0.00 |
| Beef Meatballs | 2.5 oz | 180 | 30 | 200 | 1.00 | 1.40 | 30.0 | 0 | 0.0 | 1 | 13.0 | 4.0 | 12.0 | 5.00 | 0.00 |
| Marinara Sauce 1/4C (F) | 1/4 C | 25 | 0 | 45 | 1.00 | 0.72 | 10.0 | 250 | 0.0 | 3 | 0.5 | 5.0 | 0.5 | 0.00 | 0.00 |
| GREEN BEANS: fresh,boiled | 1/2 cup | 44 | 0 | 1 | 4.00 | 0.81 | 55.0 | 791 | 12.13 | 5 | 2.36 | 9.85 | 0.35 | 0.08 | 0.00 |
| Orange Navel K-8 | 1/2 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 |
| Vegetarian Spaghetti K-8.. | 6 oz | 519 | 0 | 430 | 18.14 | 8.34 | 67.9 | 500 | 0.0 | 10 | 23.96 | 98.61 | 6.43 | 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 | | 821 | 37 | 402 | 21.49 | 8.55 | 438.8 | 2060 | 104.27 | 38 | 39.23 | 133.35 | 17.03 | 5.69 | 0.00 |
| % of Calories | | | | | | | | | | 18.3% | 19.1% | 64.9% | 18.7% | 6.2% | 0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 07/11/2024 | | | | | | | | | | | | | | | |
| K-8 Lunch | Total | | | | | | | | | | | | | | |
| SPANISH RICE With Chicken | 6 Oz | 284 | 79 | 219 | 1.53 | 3.57 | 34.2 | 340 | 11.14 | *2 | 30.86 | 32.5 | 4.01 | 1.12 | *0.00 |
| Black beans 1/2C | 1/2 C | 113 | 0 | 122 | 5.23 | 1.74 | 41.9 | 0 | 0.0 | 1 | 6.98 | 20.06 | 0.44 | 0.00 | 0.00 |
| 100% Grape Juice 4oz | 4 oz | 80 | 0 | 20 | 0.00 | 0.00 | 20.0 | 0 | 1.2 | 18 | 0.0 | 19.0 | 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 |
| 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 |
| Rice and Vegetarian Meat | 6 oz | 591 | 0 | 415 | 14.35 | 4.78 | 137.1 | 687 | 123.19 | *5 | 22.14 | 108.96 | 10.59 | 1.39 | *0.00 |
| Weighted Daily Average | | 585 | 84 | 496 | 7.08 | 5.34 | 375.7 | 980 | 16.28 | *33 | 45.67 | 86.47 | 5.80 | 1.84 | *0.00 |
| % of Calories | | | | | | | | | | *22.4% | 31.3% | 59.2% | 8.9% | 2.8% | *0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

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Top Spanish Cafe & Catering

Jul 8, 2024 thru Jul 12, 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 - 07/12/2024 | | | | | | | | | | | | | | | |
| K-8 Lunch | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Baked BBQ Glazed Chicken Drum | 3.2 oz | 190 | 90 | 840 | 0.00 | 0.60 | 0.0 | 0 | 0.0 | 9 | 17.0 | 12.0 | 8.0 | 2.00 | 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 |
| 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 |
| Diced Pear Cup | 4 oz | 70 | 0 | 0 | 3.00 | 1.00 | 0.0 | 0 | 0.0 | 14 | 1.0 | 18.0 | 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 |
| 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 | | 487 | 94 | 1112 | 9.37 | 3.19 | 425.4 | 2024 | 56.50 | 39 | 34.26 | 66.42 | 10.31 | 2.70 | 0.00 |
| % of Calories | | | | | | | | | | 31.8% | 28.2% | 54.6% | 19.1% | 5.0% | 0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|-------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Weighted Average | | 640 | 66 | 580 | 12.13 | 5.00 | 387.9 | 8058 | 47.65 | *36 *51.3% | 37.49 23.4% | 96.49 60.3% | 12.81 18.0% | 4.05 5.7% | *0.10 *0.1% |
|------------------|--|-----|----|-----|-------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 640 | | 600 - 650 | 100% | | | | |
| Cholesterol (mg) | 66 | | | | | | | |
| Sodium 1 (mg) | 580 | | 1230 | | | | | |
| Sodium 2 (mg) | 580 | | 935 | | | | | |
| Fiber (g) | 12.13 | | | | | | | |
| Iron (mg) | 5.00 | | | | | | | |
| Calcium (mg) | 387.9 | | | | | | | |
| Vitamin A (IU) | 8058 | | | | | | | |
| Sugars (g) | 36 | 22.81% | | | Missing | | | |
| Vitamin C (mg) | 47.65 | | | | | | | |
| Protein (g) | 37.49 | 23.45% | | | | | | |
| Carbohydrate (g) | 96.49 | 60.33% | | | | | | |
| Total Fat (g) | 12.81 | 18.02% | | | | | | |
| Saturated Fat (g) | 4.05 | 5.70% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.10 | 0.14% | | | Missing | | | |

