



Monday

Tuesday

Wednesday

Thursday

Friday

**NO SCHOOL
LABOR DAY**

2

Assorted Whole Grain
Cereal
Apples

3

WG Pancakes
Turkey Breakfast Sausage
100% Grape Juice
Syrup

4

WG Bagels
Cream Cheese
Pears

5

WG Apple Muffin
Peach Cup

6

Assorted Whole Grain
Cereal
Pear Cup

9

WG Waffles
Turkey Breakfast Sausage
100% Orange Juice
Syrup

10

Egg & Cheese
Burrito
Apples

11

WG Bagels
Cream Cheese
Bananas

12

WG Strawberry
Oatmeal Bar
Pineapple

13

Assorted Whole Grain
Cereal
Apples

16

WG French Toast
Turkey Bacon
100% Apple Juice
Syrup

17

Hard Boiled Egg
Home Potatoes
WG Roll
Peach Cup

18

WG Pancake
Turkey Breakfast Sausage
Watermelon
Syrup

19

WG Mini Cinnis
Cinnamon Rolls
Mandarin Cup

20

Assorted Whole
Grain Cereal
Mandarin Cup

23

WG Bagels
Cream Cheese
100% Orange Juice

24

Fat Free Yogurt
Granola Bar
Cantaloupe

25

WG Pancake
Turkey Breakfast Sausage
Apples
Syrup

26

WG Banana Bread
100% Apple Juice

27

Assorted Whole
Grain Cereal
Mandarin Cup

30



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

This institution is an equal opportunity provider



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Home Potatoes
WG Roll
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Grain Cereal
Mandarin Cup

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Top Spanish Cafe & Catering

Sep 2, 2024 thru Sep 6, 2024

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/02/2024															
K-8 Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		400-500		540											<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/03/2024															
K-8 Breakfast	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	160	4.00	1.80	60.0	300	3.6	6	2.0	22.0	2.5	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		282	7	295	7.28	2.14	345.8	1010	11.13	32	10.44	54.41	3.90	0.75	0.00
% of Calories										45.8%	14.8%	77.1%	12.4%	2.4%	0.0%
Nutrient Guideline		400-500		540											<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/04/2024															
K-8 Breakfast	Total														
Whole Grain Pancake 1.3oz	1 oz	80	4	90	1.00	0.73	36.6	0	0.0	5	2.0	15.0	1.5	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
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
SYRUP. (A)	43grams	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	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		522	40	353	1.05	1.14	353.9	632	3.53	72	15.93	97.86	6.64	1.68	0.00
% of Calories										55.2%	12.2%	75.0%	11.5%	2.9%	0.0%
Nutrient Guideline		400-500		540											<10.00

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Top Spanish Cafe & Catering

Sep 2, 2024 thru Sep 6, 2024

Base Menu Spreadsheet

K-8 Breakfast

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)
Thu - 09/05/2024															
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
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	0.00	0.00
Lactose Free Milk	8 oz	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	27	485	7.52	2.21	654.5	690	8.95	34	14.67	68.61	7.94	4.75	0.00
% of Calories										34.2%	14.6%	68.2%	17.8%	10.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 09/06/2024															
K-8 Breakfast	Total														
Whole Grain Apple Muffin 3.1	2 oz	250	35	150	2.00	2.00	23.0	*N/A*	*N/A*	19	5.0	43.0	7.0	1.00	0.00
Peach Cup.	8 oz	120	0	0	2.00	0.00	0.0	0	0.0	24	2.0	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 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		465	41	284	4.15	2.64	305.1	*656	*1.43	54	15.13	83.57	8.00	1.66	0.00
% of Calories										46.6%	13.0%	71.9%	15.5%	3.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		418	29	354	5.00	2.03	414.8	*747	*6.26	48	14.04	76.11	6.62	2.21	0.00
										103.9%	13.4%	72.8%	14.3%	4.8%	0.0%

