

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**NO SCHOOL**

**1**

**NO SCHOOL**

**2**

**NO SCHOOL**

**3**

Assorted WG Cereal **6**  
Fruit Salad

WG French Toast **7**  
Turkey Bacon  
Jelly  
100% Apple Juice

Fat Free Yogurt **8**  
Granola  
Peach Cup

WG Bagels **9**  
Cream Cheese  
Cantaloupe

WG Mini Cinnis **10**  
Cinnamon Rolls  
Apples

Assorted WG Cereal **13**  
Fruit Salad

WG Pancake **14**  
Turkey Breakfast  
Sausage  
Fruit Salad  
Syrup

WG Banana Bread **15**  
Apples

WG Bagels **16**  
Cream Cheese  
Cantaloupe

WG Strawberry **17**  
Oatmeal Bar  
Peach Cup

**NO SCHOOL**

**20**

Assorted WG Cereal **21**  
Mandarin Fruit Cup

WG Apple Muffin **22**  
100% Orange Juice

WG Waffles **23**  
Turkey Bacon  
Syrup  
Apples

WG Bagels **24**  
Cream Cheese  
Pears

**NO SCHOOL**

**27**

WG Bagels **28**  
Cream Cheese  
100% Orange Juice

Fat Free Yogurt **29**  
Granola  
Fruit Salad

WG Pancakes **30**  
Turkey Breakfast  
Sausage  
Syrup  
Apples

WG Banana Bread **31**  
Bananas

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

*This institution is an equal opportunity provider*

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**NO SCHOOL**

**1**

**NO SCHOOL**

**2**

**NO SCHOOL**

**3**

Assorted WG Cereal  
Fruit Salad

**6**

WG French Toast  
Jelly  
100% Apple Juice

**7**

Fat Free Yogurt  
Granola  
Peach Cup

**8**

WG Bagels  
Cream Cheese  
Cantaloupe

**9**

WG Mini Cinnis  
Cinnamon Rolls  
Apples

**10**

Assorted WG Cereal  
Fruit Salad

**13**

WG Pancake  
Fruit Salad  
Syrup

**14**

WG Banana Bread  
Apples

**15**

WG Bagels  
Cream Cheese  
Cantaloupe

**16**

WG Strawberry  
Oatmeal Bar  
Peach Cup

**17**

**NO SCHOOL**

**20**

Assorted WG Cereal  
Mandarin Fruit Cup

**21**

WG Apple Muffin  
100% Orange Juice

**22**

WG Waffles  
Syrup  
Apples

**23**

WG Bagels  
Cream Cheese  
Pears

**24**

**NO SCHOOL**

**27**

WG Bagels  
Cream Cheese  
100% Orange Juice

**28**

Fat Free Yogurt  
Granola  
Fruit Salad

**29**

WG Pancakes  
Syrup  
Apples

**30**

WG Banana Bread  
Bananas

**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.

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**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**NO SCHOOL**

**1**

**NO SCHOOL**

**2**

**NO SCHOOL**

**3**

GF Corn Chex Cereal **6**  
Fruit Salad

Vans GF Pancake **7**  
Turkey Bacon  
Jelly  
100% Apple Juice

Fat Free Yogurt **8**  
Peach Cup

GF Corn Chex Cereal **9**  
Cantaloupe

WG Cheerios Cereal **10**  
Apples

GF Corn Chex Cereal **13**  
Fruit Salad

Vans GF Pancake **14**  
Turkey Breakfast  
Sausage  
Fruit Salad  
Syrup

GF Cheerios Cereal **15**  
Apples

GF Corn Chex Cereal **16**  
Cantaloupe

GF Cheerios Cereal **17**  
Peach Cup

**NO SCHOOL**

**20**

GF Corn Chex Cereal **21**  
Mandarin Fruit Cup

GF Cheerios Cereal **22**  
100% Orange Juice

Vans GF Waffle **23**  
Turkey Bacon  
Syrup  
Apples

GF Corn Chex Cereal **24**  
Pears

**NO SCHOOL**

**27**

GF Corn Chex Cereal **28**  
100% Orange Juice

Fat Free Yogurt **29**  
Fruit Salad

Vans GF Pancake **30**  
Turkey Breakfast  
Sausage  
Syrup  
Apples

GF Cheerios Cereal **31**  
Bananas

- 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.

