

Monday

Tuesday

Wednesday

Thursday

Friday

Fat Free Yogurt **1**
Granola
Pear Cup

WG French Toast **2**
Turkey Bacon
Jelly
Oranges

Strawberry Oatmeal Bar **3**
Bananas

NO SCHOOL **4**

NO SCHOOL **7**

WG BAGELS **8**
Cream Cheese
Pears

WG Apple Muffin **9**
Apples

WG Strawberry **10**
Oatmeal Bar
100% Orange Juice

Turkey Ham & Cheese **11**
English Muffin
Bananas

NO SCHOOL **14**

NO SCHOOL **15**

NO SCHOOL **16**

NO SCHOOL **17**

NO SCHOOL **18**

Assorted WG Cereal **21**
Fruit Salad Cup

WG Pancake **22**
Turkey Breakfast Sausage
Syrup
100% Orange Juice

Fat Free Yogurt **23**
Granola
Pears

WG Blueberry Muffin **24**
Apples

WG Bagels **25**
Cream Cheese
Tangerines

Assorted WG Cereal **28**
Pears

WG Waffles **29**
Turkey Bacon
100% Orange Juice
Syrup

WG Banana Bread **30**
Tangerines

- 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

APRIL 2025 VEGETARIAN

Monday

Tuesday

Wednesday

Thursday

Friday

Fat Free Yogurt
Granola
Pear Cup

1

WG French Toast
Jelly
Oranges

2

Strawberry Oatmeal Bar
Bananas

4

NO SCHOOL

NO SCHOOL

7

WG BAGELS
Cream Cheese
Pears

8

WG Apple Muffin
Apples

9

WG Strawberry
Oatmeal Bar
100% Orange Juice

10

Cheese
English Muffin
Bananas

11

NO SCHOOL

14

NO SCHOOL

15

NO SCHOOL

16

NO SCHOOL

17

NO SCHOOL

18

Assorted WG Cereal
Fruit Salad Cup

21

WG Pancake
Syrup
100% Orange Juice

22

Fat Free Yogurt
Granola
Pears

23

WG Blueberry Muffin
Apples

24

WG Bagels
Cream Cheese
Tangerines

25

Assorted WG Cereal
Pears

28

WG Waffles
100% Orange Juice
Syrup

29

WG Banana Bread
Tangerines

30

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APRIL 2025 GLUTEN FREE

Monday

Tuesday

Wednesday

Thursday

Friday

Fat Free Yogurt **1**
Gluten Free Cheerios
Pear Cup

Vans Gluten Free **2**
Pancakes
Turkey Bacon
Jelly
Oranges

Gluten Free **3**
Cheerios
Bananas

NO SCHOOL **4**

NO SCHOOL **7**

UDIS **8**
Gluten Free Bagels
Cream Cheese
Pears

GF Corn Cereal **9**
Apples

Gluten Free Cheerios **10**
100% Orange Juice

Vans Gluten Free Waffles **11**
Turkey Ham
Bananas

NO SCHOOL **14**

NO SCHOOL **15**

NO SCHOOL **16**

NO SCHOOL **17**

NO SCHOOL **18**

Gluten Free **21**
Cheerios
Fruit Salad Cup

Vans GF Pancake **22**
Turkey Breakfast Sausage
Syrup
100% Orange Juice

Fat Free Yogurt **23**
Gluten Free Cheerios
Pears

Gluten Free Cheerios **24**
Apples

UDIS Gluten Free **25**
Bagels
Cream Cheese
Tangerines

GF Corn Cereal **28**
Pears

Vans GF Waffles **29**
Turkey Bacon
100% Orange Juice
Syrup

Gluten Free Cheerios **30**
Tangerines

- All menus served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
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Top Spanish Cafe & Catering

Mar 31, 2025 thru Apr 4, 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 ¹ (g)
Mon - 03/31/2025															
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 - 04/01/2025															
K-8 Breakfast	Total														
Fat Free Yogurt	4 oz		4	50	0.00	0.00	120.4	100	0.0	14	3.01	21.07	0.5	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	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	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		430	11	242	7.07	2.99	506.4	750	1.37	59	15.08	89.04	3.30	0.71	0.00
% of Calories										55.0%	14.0%	82.8%	6.9%	1.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 04/02/2025															
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
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
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		442	29	587	5.31	0.91	347.5	975	92.15	36	18.18	68.45	10.86	2.38	0.00
% of Calories										32.9%	16.5%	62.0%	22.1%	4.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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