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Top Spanish Cafe & Catering

Sep 2, 2024 thru Sep 6, 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)
Calories	418		400 - 500		100%												
Cholesterol (mg)	29																
Sodium 1 (mg)	354			540													
Sodium 2 (mg)	354			485													
Fiber (g)	5.00																
Iron (mg)	2.03																
Calcium (mg)	414.8																
Vitamin A (IU)	747					Missing											
Sugars (g)	48	46.16%															
Vitamin C (mg)	6.26					Missing											
Protein (g)	14.04	13.43%															
Carbohydrate (g)	76.11	72.83%															
Total Fat (g)	6.62	14.25%															
Saturated Fat (g)	2.21	4.75%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

Sep 9, 2024 thru Sep 13, 2024

Base Menu Spreadsheet

K-8 Breakfast

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 - 09/09/2024															
K-8 Breakfast	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	160	4.00	1.80	60.0	300	3.6	6	2.0	22.0	2.5	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		352	7	293	10.05	4.17	339.0	939	4.82	46	12.19	71.45	3.72	0.71	0.00
% of Calories										52.2%	13.9%	81.3%	9.5%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 09/10/2024															
K-8 Breakfast	Total														
Whole Grain Waffles 1.3oz	1 oz	90	4	110	0.00	0.70	30.0	0	0.0	2	2.0	12.0	3.0	0.50	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
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, 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		385	41	360	0.06	1.10	307.5	631	85.15	42	17.91	58.39	8.16	2.19	0.00
% of Calories										43.6%	18.6%	60.6%	19.1%	5.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 09/11/2024															
K-8 Breakfast	Total														
Egg & Cheese Burrito	3.75 oz	244	71	311	2.72	1.03	122.8	0	0.0	1	9.38	28.08	10.07	3.88	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
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
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

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Top Spanish Cafe & Catering

Sep 9, 2024 thru Sep 13, 2024

Base Menu Spreadsheet

K-8 Breakfast

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)
Weighted Daily Average		380	76	449	4.35	1.12	399.4	669	4.31	20	17.49	51.04	11.24	4.48	0.00
% of Calories										21.0%	18.4%	53.8%	26.6%	10.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 09/12/2024															
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
Banana ²	1 C	210	0	2	6.14	0.61	11.8	151	20.53	29	2.57	53.9	0.78	0.26	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		511	27	486	8.14	2.50	650.3	796	21.83	46	16.60	95.40	8.47	4.97	0.00
% of Calories										35.9%	13.0%	74.7%	14.9%	8.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 09/13/2024															
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
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	17	286	4.46	3.11	323.7	752	80.30	45	13.07	80.07	10.09	1.67	0.00
% of Calories										39.8%	11.5%	70.2%	19.9%	3.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		417	34	375	5.41	2.40	404.0	757	39.28	40	15.45	71.27	8.34	2.81	0.00
										86.1%	14.8%	68.4%	18.0%	6.1%	0.0%

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Top Spanish Cafe & Catering

Sep 9, 2024 thru Sep 13, 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)	Calcm (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	417		400 - 500	100%													
Cholesterol (mg)	34																
Sodium 1 (mg)	375		540														
Sodium 2 (mg)	375		485														
Fiber (g)	5.41																
Iron (mg)	2.40																
Calcium (mg)	404.0																
Vitamin A (IU)	757																
Sugars (g)	40	38.25%															
Vitamin C (mg)	39.28																
Protein (g)	15.45	14.83%															
Carbohydrate (g)	71.27	68.41%															
Total Fat (g)	8.34	18.01%															
Saturated Fat (g)	2.81	6.06%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

