

# APRIL 2025

 LUNCH

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Taco **1**  
Taco Shells  
Corn  
Bananas

Macaroni & Cheese **2**  
With Chicken  
Broccoli & Carrots  
100% Orange Juice

Salisbury Steak **3**  
Brown Rice  
Pinto Beans  
Peach Cup

**NO SCHOOL** **4**

**NO SCHOOL** **7**

Beef Lasagna **8**  
WG Roll  
Broccoli  
Bananas

Turkey Bologna & **9**  
Cheese Sandwich  
Romaine Lettuce &  
Tomato Salad  
100% Orange Juice

Chicken Patty **10**  
Sandwich on WG Bun  
Mixed Vegetables  
Orange

Beef Taco **11**  
Taco Shells  
Black Beans  
Pears

**NO SCHOOL** **14**

**NO SCHOOL** **15**

**NO SCHOOL** **16**

**NO SCHOOL** **17**

**NO SCHOOL** **18**

Baked BBQ **21**  
Chicken  
WG Roll  
Corn  
Apples

Macaroni & Cheese **22**  
With Chicken  
Broccoli  
Bananas

Grilled Chicken **23**  
Green Salad  
Corn Chips  
100% Orange Juice

Ground Beef **24**  
Spanish RICE  
Black Beans  
Orange

Cheese Pizza **25**  
Green Beans  
Pears

Chicken Patty **28**  
Sandwich on WG Bun  
Sauteed Chickpeas  
Orange

Brown Rice **29**  
Beef Meatballs with  
Marinara Sauce  
Corn  
Bananas

Turkey HAM & **30**  
Cheese Sandwich  
Romaine Lettuce &  
Tomato Salad  
100% Grape Juice

- 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

 LUNCH

Monday

Tuesday

Wednesday

Thursday

Friday

Vegetarian Meat Taco **1**  
Taco Shells  
Corn  
Bananas

Macaroni & Cheese **2**  
Broccoli & Carrots  
100% Orange Juice

Rice with Beans **3**  
Pinto Beans  
Peach Cup

**NO SCHOOL** **4**

**NO SCHOOL** **7**

Vegetarian Meat **8**  
Pasta  
Broccoli  
Bananas

SunButter & Jelly **9**  
Sandwich  
Romaine Lettuce &  
Tomato Salad  
100% Orange Juice

MS Vegetarian Patty **10**  
Sandwich on WG Bun  
Mixed Vegetables  
Orange

Vegetarian Meat Taco **11**  
Taco Shells  
Black Beans  
Pears

**NO SCHOOL** **14**

**NO SCHOOL** **15**

**NO SCHOOL** **16**

**NO SCHOOL** **17**

**NO SCHOOL** **18**

MS Vegetarian Patty **21**  
WG Roll  
Corn  
Apples

Macaroni & Cheese **22**  
Broccoli  
Bananas

Grilled Tofu **23**  
Green Salad  
Corn Chips  
100% Orange Juice

Spanish RICE **24**  
With Vegetarian Meat  
Black Beans  
Orange

Cheese Pizza **25**  
Green Beans  
Pears

MS Vegetarian Patty **28**  
Sandwich on WG Bun  
Sauteed Chickpeas  
Orange

Spaghetti with Vegetarian **29**  
Meat  
Corn  
Bananas

SunButter & Jelly **30**  
Sandwich  
Romaine Lettuce &  
Tomato Salad  
100% Grape Juice

- 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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# APRIL 2025 GLUTEN FREE

 LUNCH

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Taco **1**  
Corn Taco Shells  
Corn  
Bananas

GF Macaroni & Cheese **2**  
With Chicken  
Broccoli & Carrots  
100% Orange Juice

Salisbury Steak **3**  
GF Brown Rice  
Pinto Beans  
Peach Cup

**NO SCHOOL** **4**

**NO SCHOOL** **7**

GF Brown Rice with **8**  
Vegetarian Meat  
Broccoli  
Bananas

Turkey Bologna & **9**  
Cheese Sandwich in GF  
Bread  
Romaine & Tomato  
100% Orange Juice