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

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

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Top Spanish Cafe & Catering

Jul 15, 2024 thru Jul 19, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 7/1/2024 2:28:09 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 07/15/2024 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 |
| 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 |
| Weighted Daily Average | | 541 | 37 | 1109 | 9.36 | 4.22 | 324.8 | 646 | 45.09 | 35 | 25.16 | 77.00 | 15.49 | 6.59 | 0.49 |
| % of Calories | | | | | | | | | | 25.8% | 18.6% | 56.9% | 25.8% | 11.0% | 0.8% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-----------------------------|---------|---------|----|------|-------|------|-------|------|--------|--------|-------|--------|-------|--------|-------|
| Tue - 07/16/2024 | | | | | | | | | | | | | | | |
| K-8 Lunch | Total | | | | | | | | | | | | | | |
| Turkey Sausage Jambalaya HS | 10 oz | 418 | 52 | 707 | 3.31 | 1.99 | 26.7 | 140 | 22.13 | *5 | 14.89 | 56.56 | 14.59 | 3.27 | *0.00 |
| Mixed Vegetables. 1C. | 1 CUP | 118 | 0 | 64 | 8.01 | 1.49 | 45.5 | 7784 | 5.82 | 6 | 5.21 | 23.82 | 0.27 | 0.06 | 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 |
| 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 |
| 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 | | 745 | 58 | 890 | 14.67 | 3.96 | 358.5 | 8650 | 41.93 | *37 | 29.53 | 121.78 | 16.28 | 4.12 | *0.00 |
| % of Calories | | | | | | | | | | *19.8% | 15.9% | 65.4% | 19.7% | 5.0% | *0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-------------------------|-------|-----|----|-----|------|------|-------|-----|------|----|-------|-------|-------|------|------|
| Wed - 07/17/2024 | | | | | | | | | | | | | | | |
| K-8 Lunch | Total | | | | | | | | | | | | | | |
| Chicken and Bean Wrap | 5 oz | 267 | 54 | 595 | 4.28 | 2.06 | 136.5 | 0 | 0.0 | 0 | 16.81 | 32.51 | 8.28 | 2.63 | 0.00 |
| CORN: frozen, yellow | 1 CUP | 134 | 0 | 2 | 3.96 | 0.78 | 5.0 | 328 | 5.78 | 5 | 4.21 | 31.85 | 1.11 | 0.17 | 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, 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 |
| Cheese and Bean Wrap | 5 oz | 354 | 30 | 678 | 4.28 | 1.80 | 541.5 | 202 | 0.0 | 0 | 20.27 | 31.08 | 16.14 | 9.30 | 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 |