Sep 16, 2024 thru Sep 20, 2024

Base Menu Spreadsheet

K-8 Breakfast

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 - 09/16/2024															
K-8 Breakfast	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	160	4.00	1.80	60.0	300	3.6	6	2.0	22.0	2.5	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		282	7	295	7.28	2.14	345.8	1010	11.13	32	10.44	54.41	3.90	0.75	0.00
% of Calories										45.8%	14.8%	77.1%	12.4%	2.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 09/17/2024															
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
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
JELLY.	10 GRAMS	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		486	29	615	1.92	0.70	281.3	594	1.13	49	16.78	77.14	10.63	2.35	0.00
% of Calories										40.5%	13.8%	63.5%	19.7%	4.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 09/18/2024															
K-8 Breakfast	Total														
Boiled potatoes and onions	1/2 cup	92	0	27	2.04	0.85	12.9	8	10.25	2	2.22	18.65	1.29	0.20	*0.00
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
Peach Cup.	8 oz	120	0	0	2.00	0.00	0.0	0	0.0	24	2.0	28.0	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
Whole Grain Roll	1.1 oz	80	0	150	1.00	0.80	0.0	0	0.0	1	2.0	14.0	1.5	0.00	0.00
Lactose Free Milk	8 oz	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		450	37	395	5.04	2.04	289.8	639	11.39	39	20.10	73.65	7.87	1.89	*0.00
% of Calories										34.4%	17.9%	65.5%	15.8%	3.8%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Sep 16, 2024 thru Sep 20, 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)
Thu - 09/19/2024															
K-8 Breakfast	Total														
Whole Grain Pancake 1.3oz	1 oz	80	4	90	1.00	0.73	36.6	0	0.0	5	2.0	15.0	1.5	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
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		323	40	315	1.65	1.50	324.5	1497	13.45	34	16.85	49.34	6.87	1.70	0.00
% of Calories										42.8%	20.9%	61.2%	19.2%	4.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 09/20/2024															
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
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		476	7	398	5.10	2.35	371.7	656	1.43	53	14.18	84.72	8.95	2.13	0.00
% of Calories										44.9%	11.9%	71.2%	16.9%	4.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average		403	24	403	4.20	1.75	322.6	879	7.71	42	15.67	67.85	7.64	1.76	*0.00
										92.9%	15.5%	67.3%	17.1%	3.9%	*0.0%

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Top Spanish Cafe & Catering

Sep 16, 2024 thru Sep 20, 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	403		400 - 500	100%													
Cholesterol (mg)	24																
Sodium 1 (mg)	403		540														
Sodium 2 (mg)	403		485														
Fiber (g)	4.20																
Iron (mg)	1.75																
Calcium (mg)	322.6																
Vitamin A (IU)	879																
Sugars (g)	42	41.29%															
Vitamin C (mg)	7.71																
Protein (g)	15.67	15.54%															
Carbohydrate (g)	67.85	67.28%															
Total Fat (g)	7.64	17.06%															
Saturated Fat (g)	1.76	3.94%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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Top Spanish Cafe & Catering

Sep 23, 2024 thru Sep 27, 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 - 09/23/2024															
K-8 Breakfast	Total														
Cereal, Cinnamon Toast Cruch	1 oz	110	0	160	4.00	1.80	60.0	300	3.6	6	2.0	22.0	2.5	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		342	7	280	5.91	1.76	379.8	888	4.65	45	11.55	65.85	3.62	0.71	0.00
% of Calories										52.9%	13.5%	76.9%	9.5%	1.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 09/24/2024															
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	

Wed - 09/25/2024															
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
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
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		348	12	291	2.66	1.71	505.0	6334	57.71	43	15.64	63.00	5.12	1.77	0.00
% of Calories										49.2%	18.0%	72.3%	13.2%	4.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Sep 23, 2024 thru Sep 27, 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)
Thu - 09/26/2024															
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 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, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
SYRUP. (A)	43grams	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		505	44	392	5.31	2.01	342.6	669	7.48	55	17.77	92.41	8.29	1.72	0.00
% of Calories										43.4%	14.1%	73.2%	14.8%	3.1%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 09/27/2024															
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% 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 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		475	7	399	2.15	0.74	283.2	656	1.43	61	13.13	85.47	8.95	2.13	0.00
% of Calories										51.3%	11.1%	72.0%	17.0%	4.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average		414	20	375	3.61	1.62	429.8	1839	31.31	48	14.82	74.45	6.73	2.21	0.00
										104.6%	14.3%	71.9%	14.6%	4.8%	0.0%

