



DECEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Hot Dogs 2 Hot Dog Roll WG Baked Beans Fruit Salad	Chicken Taco 3 Taco Shells Corn Bananas	Chicken Nuggets 4 WG Roll Broccoli Apple Sauce Ketchup	Spaghetti & 5 Beef Meatballs with Marinara Sauce Carrots 100% Grape Juice	Spanish Rice with 6 Chicken Green Beans Pears
Baked BBQ 9 Glazed Chicken Drum WG Roll Baked Beans Apples, Ketchup	Chicken Alfredo 10 Pasta Broccoli Bananas	Cheeseburger on 11 WG Bun Sweet Potatoes 100% Orange Juice	Cheese Pizza 12 Green Beans Pears	Ground Beef 13 Spanish Rice Corn Oranges
Chicken Patty 16 Sandwich on WG Bun Corn Apple Sauce, Ketchup	Beef Lasagna 17 WG Roll Broccoli Bananas	Grilled Chicken 18 Salad Corn Chips, Ranch Oranges	Turkey Sausage 19 Jambalaya Mixed Vegetables 100% Orange Juice	Chicken & Cheese 20 Quesadilla Black Beans Apples
NO SCHOOL 23	NO SCHOOL 24	NO SCHOOL 25	NO SCHOOL 26	NO SCHOOL 27
NO SCHOOL 30	NO SCHOOL 31			

- 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



DECEMBER 2024 VEGETARIAN

Monday	Tuesday	Wednesday	Thursday	Friday
Black Bean Patty 2 Hot Dog Roll WG Baked Beans Fruit Salad	Vegetarian Meat Taco 3 Taco Shells Corn Bananas	Vegetarian Chick'n 4 Nuggets, WG Roll Broccoli Apple Sauce Ketchup	Vegetarian Meat Pasta 5 Carrots 100% Grape Juice	Spanish Rice with 6 Vegetarian Meat Green Beans Pears
Vegetarian Patty 9 WG Roll Baked Beans Apples, Ketchup	Vegetarian Spaghetti 10 Broccoli Bananas	Vegetarian Patty 11 Sandwich on WG Bun Sweet Potatoes 100% Orange Juice	Cheese Pizza 12 Green Beans Pears	Spanish Rice with 13 Vegetarian Meat Corn Oranges
Vegetarian Patty 16 Sandwich on WG Bun Corn Apple Sauce, Ketchup	Vegetarian 17 Meat Pasta Broccoli Bananas	Grilled Tofu 18 Salad Corn Chips, Ranch Oranges	Vegetarian 19 Jambalaya Mixed Vegetables 100% Orange Juice	Cheese 20 Quesadilla Black Beans Apples
NO SCHOOL 23	NO SCHOOL 24	NO SCHOOL 25	NO SCHOOL 26	NO SCHOOL 27
NO SCHOOL 30	NO SCHOOL 31			

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DECEMBER 2024 GLUTEN FREE

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Hot Dogs 2 UDIS GF BREAD Baked Beans Fruit Salad	Chicken Taco 3 Taco Shells Corn Bananas	Diced Chicken Chunks 4 UDIS GF BREAD Broccoli Apple Sauce Ketchup	Rice & Beef Meatballs with Marinara Sauce 5 Carrots 100% Grape Juice	Spanish Rice with Chicken 6 Green Beans Pears
Baked BBQ 9 Glazed Chicken Drum UDIS GF BREAD Baked Beans Apples, Ketchup	GF Alfredo Pasta With Chicken 10 Broccoli Bananas	Cheeseburger on UDIS GF BREAD 11 Sweet Potatoes 100% Orange Juice	Cheese Pizza on UDIS GF BREAD 12 Green Beans Pears	Ground Beef 13 Spanish Rice Corn Oranges
Diced Chicken Chunks 16 UDIS GF BREAD Corn Apple Sauce, Ketchup	Rice and Vegetarian Meat 17 Broccoli Bananas	Grilled Chicken Salad 18 Corn Chips, Ranch Oranges	Turkey Sausage Jambalaya 19 Mixed Vegetables 100% Orange Juice	Chicken & Cheese 20 Quesadilla in Corn Tortilla Black Beans Apples
NO SCHOOL 23	NO SCHOOL 24	NO SCHOOL 25	NO SCHOOL 26	NO SCHOOL 27
NO SCHOOL 30	NO SCHOOL 31			

