

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Whole Grain Cereal Oranges <b>3</b>	WG Pancakes Turkey Breakfast Sausage Syrup 100% Orange Juice <b>4</b>	WG Bagels Cream Cheese Pears <b>5</b>	WG Waffles Turkey Bacon Apples Syrup <b>6</b>	Fat Free Yogurt Granola Bar Tangerines <b>7</b>
<b>NO SCHOOL</b> <b>10</b>	<b>NO SCHOOL</b> <b>11</b>	WG Apple Muffin Apples <b>12</b>	WG English Muffin With Turkey Ham and Cheese Bananas <b>13</b>	WG Strawberry Oatmeal Bar 100% Grape Juice <b>14</b>
Assorted WG Cereal Pears <b>17</b>	WG French Toast Turkey Bacon Jelly 100% Orange Juice <b>18</b>	WG Blueberry Muffin Orange <b>19</b>	WG Bagels Cream Cheese Apples <b>20</b>	Home Potatoes Turkey Breakfast Sausage Bananas <b>21</b>
WG Assorted Cereal Oranges <b>24</b>	WG Pancakes Turkey Breakfast Sausage 100% Orange Juice <b>25</b>	WG Bagels Cream Cheese Pears <b>26</b>	WG Strawberry Oatmeal Bar Peach Cup <b>27</b>	WG Waffles Turkey Bacon Apples Syrup <b>28</b>
WG Assorted Cereal Fruit Salad <b>31</b>				

- 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.*

# Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 7, 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 - 03/03/2025															
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
Orange Navels	1 Cup	151	0	3	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	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		361	7	295	10.75	2.37	469.4	1697	186.81	44	12.83	73.93	4.12	0.76	0.00
% of Calories										48.9%	14.2%	81.9%	10.3%	1.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 03/04/2025															
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 - 03/05/2025															
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	

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# Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 7, 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 - 03/06/2025</b>															
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	
<b>Fri - 03/07/2025</b>															
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
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
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		339	11	243	2.74	1.16	538.3	1339	24.44	41	13.82	65.22	3.56	0.74	0.00
% of Calories										48.2%	16.3%	77.0%	9.5%	2.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average		415	24	400	5.26	1.73	459.1	998	62.56	45	15.16	76.00	6.45	2.04	0.00
										98.6%	14.6%	73.3%	14.0%	4.4%	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 3, 2025 thru Mar 7, 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	415		400 - 500	100%													
Cholesterol (mg)	24																
Sodium 1 (mg)	400		540	74%													
Fiber (g)	5.26																
Iron (mg)	1.73																
Calcium (mg)	459.1																
Vitamin A (IU)	998																
Sugars (g)	45	43.81%															
Vitamin C (mg)	62.56																
Protein (g)	15.16	14.62%															
Carbohydrate (g)	76.00	73.30%															
Total Fat (g)	6.45	13.99%															
Saturated Fat (g)	2.04	4.43%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%															

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# Top Spanish Cafe & Catering

Mar 10, 2025 thru Mar 14, 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)
Mon - 03/10/2025															
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 - 03/11/2025															
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

Wed - 03/12/2025															
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

Thu - 03/13/2025															
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
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 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

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# Top Spanish Cafe & Catering

Mar 10, 2025 thru Mar 14, 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)
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	

Fri - 03/14/2025															
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	

Weighted Average		481	32	393	4.89	2.48	346.1	*726	*10.25	51	16.39	85.95	8.24	1.79	0.00
										94.8%	13.6%	71.5%	15.4%	3.4%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	481		400 - 500	100%				
Cholesterol (mg)	32							
Sodium 1 (mg)	393		540	73%				
Fiber (g)	4.89							
Iron (mg)	2.48							
Calcium (mg)	346.1							
Vitamin A (IU)	726				Missing			
Sugars (g)	51	42.14%						
Vitamin C (mg)	10.25				Missing			
Protein (g)	16.39	13.64%						
Carbohydrate (g)	85.95	71.53%						
Total Fat (g)	8.24	15.42%						
Saturated Fat (g)	1.79	3.36%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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# Top Spanish Cafe & Catering