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Top Spanish Cafe & Catering

Mar 31, 2025 thru Apr 4, 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 ¹ (g)
Thu - 04/03/2025															
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
Banana2	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	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	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		581	17	281	8.20	2.96	310.2	799	21.86	58	14.54	111.70	10.63	1.92	0.00
% of Calories										39.9%	10.0%	76.9%	16.5%	3.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 04/04/2025															
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	
Weighted Average		456	16	355	6.64	2.41	375.3	865	30.04	53	14.46	86.62	7.11	1.43	0.00
										104.4%	12.7%	76.0%	14.0%	2.8%	0.0%

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Top Spanish Cafe & Catering

Mar 31, 2025 thru Apr 4, 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 ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	456		400 - 500	100%													
Cholesterol (mg)	16																
Sodium 1 (mg)	355		540	66%													
Fiber (g)	6.64																
Iron (mg)	2.41																
Calcium (mg)	375.3																
Vitamin A (IU)	865																
Sugars (g)	53	46.41%															
Vitamin C (mg)	30.04																
Protein (g)	14.46	12.69%															
Carbohydrate (g)	86.62	76.03%															
Total Fat (g)	7.11	14.05%															
Saturated Fat (g)	1.43	2.82%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

Apr 7, 2025 thru Apr 11, 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 ¹ (g)
Mon - 04/07/2025															
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)	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 - 04/08/2025															
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

	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 - 04/09/2025															
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
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	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	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		414	41	280	5.38	2.51	309.5	*723	*7.68	44	13.27	74.00	8.19	1.70	0.00
% of Calories										42.9%	12.8%	71.5%	17.8%	3.7%	0.0%
Nutrient Guideline		400-500		540											<10.00

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Top Spanish Cafe & Catering

Apr 7, 2025 thru Apr 11, 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 ¹ (g)
Thu - 04/10/2025															
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
100% Grape Juice 8oz	8 oz	160	0	30	0.00	0.00	40.0	0	0.0	36	0.0	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	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	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		531	17	309	2.06	2.34	338.4	648	1.33	65	11.96	93.79	9.85	1.66	0.00
% of Calories										49.1%	9.0%	70.7%	16.7%	2.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 04/11/2025															
K-8 Breakfast	Total														
Whole Grain English Muffin	2 oz	120	0	270	1.00	1.60	90.0	0	0.0	1	6.0	21.0	1.5	0.00	0.00
Turkey Ham BF	1 oz	60	30	180	0.00	0.36	0.0	0	0.0	0	7.0	1.0	3.0	1.00	0.00
Banana2	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 Waffles	2.6 oz	200	0	220	5.00	1.00	50.0	0	0.0	3	2.0	34.0	7.0	0.50	0.00
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		497	38	591	7.23	2.59	390.5	808	21.73	42	23.95	90.06	6.66	2.02	0.00
% of Calories										34.1%	19.3%	72.4%	12.1%	3.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		461	31	416	5.55	2.41	423.1	*717	*9.92	47	15.95	81.61	8.16	2.53	0.00
										91.0%	13.8%	70.8%	15.9%	4.9%	0.0%

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Top Spanish Cafe & Catering

Apr 7, 2025 thru Apr 11, 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 ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	461		400 - 500	100%													
Cholesterol (mg)	31																
Sodium 1 (mg)	416		540	77%													
Fiber (g)	5.55																
Iron (mg)	2.41																
Calcium (mg)	423.1																
Vitamin A (IU)	717				Missing												
Sugars (g)	47	40.42%															
Vitamin C (mg)	9.92				Missing												
Protein (g)	15.95	13.84%															
Carbohydrate (g)	81.61	70.81%															
Total Fat (g)	8.16	15.94%															
Saturated Fat (g)	2.53	4.94%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