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

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

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Top Spanish Cafe & Catering

Jul 15, 2024 thru Jul 19, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 7/1/2024 2:28:09 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 | | 553 | 61 | 730 | 9.24 | 2.83 | 428.1 | 962 | 12.97 | 28 | 29.15 | 90.38 | 10.83 | 3.71 | 0.00 |
| % of Calories | | | | | | | | | | 20.5% | 21.1% | 65.3% | 17.6% | 6.0% | 0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| Thu - 07/18/2024 | | | | | | | | | | | | | | | |
|-------------------------------|----------|---------|----|------|------|------|-------|------|-------|-------|-------|-------|-------|--------|------|
| 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 |
| GREEN BEANS: frozen,boiled 1C | 1 CUP | 38 | 0 | 1 | 4.05 | 0.89 | 56.7 | 566 | 5.54 | 3 | 2.01 | 8.71 | 0.23 | 0.06 | 0.00 |
| Mandarin Fruit Cup (L) | 1/2 C | 70 | 0 | 0 | 1.00 | 0.00 | 30.0 | 0 | 0.0 | 14 | 1.0 | 16.0 | 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 |
| 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 | | 619 | 38 | 1295 | 7.05 | 2.69 | 808.5 | 2151 | 27.66 | 39 | 32.24 | 76.71 | 20.05 | 9.36 | 0.00 |
| % of Calories | | | | | | | | | | 24.9% | 20.8% | 49.5% | 29.1% | 13.6% | 0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| Fri - 07/19/2024 | | | | | | | | | | | | | | | |
|----------------------------|---------|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| K-8 Lunch | Total | | | | | | | | | | | | | | |
| Chicken Salad. | 3 oz | 142 | 43 | 206 | 0.69 | 0.44 | 11.6 | 2757 | 1.41 | *1 | 14.29 | 5.22 | 6.75 | 1.47 | *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 |
| 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 |
| 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 |
| Sunflower & Jelly Sandwich | 2.8 oz | 310 | 0 | 300 | 4.00 | 5.00 | 27.0 | 0 | 0.0 | 11 | 9.0 | 33.0 | 15.0 | 2.00 | 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 |
| Weighted Daily Average | | 542 | 50 | 642 | 8.99 | 3.63 | 433.4 | 7489 | 10.73 | *36 | 29.05 | 83.87 | 11.47 | 2.25 | *0.00 |
| % of Calories | | | | | | | | | | *26.5% | 21.4% | 61.9% | 19.0% | 3.7% | *0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|------|-------|
| Weighted Average | | 600 | 49 | 933 | 9.86 | 3.47 | 470.7 | 3980 | 27.68 | *35 | 29.03 | 89.95 | 14.82 | 5.21 | *0.10 |
| | | | | | | | | | | *52.3% | 19.3% | 60.0% | 22.2% | 7.8% | *0.1% |

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

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

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Top Spanish Cafe & Catering

Jul 15, 2024 thru Jul 19, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 3

Generated on: 7/1/2024 2:28:09 PM

| 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 | 600 | | 600 - 650 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 49 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 933 | | 1230 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 933 | | 935 | | | | | | | | | | | | | | |
| Fiber (g) | 9.86 | | | | | | | | | | | | | | | | |
| Iron (mg) | 3.47 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 470.7 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 3980 | | | | | | | | | | | | | | | | |
| Sugars (g) | 35 | 23.26% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 27.68 | | | | | | | | | | | | | | | | |
| Protein (g) | 29.03 | 19.35% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 89.95 | 59.95% | | | | | | | | | | | | | | | |
| Total Fat (g) | 14.82 | 22.23% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 5.21 | 7.81% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.10 | 0.15% | | | | Missing | | | | | | | | | | | |

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

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Top Spanish Cafe & Catering

Jul 22, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 7/1/2024 2:28:33 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) |
|--------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 07/22/2024 | | | | | | | | | | | | | | | |
| K-8 Lunch | Total | | | | | | | | | | | | | | |
| Chicken Drumstick. | 4.4 oz | 220 | 60 | 530 | 1.00 | 1.00 | 14.0 | 0 | 0.0 | 0 | 19.0 | 6.0 | 13.0 | 3.00 | 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 |
| 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, 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 |
| 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 |
| Weighted Daily Average | | 595 | 65 | 888 | 9.67 | 2.52 | 405.5 | 967 | 12.13 | 34 | 34.62 | 82.82 | 16.05 | 3.81 | 0.00 |
| % of Calories | | | | | | | | | | 23.2% | 23.3% | 55.6% | 24.3% | 5.8% | 0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-----------------------------|---------|---------|----|------|-------|------|-------|------|--------|--------|-------|--------|-------|--------|-------|
| Tue - 07/23/2024 | | | | | | | | | | | | | | | |
| K-8 Lunch | Total | | | | | | | | | | | | | | |
| Beef Lasagna. | 1 C | 280 | 40 | 700 | 2.00 | 1.44 | 200.0 | 500 | 1.2 | 8 | 16.0 | 35.0 | 8.0 | 4.50 | 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 |
| 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, 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 |
| Vegetable Lasagna. | 1 C | 300 | 25 | 920 | 3.00 | 0.36 | 250.0 | 500 | 3.6 | 6 | 13.0 | 37.0 | 11.0 | 5.00 | 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 Pasta. | 6 oz | 559 | 0 | 332 | 17.61 | 7.81 | 61.5 | 500 | 0.0 | 11 | 24.86 | 104.09 | 7.5 | 0.69 | 0.00 |
| Rice and Vegetarian Meat | 6 oz | 591 | 0 | 415 | 14.35 | 4.78 | 137.1 | 687 | 123.19 | *5 | 22.14 | 108.96 | 10.59 | 1.39 | *0.00 |
| Weighted Daily Average | | 617 | 47 | 996 | 11.35 | 3.30 | 629.8 | 2603 | 68.47 | *38 | 33.58 | 99.03 | 10.91 | 5.39 | *0.00 |
| % of Calories | | | | | | | | | | *24.9% | 21.8% | 64.2% | 15.9% | 7.9% | *0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