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Top Spanish Cafe & Catering

Sep 23, 2024 thru Sep 27, 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	414		400 - 500	100%													
Cholesterol (mg)	20																
Sodium 1 (mg)	375		540														
Sodium 2 (mg)	375		485														
Fiber (g)	3.61																
Iron (mg)	1.62																
Calcium (mg)	429.8																
Vitamin A (IU)	1839																
Sugars (g)	48	46.50%															
Vitamin C (mg)	31.31																
Protein (g)	14.82	14.31%															
Carbohydrate (g)	74.45	71.88%															
Total Fat (g)	6.73	14.63%															
Saturated Fat (g)	2.21	4.80%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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SEPTEMBER 2024

 LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

**NO SCHOOL
LABOR DAY**

2

Chicken Patty Sandwich
Black Beans
Pears
Ketchup

3

Cheese Ravioli in
Marinara Sauce
Green Beans
Bananas

4

Chicken Teriyaki
Stir Fry
Brown Rice
Corn
Mandarin Cup

5

Turkey Ham & Cheese
Sandwich
Romaine Lettuce, Tomato
Ranch, Mayo, Sunchip

6

Chicken Drumstick
WG Roll
Corn
Apples
Ketchup

9

Spaghetti &
Chicken in Marinara Sauce
Green Beans
Bananas

10

Salisbury Steak
Brown Rice
Black Beans
Pears

11

Cheese Pizza
Broccoli
100% Orange Juice

12

Turkey Bologna
& Cheese Sandwich
Carrot Sticks
Mandarin Cup
Ranch Dressing

13

Beef Hot Dog on
Hot Dog Roll
Baked Beans
Fruit Salad

16

Chicken Taco
Taco Shells
Corn
Bananas

17

Chicken Nuggets
WG Roll
Broccoli
Apple Sauce
Ketchup

18

Spaghetti &
Beef Meatballs in
Marinara Sauce
Carrots
100% Grape Juice

19

Spanish Rice with
Chicken
Green Beans
Pears

20

Cheeseburger on W
Bun
Oven Fried Potatoes
Apple Sauce

23

Beef Lasagna
WG Roll
Broccoli
Bananas

24

Green Salad with
Grilled Chicken
Corn Chips
Oranges
Ranch

25

Turkey Sausage
Jambalaya
Mixed Vegetables
100% Orange Juice

26

Chicken & Cheese
Quesadilla
Black Beans
Apples

27

Chicken Nuggets
WG Roll
Corn
Apples
Ketchup

30



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

This institution is an equal opportunity provider



 LUNCH

SEPTEMBER 2024 VEGETARIAN



Monday

Tuesday

Wednesday

Thursday

Friday

**NO SCHOOL
LABOR DAY**

Vegetarian Patty Sandwich
Black Beans
Pears
Ketchup

Cheese Ravioli in
Marinara Sauce
Green Beans
Bananas

Spanish Rice with
Vegetarian Meat
Corn
Mandarin Cup

Tofu and Vegetable
Sandwich
Romaine Lettuce, Tomato
Ranch, Mayo, Sunchip

Vegetarian Patty
WG Roll
Corn
Apples
Ketchup

Vegetarian Meat
Pasta
Green Beans
Bananas

Rice and Beans
Black Beans
Pears

Cheese Pizza
Broccoli
100% Orange Juice

Cheese Sandwich
Carrot Sticks
Mandarin Cup
Ranch Dressing

Black Bean Patty
Hot Dog Roll
Baked Beans
Fruit Salad

Vegetarian Meat Taco
Taco Shells
Corn
Bananas

Vegetarian Chick'n
Nuggets
WG Roll
Broccoli
Apple Sauce, Ketchup

Vegetarian Meat Pasta
Carrots
100% Grape Juice

Spanish Rice with
Vegetarian Meat
Green Beans
Pears

Vegetarian Patty
on WG Bun
Oven Fried Potatoes
Apple Sauce

Vegetarian Meat Pasta
Broccoli
Bananas

Green Salad with
Tofu
Corn Chips
Oranges
Ranch

Vegetarian Meat
Jambalaya
Mixed Vegetables
100% Orange Juice

Cheese
Quesadilla
Black Beans
Apples

Black Bean Patty
WG Roll
Corn
Apples
Ketchup



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- Menu subject to change.
- Daily fruit offered might change depending on availability.