Apr 21, 2025 thru Apr 25, 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 ¹ (g)
Mon - 04/21/2025															
K-8 Breakfast	Total														
Cereal, Cinnamon Toast Crunch	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 - 04/22/2025															
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
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
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		533	44	421	2.00	1.85	334.3	594	85.14	60	19.41	97.35	8.05	1.68	0.00
% of Calories										45.3%	14.6%	73.1%	13.6%	2.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 04/23/2025															
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
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	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		392	11	243	6.60	1.35	522.1	794	8.89	49	13.75	80.31	3.54	0.75	0.00
% of Calories										49.7%	14.0%	81.9%	8.1%	1.7%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Apr 21, 2025 thru Apr 25, 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 ¹ (g)
Thu - 04/24/2025															
K-8 Breakfast	Total														
Whole Grain Blueberry Muffin 3 Apples.	3.1 oz	250	35	140	2.00	2.00	23.0	0	0.0	20	5.0	42.0	7.0	1.00	0.00
MILK, 1%, Unflavored.	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	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 Cheerios.	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.	2 oz	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	0.00	0.00
Weighted Daily Average	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
% of Calories		414	41	271	5.38	2.51	309.5	723	7.68	45	13.27	73.05	8.19	1.70	0.00
Nutrient Guideline		400-500		540						43.8%	12.8%	70.6%	17.8%	3.7%	0.0%
Fri - 04/25/2025															
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
TANGERINES,FRESH	1 C	47	0	2	1.58	0.13	32.6	599	23.5	9	0.71	11.74	0.27	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free 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		347	27	484	3.58	2.02	670.5	1245	24.79	26	14.69	53.19	7.97	4.74	0.00
% of Calories										30.4%	16.9%	61.3%	20.6%	12.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average		411	26	346	4.71	2.10	434.7	858	26.26	48	14.23	76.24	6.28	1.91	0.00
										104.5%	13.8%	74.1%	13.7%	4.2%	0.0%

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Top Spanish Cafe & Catering

Apr 21, 2025 thru Apr 25, 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 ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	411		400 - 500	100%													
Cholesterol (mg)	26																
Sodium 1 (mg)	346		540	64%													
Fiber (g)	4.71																
Iron (mg)	2.10																
Calcium (mg)	434.7																
Vitamin A (IU)	858																
Sugars (g)	48	46.45%															
Vitamin C (mg)	26.26																
Protein (g)	14.23	13.84%															
Carbohydrate (g)	76.24	74.14%															
Total Fat (g)	6.28	13.74%															
Saturated Fat (g)	1.91	4.19%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

Apr 28, 2025 thru May 2, 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 ¹ (g)
Mon - 04/28/2025															
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 - 04/29/2025															
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
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
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		467	29	584	0.00	0.91	291.1	594	85.14	53	16.76	79.87	8.31	2.24	0.00
% of Calories										45.3%	14.4%	68.4%	16.0%	4.3%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 04/30/2025															
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
TANGERINES,FRESH	1 C	47	0	2	1.58	0.13	32.6	599	23.5	9	0.71	11.74	0.27	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	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		398	7	366	3.65	0.57	312.0	1247	24.83	44	13.63	68.58	9.18	2.17	0.00
% of Calories										44.3%	13.7%	68.9%	20.7%	4.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

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Top Spanish Cafe & Catering

Apr 28, 2025 thru May 2, 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 ¹ (g)
Thu - 05/01/2025															
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
SCRAMBLED EGGS..	2 oz	91	187	171	0.00	0.89	95.0	271	0.3	3	8.19	3.2	4.79	1.59	*0.02
Banana2	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
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		673	196	471	8.14	2.94	438.1	1008	21.96	72	22.10	130.35	9.60	2.51	*0.02
% of Calories										42.9%	13.1%	77.5%	12.8%	3.4%	*0.0%
Nutrient Guideline		400-500		540										<10.00	
Fri - 05/02/2025															
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
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	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	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		363	11	243	4.43	1.19	514.5	824	7.61	46	13.47	72.41	3.53	0.75	0.00
% of Calories										50.4%	14.8%	79.7%	8.7%	1.8%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average		443	50	392	5.14	1.58	381.7	931	30.39	50	15.33	82.72	6.91	1.68	*0.00
										101.8%	13.8%	74.8%	14.0%	3.4%	*0.0%

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Top Spanish Cafe & Catering

Apr 28, 2025 thru May 2, 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 ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	443		400 - 500	100%													
Cholesterol (mg)	50																
Sodium 1 (mg)	392		540	73%													
Fiber (g)	5.14																
Iron (mg)	1.58																
Calcium (mg)	381.7																
Vitamin A (IU)	931																
Sugars (g)	50	45.24%															
Vitamin C (mg)	30.39																
Protein (g)	15.33	13.85%															
Carbohydrate (g)	82.72	74.75%															
Total Fat (g)	6.91	14.04%															
Saturated Fat (g)	1.68	3.42%	<10.00%														
Trans Fat ¹ (g)	0.00	0.01%			Missing												

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