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

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

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Top Spanish Cafe & Catering

Jul 22, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 7/1/2024 2:28:33 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) |
|-------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 07/24/2024 | | | | | | | | | | | | | | | |
| K-8 Lunch | Total | | | | | | | | | | | | | | |
| Chicken Patty. | 1 oz | 120 | 50 | 210 | 0.00 | 0.36 | 20.0 | 100 | 0.0 | 0 | 6.0 | 5.0 | 8.0 | 2.00 | 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 |
| 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 |
| 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 |
| Orange Navel K-8 | 1/2 Cup | 75 | 0 | 2 | 3.39 | 0.20 | 66.2 | 380 | 91.01 | 13 | 1.4 | 19.31 | 0.23 | 0.03 | 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 | | 456 | 57 | 599 | 9.73 | 3.29 | 420.0 | 1561 | 96.59 | 29 | 21.23 | 70.43 | 11.10 | 2.78 | 0.00 |
| % of Calories | | | | | | | | | | 25.6% | 18.6% | 61.8% | 21.9% | 5.5% | 0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 07/25/2024 | | | | | | | | | | | | | | | |
| K-8 Lunch | Total | | | | | | | | | | | | | | |
| Shredded Beef Stew (Ropa Vieja | 1 C | 164 | 63 | 487 | 1.73 | 2.94 | 57.7 | 1069 | 39.98 | *2 | 22.95 | 7.58 | 5.07 | 2.03 | *0.25 |
| BROWN RICE-HS 1 Cup. | 8 OZ | 209 | 0 | 28 | 1.92 | 0.86 | 8.2 | 0 | 0.0 | *0 | 5.7 | 40.98 | 2.21 | 0.46 | *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 |
| 100% Grape Juice 4oz | 4 oz | 80 | 0 | 20 | 0.00 | 0.00 | 20.0 | 0 | 1.2 | 18 | 0.0 | 19.0 | 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 |
| 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 |
| Weighted Daily Average | | 679 | 67 | 850 | 10.39 | 5.08 | 404.2 | 1641 | 41.13 | *34 | 43.71 | 103.93 | 8.51 | 3.14 | *0.24 |
| % of Calories | | | | | | | | | | *19.8% | 25.7% | 61.2% | 11.3% | 4.2% | *0.3% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