This institution is an equal opportunity provider



SEPTEMBER 2024 SNACK



Monday

2

**NO SCHOOL
LABOR DAY**

Tuesday

3

Teddy Graham
Crackers
1% Milk

Wednesday

4

Cheez It Crackers
Apples

Thursday

5

String Cheese
Apple Sauce

Friday

6

Vanilla Wafers
Cookies
1% Milk



Goldfish Crackers
1% Milk

9

Fat Free Yogurt
Apple Sauce

10

Golden Graham
Cereal Bars
1% Milk

11

Original Harvest
Sun Chip
1% Milk

12

Kellogg's Tiger
Cookies
1% Milk

13

Blueberry Muffin
1% Milk

16

Cheddar
Sun Chips
1% Milk

17

Vanilla Wafers
Apples

18

Apple
Nutribars
1% Milk

19

Carrot Sticks
Ranch Dressing
1% Milk

20

Apple Oatmeal
Bars
1% Milk

23

Teddy Graham
Crackers
Apples

24

Goldfish Crackers
1% Milk

25

Golden Graham
Cereal Bars
1% Milk

26

Carrot Sticks
Ranch Dressing
1% Milk

27

Cheddar
Sun Chips
1% Milk

30



• Menu subject to change.

Top Spanish Cafe & Catering

Sep 2, 2024 thru Sep 6, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 8/13/2024 12:41:52 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 - 09/02/2024															
K-8 Lunch	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		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 - 09/03/2024															
K-8 Lunch	Total														
Chicken Patty-3oz *	3 oz	240	25	440	3.00	1.90	30.0	0	0.0	1	14.01	16.01	14.01	2.50	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
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
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
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
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	140	0	320	3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
Diced Chicken Tyson	2.3 oz	101	43	97	0.00	0.78	5.4	0	0.0	0	13.97	0.78	3.88	1.16	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		711	32	1089	18.07	5.53	385.6	674	8.81	36	34.62	108.59	16.86	3.24	0.00
% of Calories										20.1%	19.5%	61.1%	21.3%	4.1%	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)
Wed - 09/04/2024															
K-8 Lunch	Total														
Cheese Ravioli	3.7 oz	180	55	440	2.00	1.60	120.0	0	0.0	2	14.0	23.0	3.5	1.50	0.00
Marinara Sauce 1/2C (F)	1/2 C	50	0	90	2.00	1.44	20.0	500	0.0	6	1.0	10.0	1.0	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
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 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
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

Sep 2, 2024 thru Sep 6, 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)
Weighted Daily Average		466	62	662	10.35	4.08	467.2	1658	15.85	36	25.96	80.15	6.28	2.40	0.00
% of Calories										31.3%	22.3%	68.8%	12.1%	4.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 09/05/2024															
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
CORN: canned, yellow-Ms	3/4 CUP	82	0	252	2.46	0.33	3.7	57	2.21	5	2.82	17.64	1.5	0.30	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
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		605	51	609	7.00	1.79	337.5	838	44.26	*33	28.38	86.52	15.16	3.11	*0.00
% of Calories										*22.0%	18.7%	57.2%	22.5%	4.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 09/06/2024															
K-8 Lunch	Total														
Turkey Ham 3oz (JO).	3.01 oz	110	55	480	0.00	0.70	0.0	0	0.0	0	14.0	1.0	5.0	1.50	0.00
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 Bread 2oz.	2 oz	120	0	270	4.00	1.44	40.0	0	2.4	4	4.0	28.0	1.0	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 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
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
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
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 Bun	1 Bun	80	0	150	2.00	0.36	0.0	0	0.0	1	1.0	15.0	2.0	1.00	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