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

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Top Spanish Cafe & Catering

Dec 2, 2024 thru Dec 6, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 11/22/2024 9:57:42 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/02/2024															
K-8 Lunch	Total														
Hot Dog-Turkey Frank	2 oz	140	50	300	0.00	0.72	60.0	0	0.0	1	6.0	1.0	11.0	3.50	0.00
Hot Dog Bun-Ultra	2oz Bun	130	0	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		541	56	904	9.36	3.63	389.3	631	1.14	44	24.18	81.00	14.04	4.15	0.00
% of Calories										32.4%	17.9%	59.9%	23.3%	6.9%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 12/03/2024															
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

Dec 2, 2024 thru Dec 6, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 11/22/2024 9:57:42 AM

	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 - 12/04/2024															
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	

Thu - 12/05/2024															
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

Dec 2, 2024 thru Dec 6, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 3

Generated on: 11/22/2024 9:57:43 AM

	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 - 12/06/2024															
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		636	53	637	11.67	4.54	372.4	5655	32.14	*37	33.22	94.02	14.85	3.84	*0.00
										*52.2%	20.9%	59.1%	21.0%	5.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	636		600 - 650	100%				
Cholesterol (mg)	53							
Sodium 1 (mg)	637		1230					
Sodium 2 (mg)	637		935					
Fiber (g)	11.67							
Iron (mg)	4.54							
Calcium (mg)	372.4							
Vitamin A (IU)	5655							
Sugars (g)	37	23.18%			Missing			
Vitamin C (mg)	32.14							
Protein (g)	33.22	20.90%						
Carbohydrate (g)	94.02	59.14%						
Total Fat (g)	14.85	21.02%						
Saturated Fat (g)	3.84	5.44%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Top Spanish Cafe & Catering

Dec 9, 2024 thru Dec 13, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 11/22/2024 10:03:45 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/09/2024															
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	1.1 oz	80	0	150	1.00	0.80	0.0	0	0.0	1	2.0	14.0	1.5	0.00	0.00
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
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		540	94	1367	9.66	3.01	312.0	704	7.51	46	31.22	80.41	10.88	2.72	0.00
% of Calories										33.9%	23.1%	59.5%	18.1%	4.5%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

Tue - 12/10/2024															
K-8 Lunch	Total														
Chicken Alfredo Pasta K-5	1 C	376	76	555	4.48	1.48	192.5	0	0.0	3	22.78	32.86	18.58	9.91	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
BROCCOLI: frozen, boiled HS	1 CUP	52	0	20	5.52	1.12	60.7	1860	73.78	3	5.7	9.84	0.22	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
Vegetarian Spaghetti K-8	6 oz	245	0	463	11.18	4.08	64.1	1003	4.79	*0	14.83	45.69	3.01	0.11	0.00
Lactose Free Milk	8 oz	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		607	79	680	13.35	3.01	476.3	2512	85.04	*30	36.03	80.89	19.37	10.16	0.00
% of Calories										*19.5%	23.7%	53.3%	28.7%	15.1%	0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Dec 9, 2024 thru Dec 13, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 11/22/2024 10:03:45 AM

