




# JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>NO SCHOOL</b> 1	<b>NO SCHOOL</b> 2	<b>NO SCHOOL</b> 3
Turkey Hot Dogs 6 Baked Beans Apples Ketchup	Cheeseburger 7 On WG Bun Potato Fries Bananas Ketchup	Green Salad 8 With Grilled Chicken Corn Chips Ranch Oranges	Spaghetti with 9 Beef Meatballs Marinara Sauce Carrots 100% Apple Juice	WG Fish Patty 10 Sandwich on WG Bun Green Beans Diced Pear Cup
Baked BBQ 13 Glazed Drumstick Baked Beans WG Roll Apples, Ketchup	Chicken Alfredo 14 Pasta Broccoli Bananas	Cheeseburger 15 On WG Bun Sweet Potatoes 100% Orange Juice	Cheese Pizza 16 Green Beans Pears	Ground Beef 17 Spanish Rice Corn Oranges
<b>NO SCHOOL</b> 20	Turkey Hot Dog 21 Potato Fries Apples	Turkey Bologna 22 & Cheese Sandwich Romaine Lettuce & Tomato Salad Bananas	Ground Beef 23 Spanish Rice Pinto Beans 100% Grape Juice	Chicken Parmesan 24 WG Roll Mixed Vegetables Oranges
<b>NO SCHOOL</b> 27	Beef Lasagna 28 WG Roll Broccoli Bananas	Green Salad 29 With Grilled Chicken Corn Chips Ranch Oranges	Turkey Sausage 30 Jambalaya Mixed Vegetables 100% Orange Juice	Chicken & Cheese 31 Quesadilla Black Beans Apples

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

*This institution is an equal opportunity provider*



# JANUARY 2025 VEGETARIAN

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>NO SCHOOL</b>	2 <b>NO SCHOOL</b>	3 <b>NO SCHOOL</b>
6 Black Bean Patty Hot Dog Roll Baked Beans Apples Ketchup	7 Vegetarian Patty On WG Bun Potato Fries Bananas Ketchup	8 Green Salad With Grilled Tofu Corn Chips Ranch Oranges	9 Vegetarian Meat Spaghetti Carrots 100% Apple Juice	10 Vegetarian Patty Sandwich on WG Bun Green Beans Diced Pear Cup
13 Vegetarian Patty Baked Beans WG Roll Apples, Ketchup	14 Vegetarian Meat Spaghetti Broccoli Bananas	15 Vegetarian Patty On WG Bun Sweet Potatoes 100% Orange Juice	16 Cheese Pizza Green Beans Pears	17 Spanish Rice with Vegetarian Meat Corn Oranges
20 <b>NO SCHOOL</b>	21 Black Bean Patty Hot Dog Roll Potato Fries Apples	22 SunButter & Jelly Sandwich Romaine Lettuce & Tomato Salad Bananas	23 Spanish Rice with Vegetarian Meat Pinto Beans 100% Grape Juice	24 Vegetarian Patty Parmesan WG Roll Mixed Vegetables Oranges
27 <b>NO SCHOOL</b>	28 Vegetarian Meat Pasta Broccoli Bananas	29 Green Salad With Grilled Tofu Corn Chips Ranch Oranges	30 Vegetarian Meat Jambalaya Mixed Vegetables 100% Orange Juice	31 Cheese Quesadilla Black Beans Apples

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- Menu subject to change.
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# JANUARY 2025 GLUTEN FREE

Monday

Tuesday

Wednesday

Thursday

Friday



NO SCHOOL

1

NO SCHOOL

2

NO SCHOOL

3

Turkey Hot Dogs  
GF UDIS Bread  
Baked Beans  
Apples  
Ketchup

6

Cheeseburger  
On GF UDIS Bread  
Potato Fries  
Bananas  
Ketchup

7

Green Salad  
With Grilled Chicken  
Corn Chips  
Ranch  
Oranges

8

GF Pasta with  
Beef Meatballs  
Marinara Sauce  
Carrots  
100% Apple Juice

9

Nonbreaded Chicken  
GF UDIS Bread  
Green Beans  
Diced Pear Cup

10

Baked BBQ  
Glazed Drumstick  
Baked Beans  
GF UDIS Bread  
Apples, Ketchup

13

Chicken Alfredo  
With GF Pasta  
Broccoli  
Bananas

14

Cheeseburger  
On GF UDIS Bread  
Sweet Potatoes  
100% Orange Juice

15

Cheese Pizza on  
GF Bread  
Green Beans  
Pears

16

Ground Beef  
Spanish Rice  
Corn  
Oranges

17

NO SCHOOL

20

Turkey Hot Dog  
GF UDIS Bread  
Potato Fries  
Apples

21

Turkey Bologna  
& Cheese Sandwich  
GF UDIS Bread  
Romaine Lettuce  
& Tomato Salad, Bananas