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

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Top Spanish Cafe & Catering

Jul 22, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 3

Generated on: 7/1/2024 2:28:34 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) |
|-----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 07/26/2024 | | | | | | | | | | | | | | | |
| 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 salad 1/2 C | 1/2 cup | 16 | 0 | 4 | 1.08 | 0.24 | 9.0 | 750 | 12.33 | 2 | 0.79 | 3.5 | 0.18 | 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 |
| 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 |
| 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 |
| 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 |
| Sun Chip Original | 1 | 138 | 0 | 119 | 2.96 | 1.27 | 0.0 | 0 | 0.0 | 0 | 1.97 | 18.77 | 5.93 | 0.99 | 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 |
| American Cheese Pullman | 1 oz | 40 | 10 | 180 | 0.00 | 0.00 | 75.0 | 0 | 0.0 | 1 | 2.0 | 1.0 | 3.0 | 1.75 | 0.00 |
| Mayonnaise | 12.4 GRA | 90 | 0 | 65 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 10.0 | 1.50 | 0.00 |
| Weighted Daily Average | | 686 | 71 | 1333 | 8.97 | 4.63 | 406.6 | 5475 | 21.35 | 29 | 31.02 | 80.17 | 26.75 | 6.42 | 0.00 |
| % of Calories | | | | | | | | | | 17.1% | 18.1% | 46.7% | 35.1% | 8.4% | 0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|-------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Weighted Average | | 607 | 61 | 933 | 10.02 | 3.76 | 453.2 | 2449 | 47.94 | *33 *48.9% | 32.83 21.6% | 87.27 57.5% | 14.67 21.8% | 4.31 6.4% | *0.05 *0.1% |
|------------------|--|-----|----|-----|-------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 607 | | 600 - 650 | 100% | | | | |
| Cholesterol (mg) | 61 | | | | | | | |
| Sodium 1 (mg) | 933 | | 1230 | | | | | |
| Sodium 2 (mg) | 933 | | 935 | | | | | |
| Fiber (g) | 10.02 | | | | | | | |
| Iron (mg) | 3.76 | | | | | | | |
| Calcium (mg) | 453.2 | | | | | | | |
| Vitamin A (IU) | 2449 | | | | | | | |
| Sugars (g) | 33 | 21.75% | | | Missing | | | |
| Vitamin C (mg) | 47.94 | | | | | | | |
| Protein (g) | 32.83 | 21.64% | | | | | | |
| Carbohydrate (g) | 87.27 | 57.53% | | | | | | |
| Total Fat (g) | 14.67 | 21.75% | | | | | | |
| Saturated Fat (g) | 4.31 | 6.39% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.05 | 0.07% | | | Missing | | | |

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Top Spanish Cafe & Catering

Jul 29, 2024 thru Aug 2, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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Generated on: 7/1/2024 2:39:13 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) |
|---------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 07/29/2024 | | | | | | | | | | | | | | | |
| 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 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 |
| CORN: frozen, yellow 1/2C | 1/2 CUP | 67 | 0 | 1 | 1.98 | 0.39 | 2.5 | 164 | 2.89 | 3 | 2.1 | 15.92 | 0.55 | 0.08 | 0.00 |
| BROCCOLI: fresh, boiled | 3/4 cup | 55 | 0 | 64 | 5.15 | 1.05 | 62.4 | 2415 | 101.24 | 2 | 3.71 | 11.2 | 0.64 | 0.12 | 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 |
| 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 |
| 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 |
| Diced Chicken Tyson 4oz | 4 oz | 175 | 74 | 169 | 0.00 | 1.35 | 9.4 | 0 | 0.0 | 0 | 24.3 | 1.35 | 6.75 | 2.03 | 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 |
| 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 |
| Weighted Daily Average | | 627 | 89 | 925 | 11.28 | 5.56 | 421.5 | 3400 | 111.28 | 31 | 30.85 | 95.15 | 15.04 | 3.36 | 0.00 |
| % of Calories | | | | | | | | | | 19.6% | 19.7% | 60.7% | 21.6% | 4.8% | 0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | 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) |
|--------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 07/30/2024 | | | | | | | | | | | | | | | |
| K-8 Lunch | Total | | | | | | | | | | | | | | |
| BEEF for TACOS 3oz.* | 3 oz | 185 | 54 | 71 | 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 | 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 | | 730 | 61 | 397 | 13.43 | 4.91 | 377.1 | 1085 | 13.90 | *30 | 35.66 | 95.64 | 22.66 | 7.89 | *0.68 |
| % of Calories | | | | | | | | | | *16.5% | 19.5% | 52.4% | 27.9% | 9.7% | *0.8% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