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Top Spanish Cafe & Catering

Sep 2, 2024 thru Sep 6, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 3

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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		678	71	1374	8.97	4.09	434.2	5473	59.71	30	32.09	81.30	26.32	6.44	0.00
% of Calories										17.9%	18.9%	48.0%	34.9%	8.6%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		615	54	934	11.10	3.87	406.1	2161	32.16	*34 *49.7%	30.26 19.7%	89.14 58.0%	16.16 23.6%	3.80 5.6%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	615		600 - 650	100%				
Cholesterol (mg)	54							
Sodium 1 (mg)	934		1230					
Sodium 2 (mg)	934		935					
Fiber (g)	11.10							
Iron (mg)	3.87							
Calcium (mg)	406.1							
Vitamin A (IU)	2161							
Sugars (g)	34	22.08%			Missing			
Vitamin C (mg)	32.16							
Protein (g)	30.26	19.68%						
Carbohydrate (g)	89.14	57.97%						
Total Fat (g)	16.16	23.64%						
Saturated Fat (g)	3.80	5.56%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Top Spanish Cafe & Catering

Sep 9, 2024 thru Sep 13, 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/09/2024															
K-8 Lunch	Total														
Chicken Drumstick.	4.4 oz	188	51	453	0.85	0.85	12.0	0	0.0	0	16.23	5.13	11.11	2.56	0.00
Whole Grain Roll	1.1 oz	80	0	150	1.00	0.80	0.0	0	0.0	1	2.0	14.0	1.5	0.00	0.00
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	140	0	320	3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
KETCHUP: individual (WC)	9 grams	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		554	57	814	8.41	2.47	301.3	967	12.13	33	29.93	79.68	14.74	3.39	0.00
% of Calories										24.1%	21.6%	57.5%	24.0%	5.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 09/10/2024															
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
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
Marinara Sauce 1/2C (F)	1/2 C	50	0	90	2.00	1.44	20.0	500	0.0	6	1.0	10.0	1.0	0.00	0.00
GREEN BEANS: frozen,boiled 1/2	1/2 C	19	0	1	2.03	0.45	28.4	283	2.77	1	1.01	4.35	0.11	0.03	0.00
BANANAS MS Lunch	1/2 Cup	105	0	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 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
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		846	79	412	19.22	8.92	341.1	1487	14.18	38	49.08	138.03	12.33	2.86	0.00
% of Calories										17.8%	23.2%	65.2%	13.1%	3.0%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Sep 9, 2024 thru Sep 13, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 8/13/2024 12:42:08 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 - 09/11/2024															
K-8 Lunch	Total														
Salisbury Steak (AP)	2.14 oz	140	30	250	1.00	1.08	20.0	0	1.16	1	10.0	3.0	10.0	4.00	0.00
BROWN RICE 1/2C	1/2 C	170	0	4	2.00	0.72	4.4	0	0.0	0	0.0	35.0	1.5	0.00	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
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, 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
Rice and Beans..	1/2 Cup	327	0	61	6.26	2.16	34.8	93	16.73	*2	3.71	64.97	3.11	0.11	*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		625	36	563	14.23	3.38	366.8	669	9.19	*29	26.21	97.85	12.64	4.63	*0.00
% of Calories										*18.4%	16.8%	62.6%	18.2%	6.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 09/12/2024															
K-8 Lunch	Total														
Pizza Cheese K-5.	1 Slices	402	40	1245	2.00	2.58	450.9	750	21.0	12	21.17	42.05	18.65	6.57	0.00
BROCCOLI: frozen, boiled MS	3/4 CUP	39	0	15	4.14	0.84	45.5	1395	55.34	2	4.28	7.38	0.17	0.02	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
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		590	48	1405	6.14	3.42	773.3	2778	119.47	36	34.51	74.43	19.99	7.30	0.00
% of Calories										24.4%	23.4%	50.5%	30.5%	11.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Sep 9, 2024 thru Sep 13, 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 - 09/13/2024															
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	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
Whole Grain Bread 2oz.	2 oz	120	0	270	4.00	1.44	40.0	0	2.4	4	4.0	28.0	1.0	0.00	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
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
Cheese Sandwich	4 oz	199	15	489	2.98	1.99	110.9	200	0.0	2	7.98	26.76	7.49	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		532	61	1307	7.52	2.43	552.8	16116	8.85	35	23.64	70.54	18.98	6.64	0.00
% of Calories										26.5%	17.8%	53.0%	32.1%	11.2%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		629	56	900	11.10	4.12	467.1	4403	32.76	*34 *49.0%	32.67 20.8%	92.11 58.5%	15.74 22.5%	4.97 7.1%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	629		600 - 650	100%				
Cholesterol (mg)	56							
Sodium 1 (mg)	900		1230					
Sodium 2 (mg)	900		935					
Fiber (g)	11.10							
Iron (mg)	4.12							
Calcium (mg)	467.1							
Vitamin A (IU)	4403							
Sugars (g)	34	21.76%			Missing			
Vitamin C (mg)	32.76							
Protein (g)	32.67	20.76%						
Carbohydrate (g)	92.11	58.53%						
Total Fat (g)	15.74	22.50%						
Saturated Fat (g)	4.97	7.10%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Top Spanish Cafe & Catering