	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 - 12/11/2024															
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
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 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		609	52	744	8.77	4.24	440.6	33575	76.75	36	30.09	88.73	15.22	6.60	0.50
% of Calories										23.4%	19.8%	58.3%	22.5%	9.7%	0.7%
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 - 12/12/2024															
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
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
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
Weighted Daily Average		641	48	1378	11.57	3.79	800.5	1993	35.32	44	31.88	90.87	20.30	7.38	0.00
% of Calories										27.4%	19.9%	56.7%	28.5%	10.4%	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)
Fri - 12/13/2024															
K-8 Lunch	Total														
GROUND BEEF &SPANISH RICE k-8	3/4 CUP	376	58	234	3.00	3.48	37.5	352	11.14	*2	18.32	38.74	14.52	4.94	*0.73
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
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
SPANISH RICE With VG Meat	6 Oz	356	0	675	8.45	3.01	101.8	340	11.14	*3	17.01	56.18	7.94	0.92	*0.00
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	13.0	0.0	0.00	0.00

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Top Spanish Cafe & Catering

Dec 9, 2024 thru Dec 13, 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)	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		684	63	384	10.55	4.44	387.3	1691	109.07	*32	31.91	103.56	16.81	5.70	*0.71
% of Calories										*18.7%	18.7%	60.6%	22.1%	7.5%	*0.9%
Nutrient Guideline		600-650		1230										<10.00	

Weighted Average		616	67	911	10.78	3.70	483.4	8095	62.74	*37 *54.6%	32.23 20.9%	88.89 57.7%	16.52 24.1%	6.51 9.5%	*0.24 *0.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	616		600 - 650	100%				
Cholesterol (mg)	67							
Sodium 1 (mg)	911		1230					
Sodium 2 (mg)	911		935					
Fiber (g)	10.78							
Iron (mg)	3.70							
Calcium (mg)	483.4							
Vitamin A (IU)	8095							
Sugars (g)	37	24.25%			Missing			
Vitamin C (mg)	62.74							
Protein (g)	32.23	20.92%						
Carbohydrate (g)	88.89	57.69%						
Total Fat (g)	16.52	24.12%						
Saturated Fat (g)	6.51	9.51%	<10.00%					
Trans Fat ¹ (g)	0.24	0.35%			Missing			

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Top Spanish Cafe & Catering

Dec 16, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/16/2024															
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
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
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
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
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		518	57	679	7.23	3.01	311.4	991	11.77	31	21.62	85.58	11.59	2.85	0.00
% of Calories										24.0%	16.7%	66.1%	20.2%	5.0%	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 - 12/17/2024															
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 2oz (BC)	2 oz	130	0	270	2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
BROCCOLI: frozen, boiled MS	3/4 CUP	39	0	15	4.14	0.84	45.5	1395	55.34	2	4.28	7.38	0.17	0.02	0.00
BANANAS MS Lunch	1/2 Cup	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
MILK, 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		645	46	1088	11.23	4.07	559.4	2583	68.33	*37	33.05	106.50	10.46	5.18	*0.00
% of Calories										*23.1%	20.5%	66.1%	14.6%	7.2%	*0.0%
Nutrient Guideline		600-650		1230										<10.00	

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Top Spanish Cafe & Catering

Dec 16, 2024 thru Dec 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 - 12/18/2024															
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 - 12/19/2024															
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 - 12/20/2024															
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

Dec 16, 2024 thru Dec 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)
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		602	56	932	10.29	3.25	468.9	3841	55.00	*31 *46.1%	30.66 20.4%	89.95 59.7%	13.36 20.0%	4.18 6.3%	*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	602		600 - 650	100%				
Cholesterol (mg)	56							
Sodium 1 (mg)	932		1230					
Sodium 2 (mg)	932		935					
Fiber (g)	10.29							
Iron (mg)	3.25							
Calcium (mg)	468.9							
Vitamin A (IU)	3841							
Sugars (g)	31	20.48%			Missing			
Vitamin C (mg)	55.00							
Protein (g)	30.66	20.36%						
Carbohydrate (g)	89.95	59.73%						
Total Fat (g)	13.36	19.95%						
Saturated Fat (g)	4.18	6.25%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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