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# Top Spanish Cafe & Catering

Jan 6, 2025 thru Jan 10, 2025

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 <sup>1</sup> (g)
Mon - 01/06/2025															
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
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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		370	7	312	5.97	2.77	337.0	936	4.78	58	10.03	77.30	3.66	0.71	0.00
% of Calories										62.7%	10.8%	83.5%	8.9%	1.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 01/07/2025															
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	0.14	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	0.71	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 - 01/08/2025															
K-8 Breakfast	Total														
Fat Free Yogurt	4 oz	100	4	50	0.00	0.00	120.4	100	0.0	14	3.01	21.07	0.5	0.00	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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	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		414	11	246	3.25	1.39	510.4	760	1.49	55	15.28	81.89	3.35	0.71	0.00
% of Calories										53.5%	14.8%	79.2%	7.3%	1.5%	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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Top Spanish Cafe & Catering

Jan 6, 2025 thru Jan 10, 2025

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 <sup>1</sup> (g)
<b>Thu - 01/09/2025</b>															
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
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 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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		354	27	507	3.40	2.22	652.0	5921	58.55	29	15.29	54.18	7.99	4.79	0.00
% of Calories										33.2%	17.3%	61.3%	20.3%	12.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	
<b>Fri - 01/10/2025</b>															
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
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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		407	7	398	6.41	2.52	319.5	731	7.78	40	12.49	71.73	9.18	2.17	0.00
% of Calories										39.0%	12.3%	70.5%	20.3%	4.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average		406	16	416	4.19	1.92	420.0	1789	14.75	46	13.97	72.45	6.96	2.15	0.00
										102.7%	13.8%	71.4%	15.4%	4.8%	0.0%

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# Top Spanish Cafe & Catering

Jan 6, 2025 thru Jan 10, 2025

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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	406		400 - 500	100%													
Cholesterol (mg)	16																
Sodium 1 (mg)	416		540	77%													
Fiber (g)	4.19																
Iron (mg)	1.92																
Calcium (mg)	420.0																
Vitamin A (IU)	1789																
Sugars (g)	46	45.63%															
Vitamin C (mg)	14.75																
Protein (g)	13.97	13.76%															
Carbohydrate (g)	72.45	71.36%															
Total Fat (g)	6.96	15.43%															
Saturated Fat (g)	2.15	4.76%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%															

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# Top Spanish Cafe & Catering

Jan 13, 2025 thru Jan 17, 2025

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 <sup>1</sup> (g)
Mon - 01/13/2025															
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
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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		312	7	294	9.49	2.29	353.0	980	12.44	35	10.67	62.41	3.91	0.75	0.00
% of Calories										45.4%	13.7%	80.1%	11.3%	2.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 01/14/2025															
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
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
SYRUP. (A)..	43grams	240	0	0	0.00	0.00	0.0	0	0.0	38	0.0	62.0	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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		642	40	332	3.04	1.94	313.3	632	1.13	95	15.88	132.81	6.64	1.68	0.00
% of Calories										59.3%	9.9%	82.8%	9.3%	2.4%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 01/15/2025															
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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00

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# Top Spanish Cafe & Catering

Jan 13, 2025 thru Jan 17, 2025

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 <sup>1</sup> (g)
Weighted Daily Average		426	7	370	5.46	0.90	291.0	731	7.78	49	13.43	76.48	9.18	2.17	0.00
% of Calories										46.2%	12.6%	71.8%	19.4%	4.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Thu - 01/16/2025															
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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		401	27	512	2.00	1.89	638.0	645	85.30	37	15.98	65.45	7.69	4.71	0.00
% of Calories										37.0%	16.0%	65.4%	17.3%	10.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 01/17/2025															
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
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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		493	17	283	4.15	2.64	301.7	656	1.43	53	14.13	86.37	9.90	1.66	0.00
% of Calories										43.1%	11.5%	70.1%	18.1%	3.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		455	20	358	4.83	1.93	379.4	729	21.62	54	14.02	84.70	7.46	2.19	0.00
										106.9%	12.3%	74.5%	14.8%	4.3%	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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Top Spanish Cafe & Catering

Jan 13, 2025 thru Jan 17, 2025

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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	455		400 - 500	100%													
Cholesterol (mg)	20																
Sodium 1 (mg)	358		540	66%													
Fiber (g)	4.83																
Iron (mg)	1.93																
Calcium (mg)	379.4																
Vitamin A (IU)	729																
Sugars (g)	54	47.50%															
Vitamin C (mg)	21.62																
Protein (g)	14.02	12.33%															
Carbohydrate (g)	84.70	74.54%															
Total Fat (g)	7.46	14.78%															
Saturated Fat (g)	2.19	4.34%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%															

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# Top Spanish Cafe & Catering