Sep 16, 2024 thru Sep 20, 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)
Mon - 09/16/2024															
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	130	0	280	3.00	1.08	26.0	0	0.0	3	6.0	26.0	2.0	0.00	0.00
FRUIT SALAD: 1/2C (MAG)	1/2 C	80	0	10	1.00	0.40	0.0	0	0.0	20	0.0	21.0	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
Weighted Daily Average		551	37	1079	9.36	3.90	330.8	631	3.09	43	25.15	81.00	15.99	6.59	0.49
% of Calories										31.1%	18.3%	58.8%	26.1%	10.8%	0.8%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 09/17/2024															
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 shells	210	0	4	3.00	0.00	30.0	0	0.0	1	3.0	28.0	9.0	1.00	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	341	10.58	2.49	334.5	1565	20.13	*34	41.31	100.31	18.79	3.77	*0.00
% of Calories										*18.8%	23.0%	55.7%	23.5%	4.7%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Sep 16, 2024 thru Sep 20, 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)
Wed - 09/18/2024															
K-8 Lunch	Total														
Chicken Nuggets	3 oz	260	30	540	2.00	2.00	43.0	0	0.0	0	17.0	15.0	14.0	2.50	0.00
Whole Grain Roll	1.1 oz	80	0	150	1.00	0.80	0.0	0	0.0	1	2.0	14.0	1.5	0.00	0.00
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
Vegetarian Chick'N Nuggets	3oz (4piece)	170	0	330	3.00	2.20	40.0	0	0.0	2	12.0	18.0	8.0	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		549	36	957	9.18	3.84	381.2	3045	108.39	28	30.47	69.25	17.00	3.27	0.00
% of Calories										20.6%	22.2%	50.4%	27.9%	5.4%	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 - 09/19/2024															
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 1/2C (F)	1/2 C	50	0	90	2.00	1.44	20.0	500	0.0	6	1.0	10.0	1.0	0.00	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
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
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
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		849	36	530	18.69	8.63	382.6	21568	6.67	45	36.83	138.14	17.09	5.59	0.00
% of Calories										21.3%	17.4%	65.1%	18.1%	5.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Sep 16, 2024 thru Sep 20, 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 - 09/20/2024															
K-8 Lunch	Total														
SPANISH RICE With Chicken	6 Oz	287	56	307	1.53	3.09	34.2	340	11.14	*2	23.23	33.51	5.6	1.65	*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, 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
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		520	62	453	10.53	4.12	374.3	1466	24.38	*33	33.30	81.37	7.32	2.43	*0.00
% of Calories										*25.5%	25.6%	62.6%	12.7%	4.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		638	49	672	11.67	4.59	360.7	5655	32.53	*37	33.41	94.02	15.24	4.33	*0.10
										*51.7%	21.0%	59.0%	21.5%	6.1%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	638		600 - 650	100%				
Cholesterol (mg)	49							
Sodium 1 (mg)	672		1230					
Sodium 2 (mg)	672		935					
Fiber (g)	11.67							
Iron (mg)	4.59							
Calcium (mg)	360.7							
Vitamin A (IU)	5655							
Sugars (g)	37	22.99%			Missing			
Vitamin C (mg)	32.53							
Protein (g)	33.41	20.95%						
Carbohydrate (g)	94.02	58.96%						
Total Fat (g)	15.24	21.50%						
Saturated Fat (g)	4.33	6.11%	<10.00%					
Trans Fat ¹ (g)	0.10	0.14%			Missing			