Non Breaded Chicken **10**  
Sandwich on GF Bun  
Mixed Vegetables  
Orange

Beef Taco **11**  
Corn Taco Shells  
Black Beans  
Pears

**NO SCHOOL** **14**

**NO SCHOOL** **15**

**NO SCHOOL** **16**

**NO SCHOOL** **17**

**NO SCHOOL** **18**

Baked BBQ **21**  
Chicken  
UDIS GF Bread  
Corn  
Apples

GF Macaroni & Cheese **22**  
With Chicken  
Broccoli  
Bananas

Grilled Chicken **23**  
Green Salad  
Corn Chips  
100% Orange Juice

Ground Beef **24**  
GF Spanish RICE  
Black Beans  
Orange

Cheese Pizza in GF **25**  
Bread  
Green Beans  
Pears

Non Breaded Chicken **28**  
Sandwich on GF Bun  
Sauteed Chickpeas  
Orange

GF Brown Rice **29**  
Beef Meatballs with  
Marinara Sauce  
Corn  
Bananas

Turkey HAM & **30**  
Cheese Sandwich in GF  
Bun  
Romaine & Tomato  
100% Grape Juice

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

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# Top Spanish Cafe & Catering

Mar 31, 2025 thru Apr 4, 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 - 03/31/2025															
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
Apple Sauce	4 oz	50	0		1.00	0.00	0.0	0	6.0	11	0.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		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		660	52	786	6.08	3.62	393.5	625	7.20	29	27.12	91.14	22.70	7.42	0.49
% of Calories										17.9%	16.4%	55.2%	30.9%	10.1%	0.7%
Nutrient Guideline		600-650												<10.00	

Tue - 04/01/2025															
K-8 Lunch	Total														
Chicken for TACOs 4oz	4 oz	200	76		1.17	1.73	15.8	506	4.02	*2	25.82	6.03	7.17	2.11	*0.00
CORN: frozen, yellow	3/4 CUP	107	0		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		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		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 Taco.	3 oz	213	0		7.00	2.59	61.8	4062	7.67	5	19.06	20.63	7.82	1.03	0.00
Weighted Daily Average		722	81	350	10.55	2.68	333.1	1565	20.13	*34	41.30	99.77	18.63	4.06	*0.00
% of Calories										*18.7%	22.9%	55.3%	23.2%	5.1%	*0.0%
Nutrient Guideline		600-650												<10.00	

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# Top Spanish Cafe & Catering

Mar 31, 2025 thru Apr 4, 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 - 04/02/2025															
K-8 Lunch	Total														
Macaroni and Cheese	6 oz	290	30		2.00	1.08	420.0	800	0.0	6	17.0	31.0	11.0	6.00	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
CARROTS: fresh, boiled-K5	1/2 C	27	0		2.34	0.27	23.4	13286	2.81	3	0.59	6.41	0.14	0.02	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
Diced Chicken Tyson	2.3 oz	101	43		0.00	0.47	0.0	0	0.0	0	13.97	0.78	3.88	1.16	0.00
Weighted Daily Average		484	37	1128	7.50	2.19	740.0	3296	116.95	30	31.23	64.98	12.29	6.68	0.00
% of Calories										24.9%	25.8%	53.7%	22.8%	12.4%	0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 04/03/2025															
K-8 Lunch	Total														
Salisbury Steak (AP)	2.14 oz	140	30		1.00	1.08	20.0	0	1.16	1	10.0	3.0	10.0	4.00	0.00
BROWN RICE 1C.	8 oz	160	0		1.88	0.68	2.5	0	0.0	0	0.0	32.9	1.41	0.00	0.00
Pinto Beans 3/4C	3/4 C	157	0		6.54	2.62	55.0	0	0.0	1	9.16	27.48	0.0	0.00	0.00
Diced Peach Cup	4 oz	70	0		1.00	0.36	0.0	200	60.0	15	0.0	17.0	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
Rice and Beans..	1/2 Cup	315	0		5.85	1.75	31.6	93	16.73	*2	2.89	62.93	2.91	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		626	36	851	10.51	4.73	353.7	832	62.82	*29	26.93	94.11	12.34	4.60	*0.00
% of Calories										*18.7%	17.2%	60.1%	17.7%	6.6%	*0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 04/04/2025															
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	