22

Ground Beef  
Spanish Rice  
Pinto Beans  
100% Grape Juice

23

Nonbreaded Chicken  
GF UDIS Bread  
Mixed Vegetables  
Oranges

24

NO SCHOOL

27

Vegetarian Meat with  
GF Pasta  
Broccoli  
Bananas

28

Green Salad  
With Grilled Chicken  
Corn Chips  
Ranch  
Oranges

29

Turkey Sausage  
Jambalaya  
Mixed Vegetables  
100% Orange Juice

30

Chicken & Cheese  
Quesadilla on GF Corn  
Tortilla  
Black Beans  
Apples

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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# Top Spanish Cafe & Catering

Jan 6, 2025 thru Jan 10, 2025

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 <sup>1</sup> (g)
Mon - 01/06/2025															
K-8 Lunch	Total														
Hot Dog-Turkey Frank	2 oz	140	50		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		3.00	1.08	26.0	0	0.0	3	6.0	26.0	2.0	0.00	0.00
Apples.	1 cup	72	0		3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Baked Beans. (F) 3/4C	3/4 C	92	0		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		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		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		5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	1.00	0.00
KETCHUP: individual (WC)	9 grams	10	0		0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		544	56	980	11.65	3.39	395.4	700	7.55	40	24.45	82.01	14.36	4.23	0.00
% of Calories										29.6%	18.0%	60.3%	23.8%	7.0%	0.0%
Nutrient Guideline		600-650												<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 - 01/07/2025															
K-8 Lunch	Total														
Beef Patty 2.25 Oz	2.25 oz	130	35		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		3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
Potato Fries 3/4C. mcca	3/4 C	200	0		2.00	0.60	20.0	0	0.0	2	2.0	34.02	8.0	1.00	0.00
BANANAS MS Lunch	1/2 Cup	105	0		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		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		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		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		0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
American Cheese Pullman	1 oz	40	10		0.00	0.00	75.0	0	0.0	1	2.0	1.0	3.0	1.75	0.00
Weighted Daily Average		715	52	787	8.14	3.92	399.4	701	11.47	33	28.41	105.10	23.09	7.56	0.49
% of Calories										18.4%	15.9%	58.8%	29.1%	9.5%	0.6%
Nutrient Guideline		600-650												<10.00	

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# Top Spanish Cafe & Catering

Jan 6, 2025 thru Jan 10, 2025

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 <sup>1</sup> (g)
Wed - 01/08/2025															
K-8 Lunch	Total														
Green Salad with Grilled Chick	1 Salad Bo	201	60		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		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		0.00	0.00	20.0	0	0.0	1	0.0	3.0	0.0	0.00	0.00
Orange Navels	1 Cup	151	0		6.78	0.40	132.4	761	182.03	26	2.8	38.62	0.46	0.05	0.00
MILK, 1%, Unflavored.	8 oz	110	10		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		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		4.20	2.89	103.8	5039	23.29	*1	12.41	20.39	5.34	0.78	*0.00
Weighted Daily Average		621	66	1122	11.00	2.09	508.6	6424	206.51	*41	33.98	90.04	15.10	2.59	*0.00
% of Calories										*26.3%	21.9%	58.0%	21.9%	3.8%	*0.0%
Nutrient Guideline		600-650												<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 <sup>1</sup> (g)
Thu - 01/09/2025															
K-8 Lunch	Total														
Spaghetti-8 oz	8 oz	360	0		4.22	3.02	16.2	0	0.0	*N/A*	13.15	69.99	2.11	0.39	0.00
Beef Meatballs	2.5 oz	180	30		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		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		3.60	0.41	36.0	20440	4.32	4	0.91	9.86	0.22	0.04	0.00
100% Apple Juice (Ardmore)4oz	1/2 C	60	0		0.00	0.00	0.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		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		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Vegetarian Meat Spaghetti	6 oz	554	0		15.14	7.19	34.5	85	2.38	5	30.37	90.37	10.37	1.00	0.00
Weighted Daily Average		786	36	507	11.11	6.31	365.4	21524	5.56	*36	35.88	120.57	16.34	5.97	0.00
% of Calories										*18.1%	18.3%	61.3%	18.7%	6.8%	0.0%
Nutrient Guideline		600-650												<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 <sup>1</sup> (g)
Fri - 01/10/2025															
K-8 Lunch	Total														
Whole Grain Fish Pollock	2 oz	180	45		1.00	1.10	0.0	5	0.0	1	15.0	16.0	7.0	1.00	0.00
Whole Grain Bun 2oz.	2 oz	130	0		3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
GREEN BEANS.	3/4 CUP	30	0		3.24	0.71	45.4	453	4.43	2	1.61	6.97	0.18	0.05	0.00
Diced Pear Cup	4 oz	70	0		3.00	1.00	0.0	0	0.0	14	1.0	18.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		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		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		3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
Lactose Free Milk.	8 oz	80	4		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 6, 2025 thru Jan 10, 2025