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Top Spanish Cafe & Catering

Jul 29, 2024 thru Aug 2, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 7/1/2024 2:39:13 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 07/31/2024 | | | | | | | | | | | | | | | |
| K-8 Lunch | Total | | | | | | | | | | | | | | |
| Turkey Bologna 3oz (FF) | 2 oz | 130 | 40 | 500 | 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 | 180 | 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 | 250 | 3.00 | 2.00 | 11.0 | 0 | 0.0 | 2 | 4.0 | 26.0 | 1.5 | 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 |
| CARROT STICKS MS | 3/4 CUP | 38 | 0 | 63 | 2.56 | 0.27 | 30.2 | 15286 | 5.4 | 4 | 0.85 | 8.77 | 0.22 | 0.03 | 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 |
| Sunflower & Jelly Sandwich | 2.8 oz | 310 | 0 | 300 | 4.00 | 5.00 | 27.0 | 0 | 0.0 | 11 | 9.0 | 33.0 | 15.0 | 2.00 | 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 |
| Mayonnaise | 12.4 GRA | 90 | 0 | 65 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 10.0 | 1.50 | 0.00 |
| Weighted Daily Average | | 588 | 55 | 1302 | 5.60 | 3.09 | 467.5 | 15916 | 48.55 | 30 | 21.76 | 64.97 | 26.90 | 6.40 | 0.00 |
| % of Calories | | | | | | | | | | 20.6% | 14.8% | 44.2% | 41.2% | 9.8% | 0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 08/01/2024 | | | | | | | | | | | | | | | |
| K-8 Lunch | Total | | | | | | | | | | | | | | |
| CHICKEN STIR-FRY. | 3 OZ | 194 | 45 | 217 | 1.58 | 0.76 | 23.9 | 148 | 41.4 | *2 | 16.52 | 6.71 | 11.12 | 2.10 | *0.00 |
| BROWN RICE 1C. | 8 oz | 160 | 0 | 2 | 1.88 | 0.68 | 2.5 | 0 | 0.0 | 0 | 0.0 | 32.9 | 1.41 | 0.00 | 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 |
| 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 |
| 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 |
| Weighted Daily Average | | 585 | 50 | 370 | 12.41 | 2.53 | 366.9 | 1282 | 53.49 | *33 | 26.82 | 87.31 | 13.99 | 2.86 | *0.00 |
| % of Calories | | | | | | | | | | *22.8% | 18.3% | 59.7% | 21.5% | 4.4% | *0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

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

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Top Spanish Cafe & Catering

Jul 29, 2024 thru Aug 2, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 3

Generated on: 7/1/2024 2:39:13 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) |
|---------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 08/02/2024 | | | | | | | | | | | | | | | |
| K-8 Lunch | Total | | | | | | | | | | | | | | |
| Macaroni and Cheese | 6 oz | 290 | 30 | 980 | 2.00 | 1.08 | 420.0 | 800 | 0.0 | 6 | 17.0 | 31.0 | 11.0 | 6.00 | 0.00 |
| CARROTS: fresh, boiled-MS | 3/4 CUP | 42 | 0 | 70 | 3.60 | 0.41 | 36.0 | 20440 | 4.32 | 4 | 0.91 | 9.86 | 0.22 | 0.04 | 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 |
| 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 |
| 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 | | 506 | 38 | 1172 | 9.00 | 1.70 | 794.3 | 22239 | 96.49 | 35 | 27.37 | 73.07 | 12.58 | 6.72 | 0.00 |
| % of Calories | | | | | | | | | | 27.8% | 21.6% | 57.7% | 22.4% | 12.0% | 0.0% |
| Nutrient Guideline | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|-------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Weighted Average | | 607 | 59 | 833 | 10.35 | 3.56 | 485.5 | 8785 | 64.74 | *32 *47.3% | 28.49 18.8% | 83.23 54.8% | 18.23 27.0% | 5.45 8.1% | *0.14 *0.2% |
|------------------|--|-----|----|-----|-------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 607 | | 600 - 650 | 100% | | | | |
| Cholesterol (mg) | 59 | | | | | | | |
| Sodium 1 (mg) | 833 | | 1230 | | | | | |
| Sodium 2 (mg) | 833 | | 935 | | | | | |
| Fiber (g) | 10.35 | | | | | | | |
| Iron (mg) | 3.56 | | | | | | | |
| Calcium (mg) | 485.5 | | | | | | | |
| Vitamin A (IU) | 8785 | | | | | | | |
| Sugars (g) | 32 | 21.03% | | | Missing | | | |
| Vitamin C (mg) | 64.74 | | | | | | | |
| Protein (g) | 28.49 | 18.77% | | | | | | |
| Carbohydrate (g) | 83.23 | 54.83% | | | | | | |
| Total Fat (g) | 18.23 | 27.02% | | | | | | |
| Saturated Fat (g) | 5.45 | 8.07% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.14 | 0.20% | | | Missing | | | |

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

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