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# Top Spanish Cafe & Catering

Mar 31, 2025 thru Apr 4, 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)	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 Average		623	52		8.66	3.30	455.1	1580	51.77	*31 *44.3%	31.65 20.3%	87.50 56.2%	16.49 23.8%	5.69 8.2%	*0.12 *0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	623		600 - 650	100%				
Cholesterol (mg)	52							
Sodium 1a (mg)	779		1110	70%				
Fiber (g)	8.66							
Iron (mg)	3.30							
Calcium (mg)	455.1							
Vitamin A (IU)	1580							
Sugars (g)	31	19.71%			Missing			
Vitamin C (mg)	51.77							
Protein (g)	31.65	20.32%						
Carbohydrate (g)	87.50	56.17%						
Total Fat (g)	16.49	23.82%						
Saturated Fat (g)	5.69	8.22%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.12	0.18%			Missing			

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# Top Spanish Cafe & Catering

Apr 7, 2025 thru Apr 11, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 3/28/2025 1:12:24 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 - 04/07/2025															
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 - 04/08/2025															
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 - 04/09/2025															
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
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
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		423	46	880	4.07	3.16	357.3	3052	49.81	*25	19.64	54.75	13.96	3.22	*0.00
% of Calories										*23.3%	18.6%	51.7%	29.7%	6.8%	*0.0%
Nutrient Guideline		600-650												<10.00	

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# Top Spanish Cafe & Catering

Apr 7, 2025 thru Apr 11, 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)
Thu - 04/10/2025															
K-8 Lunch	Total														
Chicken Patty-3oz *	3 oz	240	25		3.00	1.90	30.0	0	0.0	1	14.01	16.01	14.01	2.50	0.00
Whole Grain Bun 2oz.	2 oz	130	0		3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	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
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 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
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
Diced Chicken Tyson	2.3 oz	101	43		0.00	0.47	0.0	0	0.0	0	13.97	0.78	3.88	1.16	0.00
Gluten Free Bread	2 oz	140	0		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		0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		672	32	969	17.42	5.59	428.7	8796	98.00	36	32.71	101.05	17.12	3.29	0.00
% of Calories										21.3%	19.5%	60.1%	22.9%	4.4%	0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 04/11/2025															
K-8 Lunch	Total														
BEEF for TACOs 3oz.*	3 oz	185	54		0.70	2.21	21.4	312	2.4	*1	15.49	2.77	12.18	4.60	*0.69
Black beans 1C	1 C	174	0		8.72	1.74	69.8	0	0.0	2	10.47	31.4	0.0	0.00	0.00
Taco Shell-7" HS/Mission	2 shells	210	0		3.00	0.00	30.0	0	0.0	1	3.0	28.0	9.0	1.00	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
Vegetarian Meat Taco.	3 oz	213	0		7.00	2.59	61.8	4062	7.67	5	19.06	20.63	7.82	1.03	0.00
Weighted Daily Average		770	61	460	18.04	4.28	413.7	1049	11.29	*33	37.66	102.55	22.55	6.30	*0.68
% of Calories										*17.4%	19.6%	53.2%	26.3%	7.4%	*0.8%
Nutrient Guideline		600-650												<10.00	

Weighted Average		628	46		12.69	4.28	439.7	3870	56.86	*33	30.75	91.20	16.02	4.50	*0.17
										*47.0%	19.6%	58.1%	23.0%	6.4%	*0.2%

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

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# Top Spanish Cafe & Catering