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Top Spanish Cafe & Catering

Sep 23, 2024 thru Sep 27, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 8/13/2024 12:42:40 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 - 09/23/2024															
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	200	0	40	2.00	0.60	20.0	0	0.0	2	2.0	34.02	8.0	1.00	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
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	140	0	320	3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	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
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		655	52	707	6.11	3.66	395.4	630	7.15	27	27.64	88.25	22.97	7.51	0.50
% of Calories										16.8%	16.9%	53.9%	31.6%	10.3%	0.7%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 09/24/2024															
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	1.1 oz	80	0	150	1.00	0.80	0.0	0	0.0	1	2.0	14.0	1.5	0.00	0.00
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
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		595	46	968	10.23	3.37	519.4	2583	68.33	*37	31.05	95.50	10.96	5.18	*0.00
% of Calories										*25.0%	20.9%	64.2%	16.6%	7.8%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Sep 23, 2024 thru Sep 27, 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)
Wed - 09/25/2024															
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
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
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
Weighted Daily Average		549	67	1135	7.75	1.96	434.4	6212	116.33	*27	32.97	70.98	14.97	2.55	*0.00
% of Calories										*19.9%	24.0%	51.7%	24.6%	4.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Thu - 09/26/2024															
K-8 Lunch	Total														
Turkey Jambalaya. K-5**	10 Oz	351	44	588	3.26	1.81	22.0	180	19.46	*3	8.66	47.21	12.16	2.43	*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
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
Vegetarian Jambalaya**	6 oz	587	0	331	13.82	9.75	176.2	847	125.29	*4	18.94	94.17	14.27	1.83	*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		624	50	790	11.53	3.50	348.2	8613	71.05	*31	23.17	97.21	13.66	3.18	*0.00
% of Calories										*19.9%	14.9%	62.3%	19.7%	4.6%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

Fri - 09/27/2024															
K-8 Lunch	Total														
Chicken and Cheese Quesadilla	4 oz	386	55	672	4.00	2.34	362.5	101	0.0	0	27.09	35.0	15.08	6.55	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
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
Cheese Quesadilla.	1 Quesadilla	84	9	160	0.64	0.32	147.1	61	0.0	0	5.21	5.43	4.44	2.67	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

Sep 23, 2024 thru Sep 27, 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)
Weighted Daily Average		677	61	967	13.73	3.74	691.2	804	7.50	28	42.50	89.49	16.10	7.16	0.00
% of Calories										16.3%	25.1%	52.9%	21.4%	9.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		620	55	913	9.87	3.25	477.7	3768	54.07	*30 *43.7%	31.47 20.3%	88.29 57.0%	15.73 22.8%	5.12 7.4%	*0.10 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	620		600 - 650	100%				
Cholesterol (mg)	55							
Sodium 1 (mg)	913		1230					
Sodium 2 (mg)	913		935					
Fiber (g)	9.87							
Iron (mg)	3.25							
Calcium (mg)	477.7							
Vitamin A (IU)	3768							
Sugars (g)	30	19.44%			Missing			
Vitamin C (mg)	54.07							
Protein (g)	31.47	20.31%						
Carbohydrate (g)	88.29	56.97%						
Total Fat (g)	15.73	22.84%						
Saturated Fat (g)	5.12	7.43%	<10.00%					
Trans Fat ¹ (g)	0.10	0.15%			Missing			

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