Jan 20, 2025 thru Jan 24, 2025

Base Menu Spreadsheet

K-8 Breakfast

Portion Values - Detailed

Page 1

Generated on: 12/20/2024 12:53:59 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 <sup>1</sup> (g)
Mon - 01/20/2025															
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

Tue - 01/21/2025															
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

Wed - 01/22/2025															
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
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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		445	41	313	2.15	2.64	304.5	*656	*85.43	50	15.08	79.52	8.00	1.66	0.00
% of Calories										45.1%	13.6%	71.5%	16.2%	3.4%	0.0%
Nutrient Guideline		400-500		540											<10.00

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# Top Spanish Cafe & Catering

Jan 20, 2025 thru Jan 24, 2025

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 <sup>1</sup> (g)
Thu - 01/23/2025															
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 Bacon.3s	0.54 oz	64	19	331	0.00	0.21	0.0	0	0.0	1	5.33	0.53	4.27	1.07	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		439	29	555	3.31	1.07	299.4	669	7.48	47	15.12	74.92	8.55	2.28	0.00
% of Calories										43.1%	13.8%	68.3%	17.5%	4.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 01/24/2025															
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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		402	27	484	7.52	2.21	654.0	690	8.95	34	14.62	68.56	7.94	4.75	0.00
% of Calories										34.3%	14.5%	68.2%	17.8%	10.6%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		407	26	408	4.72	1.92	409.4	*726	*26.63	44	14.09	72.21	7.03	2.35	0.00
										97.9%	13.9%	71.0%	15.5%	5.2%	0.0%

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# Top Spanish Cafe & Catering

Jan 20, 2025 thru Jan 24, 2025

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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	407		400 - 500	100%													
Cholesterol (mg)	26																
Sodium 1 (mg)	408		540	76%													
Fiber (g)	4.72																
Iron (mg)	1.92																
Calcium (mg)	409.4																
Vitamin A (IU)	726				Missing												
Sugars (g)	44	43.51%															
Vitamin C (mg)	26.63				Missing												
Protein (g)	14.09	13.85%															
Carbohydrate (g)	72.21	70.98%															
Total Fat (g)	7.03	15.54%															
Saturated Fat (g)	2.35	5.19%															
Trans Fat <sup>1</sup> (g)	0.00	0.00%															
			<10.00%														

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# Top Spanish Cafe & Catering

Jan 27, 2025 thru Jan 31, 2025

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 <sup>1</sup> (g)
Mon - 01/27/2025															
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 <sup>1</sup> (g)
Tue - 01/28/2025															
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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		401	27	512	2.00	1.89	638.0	645	85.30	37	15.98	65.45	7.69	4.71	0.00
% of Calories										37.0%	16.0%	65.4%	17.3%	10.6%	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 <sup>1</sup> (g)
Wed - 01/29/2025															
K-8 Breakfast	Total														
Fat Free Yogurt	4 oz	100	4	50	0.00	0.00	120.4	100	0.0	14	3.01	21.07	0.5	0.00	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 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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	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		453	11	266	3.24	2.18	510.4	760	1.49	71	13.32	95.63	3.35	0.71	0.00
% of Calories										62.8%	11.8%	84.5%	6.6%	1.4%	0.0%
Nutrient Guideline		400-500		540											<10.00

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# Top Spanish Cafe & Catering

Jan 27, 2025 thru Jan 31, 2025

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 <sup>1</sup> (g)
Thu - 01/30/2025															
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 - 01/31/2025															
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
Banana <sup>2</sup>	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 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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		564	7	371	8.28	1.35	294.5	807	21.96	64	15.65	111.32	9.72	2.40	0.00
% of Calories										45.2%	11.1%	78.9%	15.5%	3.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average															
		481	23	385	4.71	1.86	446.4	721	29.06	57	15.68	91.20	7.26	2.38	0.00
										106.1%	13.0%	75.9%	13.6%	4.5%	0.0%

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# Top Spanish Cafe & Catering

Jan 27, 2025 thru Jan 31, 2025

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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	481		400 - 500	100%													
Cholesterol (mg)	23																
Sodium 1 (mg)	385		540	71%													
Fiber (g)	4.71																
Iron (mg)	1.86																
Calcium (mg)	446.4																
Vitamin A (IU)	721																
Sugars (g)	57	47.15%															
Vitamin C (mg)	29.06																
Protein (g)	15.68	13.05%															
Carbohydrate (g)	91.20	75.90%															
Total Fat (g)	7.26	13.60%															
Saturated Fat (g)	2.38	4.46%	<10.00%														
Trans Fat <sup>1</sup> (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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.