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 <sup>1</sup> (g)
Weighted Daily Average		515	52	662	10.35	4.87	333.4	1088	5.58	31	30.22	80.16	10.15	1.80	0.00
% of Calories										24.1%	23.5%	62.3%	17.7%	3.2%	0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		636	52		10.45	4.12	400.4	6087	47.33	*36 *51.1%	30.59 19.2%	95.57 60.1%	15.81 22.4%	4.43 6.3%	*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	636		600 - 650	100%				
Cholesterol (mg)	52							
Sodium 1a (mg)	812		1110	73%				
Fiber (g)	10.45							
Iron (mg)	4.12							
Calcium (mg)	400.4							
Vitamin A (IU)	6087							
Sugars (g)	36	22.71%			Missing			
Vitamin C (mg)	47.33							
Protein (g)	30.59	19.23%						
Carbohydrate (g)	95.57	60.09%						
Total Fat (g)	15.81	22.36%						
Saturated Fat (g)	4.43	6.27%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.10	0.14%			Missing			

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# Top Spanish Cafe & Catering

Jan 13, 2025 thru Jan 17, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 12/20/2024 12:50:37 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 - 01/13/2025															
K-8 Lunch	Total														
Baked BBQ Glazed Chicken Drum	3.2 oz	190	90		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		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		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		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Vegetarian Patty.	2.5 oz	140	0		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		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	1366	9.66	3.01	311.6	704	7.51	46	31.19	80.38	10.88	2.72	0.00
% of Calories										33.9%	23.1%	59.5%	18.1%	4.5%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 01/14/2025															
K-8 Lunch	Total														
Chicken Alfredo Pasta K-5	1 C	376	79		4.48	1.57	192.5	0	0.0	3	22.76	32.66	18.47	10.05	0.00
BANANAS MS Lunch	1/2 Cup	105	0		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		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		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		608	81	686	13.35	3.11	476.3	2512	85.04	*30	36.00	80.70	19.27	10.30	0.00
% of Calories										*19.4%	23.7%	53.1%	28.5%	15.2%	0.0%
Nutrient Guideline		600-650												<10.00	

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# Top Spanish Cafe & Catering

Jan 13, 2025 thru Jan 17, 2025

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 <sup>1</sup> (g)
Wed - 01/15/2025															
K-8 Lunch	Total														
Beef Patty 2.25 Oz	2.25 oz	130	35		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		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		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		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		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		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		609	52	743	8.77	4.24	440.1	33575	76.75	36	30.05	88.69	15.22	6.60	0.50
% of Calories										23.4%	19.7%	58.3%	22.5%	9.8%	0.7%
Nutrient Guideline		600-650												<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 <sup>1</sup> (g)
Thu - 01/16/2025															
K-8 Lunch	Total														
Pizza Cheese K-5.	1 Slices	402	40		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		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		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		640	48	1377	11.57	3.79	799.9	1993	35.32	44	31.83	90.81	20.30	7.38	0.00
% of Calories										27.4%	19.9%	56.7%	28.5%	10.4%	0.0%
Nutrient Guideline		600-650												<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 <sup>1</sup> (g)
Fri - 01/17/2025															
K-8 Lunch	Total														
GROUND BEEF &SPANISH RICE k-8	3/4 CUP	376	58		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		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		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		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		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	388	0		6.93	3.74	60.9	340	11.14	*2	21.75	51.43	10.39	1.26	*0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00

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

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

<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 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		685	63	379	10.49	4.47	385.4	1691	109.07	*32	32.05	103.34	16.90	5.71	*0.71
% of Calories										*18.6%	18.7%	60.4%	22.2%	7.5%	*0.9%
Nutrient Guideline		600-650												<10.00	