Apr 7, 2025 thru Apr 11, 2025

Base Menu Spreadsheet

K-8 Lunch

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	628		600 - 650	100%													
Cholesterol (mg)	46																
Sodium 1a (mg)	849		1110	76%													
Fiber (g)	12.69																
Iron (mg)	4.28																
Calcium (mg)	439.7																
Vitamin A (IU)	3870																
Sugars (g)	33	20.88%			Missing												
Vitamin C (mg)	56.86																
Protein (g)	30.75	19.60%															
Carbohydrate (g)	91.20	58.13%															
Total Fat (g)	16.02	22.98%															
Saturated Fat (g)	4.50	6.45%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.17	0.24%			Missing												

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# Top Spanish Cafe & Catering

Apr 21, 2025 thru Apr 25, 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 - 04/21/2025															
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
Corn.	3/4 C	105	0		3.00	0.60	4.5	0	0.0	5	3.0	24.0	0.75	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		553	94	1183	7.43	2.20	290.0	704	7.51	42	30.26	84.75	11.63	2.72	0.00
% of Calories										30.7%	21.9%	61.2%	18.9%	4.4%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 04/22/2025															
K-8 Lunch	Total														
Mac&Cheese with Chicken	6 oz	332	58		2.00	0.23	371.0	493	1.0	8	21.99	30.39	12.94	7.08	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
Banana <sup>2</sup>	1 C	210	0		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		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
Diced Chicken Tyson	2.3 oz	101	43		0.00	0.47	0.0	0	0.0	0	13.97	0.78	3.88	1.16	0.00
Weighted Daily Average		686	65	948	13.63	1.97	703.4	3100	96.45	51	37.72	106.26	14.98	8.01	0.00
% of Calories										29.7%	22.0%	61.9%	19.6%	10.5%	0.0%
Nutrient Guideline		600-650												<10.00	

Wed - 04/23/2025															
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
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
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

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# Top Spanish Cafe & Catering

Apr 21, 2025 thru Apr 25, 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)
Weighted Daily Average		520	66	1134	4.22	1.69	376.1	5664	66.49	*25	32.18	63.41	14.64	2.54	*0.00
% of Calories										*19.0%	24.8%	48.8%	25.3%	4.4%	*0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 04/24/2025															
K-8 Lunch	Total														
GROUND BEEF &SPANISH RICE	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
k-8															
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
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
Weighted Daily Average		682	63	561	13.08	5.00	432.8	1362	103.30	*28	35.70	95.05	15.79	5.54	*0.71
% of Calories										*16.5%	20.9%	55.8%	20.8%	7.3%	*0.9%
Nutrient Guideline		600-650												<10.00	

Fri - 04/25/2025															
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.	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
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		633	48	1376	10.76	3.61	788.6	1880	34.21	43	31.42	89.07	20.26	7.37	0.00
% of Calories										27.5%	19.9%	56.3%	28.8%	10.5%	0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		615	67		9.82	2.89	518.2	2542	61.59	*38	33.46	87.71	15.46	5.23	*0.14
										*55.5%	21.8%	57.1%	22.6%	7.7%	*0.2%

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# Top Spanish Cafe & Catering

Apr 21, 2025 thru Apr 25, 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	615		600 - 650	100%													
Cholesterol (mg)	67																
Sodium 1a (mg)	1040		1110	94%													
Fiber (g)	9.82																
Iron (mg)	2.89																
Calcium (mg)	518.2																
Vitamin A (IU)	2542																
Sugars (g)	38	24.68%			Missing												
Vitamin C (mg)	61.59																
Protein (g)	33.46	21.77%															
Carbohydrate (g)	87.71	57.07%															
Total Fat (g)	15.46	22.63%															
Saturated Fat (g)	5.23	7.66%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.14	0.21%			Missing												

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# Top Spanish Cafe & Catering