Weighted Average		616	68		10.77	3.72	482.7	8095	62.74	*37 *54.5%	32.22 20.9%	88.78 57.6%	16.51 24.1%	6.54 9.6%	*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)	68							
Sodium 1a (mg)	910		1110	82%				
Fiber (g)	10.77							
Iron (mg)	3.72							
Calcium (mg)	482.7							
Vitamin A (IU)	8095							
Sugars (g)	37	24.24%			Missing			
Vitamin C (mg)	62.74							
Protein (g)	32.22	20.91%						
Carbohydrate (g)	88.78	57.62%						
Total Fat (g)	16.51	24.11%						
Saturated Fat (g)	6.54	9.55%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.24	0.35%			Missing			

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# Top Spanish Cafe & Catering

Jan 20, 2025 thru Jan 24, 2025

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 <sup>1</sup> (g)
Mon - 01/20/2025															
K-8 Lunch	Total														
NO SCHOOL TODAY	SERVING	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													<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 <sup>1</sup> (g)
Tue - 01/21/2025															
K-8 Lunch	Total														
HOT DOG ON A BUN:Turkey Frank	4oz Hotdog	249	45		2.98	1.79	105.9	0	0.0	4	12.97	27.86	11.99	2.50	0.00
Hot Dog Bun-Ultra	2oz Bun	130	0		3.00	1.08	26.0	0	0.0	3	6.0	26.0	2.0	0.00	0.00
Apples.	1 cup	72	0		3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Potato Fries 3/4C. mcca	3/4 C	200	0		2.00	0.60	20.0	0	0.0	2	2.0	34.02	8.0	1.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		746	51	1306	11.38	3.62	434.3	704	7.51	35	29.37	119.41	23.15	4.20	0.00
% of Calories										18.9%	15.7%	64.0%	27.9%	5.1%	0.0%
Nutrient Guideline		600-650													<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 <sup>1</sup> (g)
Wed - 01/22/2025															
K-8 Lunch	Total														
Turkey Bologna 3oz (FF)	2 oz	130	40		0.00	0.72	60.0	0	0.0	0	6.0	1.0	11.0	2.50	0.00
Whole Grain Bun 2oz.	2 oz	130	0		3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
BANANAS MS Lunch	1/2 Cup	105	0		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		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		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Romaine Lettuce and Tomato	3/4 C	12	0		1.03	0.35	12.3	2422	6.66	*0	0.69	2.54	0.16	0.02	*0.00
Sunflower & Jelly Sandwich	2.8 oz	310	0		4.00	5.00	27.0	0	0.0	11	9.0	33.0	15.0	2.00	0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		478	46	866	7.14	3.47	363.2	3127	18.07	*29	19.93	69.70	14.35	3.35	*0.00
% of Calories										*24.3%	16.7%	58.3%	27.0%	6.3%	*0.0%
Nutrient Guideline		600-650													<10.00

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

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# Top Spanish Cafe & Catering

Jan 20, 2025 thru Jan 24, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/23/2025															
K-8 Lunch	Total														
GROUND BEEF &SPANISH RICE k-8	3/4 CUP	376	58		3.00	3.48	37.5	352	11.14	*2	18.32	38.74	14.52	4.94	*0.73
Pinto Beans 1/2C	1/2 C	105	0		4.36	1.74	36.6	0	0.0	1	6.11	18.32	0.0	0.00	0.00
100% Grape Juice 4oz	4 oz	80	0		0.00	0.00	20.0	0	0.0	18	0.0	18.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		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		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	388	0		6.93	3.74	60.9	340	11.14	*2	21.75	51.43	10.39	1.26	*0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		660	63	705	7.51	5.23	370.8	982	12.29	*33	32.55	88.50	15.56	5.52	*0.71
% of Calories										*19.7%	19.7%	53.6%	21.2%	7.5%	*1.0%
Nutrient Guideline		600-650												<10.00	