Apr 28, 2025 thru May 2, 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 - 04/28/2025															
K-8 Lunch	Total														
Chicken Patty-3oz *	3 oz	240	25		3.00	1.90	30.0	0	0.0	1	14.01	16.01	14.01	2.50	0.00
Whole Grain Bun 2oz.	2 oz	130	0		3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
Garbanzo/Chickpeas, Sauteed	3/4 C	313	0		8.28	2.89	64.9	104	18.25	*6	10.05	35.32	16.86	2.11	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
Diced Chicken Tyson	2.3 oz	101	43		0.00	0.47	0.0	0	0.0	0	13.97	0.78	3.88	1.16	0.00
Gluten Free Bread	2 oz	140	0		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		0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		867	32	1265	17.68	6.99	448.0	1115	110.42	*36	37.54	112.53	33.71	5.34	0.00
% of Calories										*16.6%	17.3%	51.9%	35.0%	5.5%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 04/29/2025															
K-8 Lunch	Total														
BROWN RICE 1C.	8 oz	160	0		1.88	0.68	2.5	0	0.0	0	0.0	32.9	1.41	0.00	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 1/8C.	1/8 C	20	0		0.00	0.27	10.0	188	5.25	2	0.5	3.0	0.75	0.00	0.00
CORN: frozen, yellow	3/4 CUP	107	0		3.17	0.62	4.0	263	4.62	4	3.37	25.48	0.88	0.14	0.00
Banana2	1 C	210	0		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		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		780	36	480	12.65	3.76	322.4	1198	31.43	48	27.77	133.69	16.88	5.97	0.00
% of Calories										24.4%	14.2%	68.5%	19.5%	6.9%	0.0%
Nutrient Guideline		600-650												<10.00	

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# Top Spanish Cafe & Catering

Apr 28, 2025 thru May 2, 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 - 04/30/2025															
K-8 Lunch	Total														
Turkey Ham 3oz (JO).	3.01 oz	110	55		0.00	0.70	0.0	0	0.0	0	14.0	1.0	5.0	1.50	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
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
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		434	60	860	4.07	3.14	319.8	3052	7.81	*33	26.31	60.75	8.21	2.26	*0.00
% of Calories										*30.1%	24.2%	56.0%	17.0%	4.7%	*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 - 05/01/2025															
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
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, 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		636	52	809	12.04	4.36	446.9	33645	41.15	42	28.93	98.69	15.19	6.55	0.49
% of Calories										26.4%	18.2%	62.0%	21.5%	9.3%	0.7%
Nutrient Guideline		600-650												<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

Apr 28, 2025 thru May 2, 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)
Fri - 05/02/2025															
K-8 Lunch	Total														
GROUND BEEF & MACARONI 3/4 .cup	3/4 CUP	285	52		2.19	3.38	47.1	666	8.15	*3	19.23	24.38	12.21	4.51	*0.66
PEACHES,FRESH K-5 B	1 cup	59	0		2.25	0.38	9.0	489	9.9	13	1.37	14.31	0.38	0.03	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
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 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
Weighted Daily Average		471	57	544	8.02	4.48	377.8	2249	23.47	*29	29.97	59.34	13.57	5.12	*0.63
% of Calories										*25.0%	25.5%	50.4%	26.0%	9.8%	*1.2%
Nutrient Guideline		600-650												<10.00	

Weighted Average		638	47		10.89	4.55	383.0	8252	42.85	*37	30.10	93.00	17.51	5.05	*0.22
										*52.9%	18.9%	58.3%	24.7%	7.1%	*0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	638		600 - 650	100%				
Cholesterol (mg)	47							
Sodium 1a (mg)	792		1110	71%				
Fiber (g)	10.89							
Iron (mg)	4.55							
Calcium (mg)	383.0							
Vitamin A (IU)	8252							
Sugars (g)	37	23.52%			Missing			
Vitamin C (mg)	42.85							
Protein (g)	30.10	18.89%						
Carbohydrate (g)	93.00	58.34%						
Total Fat (g)	17.51	24.72%						
Saturated Fat (g)	5.05	7.13%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.22	0.32%			Missing			

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

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