Fri - 01/24/2025															
K-8 Lunch	Total														
Chicken Patty.	1 oz	120	50		0.00	0.36	20.0	100	0.0	0	6.0	5.0	8.0	2.00	0.00
Marinara Sauce 1/4C (F)	1/4 C	25	0		1.00	0.72	10.0	250	0.0	3	0.5	5.0	0.5	0.00	0.00
Mozarella Cheese	1 oz	81	20		0.00	0.00	200.5	0	0.0	1	7.09	2.03	6.08	3.04	0.00
Whole Grain Roll	1.1 oz	80	0		1.00	0.80	0.0	0	0.0	1	2.0	14.0	1.5	0.00	0.00
Mixed Vegetables.	1 CUP	118	0		8.01	1.49	45.5	7784	5.82	6	5.21	23.82	0.27	0.06	0.00
MILK, 1%, Unflavored.	8 oz	110	10		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		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Orange Navel	1 Cup	75	0		3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Vegetarian Patty.	2.5 oz	140	0		3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
Weighted Daily Average		599	77	794	13.45	3.59	618.2	9143	97.99	36	30.36	82.14	17.76	5.82	0.00
% of Calories										23.9%	20.3%	54.8%	26.7%	8.7%	0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		621	59		9.87	3.98	446.6	3489	33.96	*33	28.05	89.94	17.71	4.72	*0.18
										*48.1%	18.1%	57.9%	25.7%	6.8%	*0.3%

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# Top Spanish Cafe & Catering

Jan 20, 2025 thru Jan 24, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	621		600 - 650	100%													
Cholesterol (mg)	59																
Sodium 1a (mg)	918		1110	83%													
Fiber (g)	9.87																
Iron (mg)	3.98																
Calcium (mg)	446.6																
Vitamin A (IU)	3489																
Sugars (g)	33	21.36%			Missing												
Vitamin C (mg)	33.96																
Protein (g)	28.05	18.07%															
Carbohydrate (g)	89.94	57.93%															
Total Fat (g)	17.71	25.66%															
Saturated Fat (g)	4.72	6.84%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.18	0.26%			Missing												

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# Top Spanish Cafe & Catering

Jan 27, 2025 thru Jan 31, 2025

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 <sup>1</sup> (g)
Mon - 01/27/2025															
K-8 Lunch	Total														
NO SCHOOL TODAY	SERVING	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													<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 <sup>1</sup> (g)
Tue - 01/28/2025															
K-8 Lunch	Total														
Beef Lasagna.	1 C	280	40		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		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		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		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Vegetarian Meat Pasta.	6 oz	559	0		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		14.35	4.78	137.1	687	123.19	*5	22.14	108.96	10.59	1.39	*0.00
Weighted Daily Average		644	46	1087	11.23	4.07	559.0	2583	68.33	*37	33.01	106.46	10.46	5.18	*0.00
% of Calories										*23.1%	20.5%	66.1%	14.6%	7.2%	*0.0%
Nutrient Guideline		600-650													<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 <sup>1</sup> (g)
Wed - 01/29/2025															
K-8 Lunch	Total														
Green Salad with Grilled Chick	1 Salad Bo	201	60		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		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		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		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		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		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		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													<10.00

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# Top Spanish Cafe & Catering

Jan 27, 2025 thru Jan 31, 2025

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 <sup>1</sup> (g)
Thu - 01/30/2025															
K-8 Lunch	Total														
Turkey Jambalaya. K-5**	10 Oz	351	44		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		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		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		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		624	50	789	11.53	3.50	347.6	8613	71.05	*31	23.12	97.15	13.66	3.18	*0.00
% of Calories										*19.9%	14.8%	62.3%	19.7%	4.6%	*0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 01/31/2025															
K-8 Lunch	Total														
Chicken and Cheese Quesadilla	4 oz	382	63		4.00	2.45	360.5	0	0.0	1	27.06	36.8	14.96	5.70	0.00
Black beans 3/4C	3/4 C	131	0		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		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		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		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Cheese Quesadilla.	1 Quesadilla	81	12		0.64	0.32	145.8	0	0.0	1	5.21	6.65	4.44	2.06	0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		672	68	1013	13.73	3.84	688.8	705	7.50	29	42.44	91.23	15.99	6.32	0.00
% of Calories										17.0%	25.3%	54.3%	21.4%	8.5%	0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		622	58		11.06	3.34	507.5	4528	65.80	*31	32.88	91.46	13.77	4.31	*0.00
										*44.9%	21.1%	58.8%	19.9%	6.2%	*0.0%

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# Top Spanish Cafe & Catering

Jan 27, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	622		600 - 650	100%													
Cholesterol (mg)	58																
Sodium 1a (mg)	1006		1110	91%													
Fiber (g)	11.06																
Iron (mg)	3.34																
Calcium (mg)	507.5																
Vitamin A (IU)	4528																
Sugars (g)	31	19.95%			Missing												
Vitamin C (mg)	65.80																
Protein (g)	32.88	21.14%															
Carbohydrate (g)	91.46	58.79%															
Total Fat (g)	13.77	19.92%															
Saturated Fat (g)	4.31	6.23%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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