Mar 17, 2025 thru Mar 21, 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)
Mon - 03/17/2025															
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 - 03/18/2025															
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% 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
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		466	29	615	1.92	0.71	281.3	594	85.14	43	18.78	73.14	10.63	2.35	0.00
% of Calories										37.1%	16.1%	62.7%	20.5%	4.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Wed - 03/19/2025															
K-8 Breakfast	Total														
Whole Grain Blueberry Muffin 3	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
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
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		418	41	271	5.45	2.54	367.5	1029	92.34	44	14.31	73.31	8.19	1.68	0.00
% of Calories										42.2%	13.7%	70.2%	17.6%	3.6%	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

Mar 17, 2025 thru Mar 21, 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 - 03/20/2025															
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
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 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		372	27	484	5.31	2.06	646.2	720	7.65	31	14.33	60.51	7.93	4.75	0.00
% of Calories										33.7%	15.4%	65.0%	19.2%	11.5%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Fri - 03/21/2025															
K-8 Breakfast	Total														
Boiled potatoes and onions	1/2 cup	92	0	27	2.04	0.85	12.9	8	10.25	2	2.22	18.65	1.29	0.20	*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
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, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Whole Grain Roll	1.1 oz	80	0	150	1.00	0.80	0.0	0	0.0	1	2.0	14.0	1.5	0.00	0.00
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		539	37	396	9.18	2.65	301.1	790	31.92	44	20.62	99.51	8.65	2.15	*0.00
% of Calories										32.3%	15.3%	73.8%	14.4%	3.6%	*0.0%
Nutrient Guideline		400-500		540										<10.00	

Weighted Average		421	28	412	6.27	2.05	389.8	823	45.90	40	15.74	73.77	7.86	2.34	*0.00
										84.4%	14.9%	70.0%	16.8%	5.0%	*0.0%

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

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# Top Spanish Cafe & Catering

Mar 17, 2025 thru Mar 21, 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	421		400 - 500	100%													
Cholesterol (mg)	28																
Sodium 1 (mg)	412		540	76%													
Fiber (g)	6.27																
Iron (mg)	2.05																
Calcium (mg)	389.8																
Vitamin A (IU)	823																
Sugars (g)	40	37.53%															
Vitamin C (mg)	45.90																
Protein (g)	15.74	14.94%															
Carbohydrate (g)	73.77	70.02%															
Total Fat (g)	7.86	16.79%															
Saturated Fat (g)	2.34	4.99%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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# Top Spanish Cafe & Catering

Mar 24, 2025 thru Mar 28, 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)
Mon - 03/24/2025															
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
Orange Navels	1 Cup	151	0	3	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	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		361	7	295	10.75	2.37	469.4	1697	186.81	44	12.83	73.93	4.12	0.76	0.00
% of Calories										48.9%	14.2%	81.9%	10.3%	1.9%	0.0%
Nutrient Guideline		400-500		540										<10.00	

Tue - 03/25/2025															
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 - 03/26/2025															
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	

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# Top Spanish Cafe & Catering

Mar 24, 2025 thru Mar 28, 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)	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)
<b>Thu - 03/27/2025</b>															
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	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		491	17	279	4.06	2.34	298.4	648	1.33	53	13.96	85.79	9.85	1.66	0.00
% of Calories										43.3%	11.4%	69.9%	18.1%	3.0%	0.0%
Nutrient Guideline		400-500		540										<10.00	
<b>Fri - 03/28/2025</b>															
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	
Weighted Average		445	25	407	5.53	1.97	411.1	860	57.94	48	15.19	80.11	7.70	2.22	0.00
										96.8%	13.6%	72.0%	15.6%	4.5%	0.0%

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# Top Spanish Cafe & Catering

Mar 24, 2025 thru Mar 28, 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	445		400 - 500	100%													
Cholesterol (mg)	25																
Sodium 1 (mg)	407		540	75%													
Fiber (g)	5.53																
Iron (mg)	1.97																
Calcium (mg)	411.1																
Vitamin A (IU)	860																
Sugars (g)	48	43.02%															
Vitamin C (mg)	57.94																
Protein (g)	15.19	13.65%															
Carbohydrate (g)	80.11	71.99%															
Total Fat (g)	7.70	15.58%															
Saturated Fat (g)	2.22	4.50%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%															

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# Top Spanish Cafe & Catering

Mar 31, 2025 thru Apr 4, 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)
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	100	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	

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# Top Spanish Cafe & Catering

Mar 31, 2025 thru Apr 4, 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 - 04/03/2025</b>															
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
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	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	
<b>Fri - 04/04/2025</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
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
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		453	7	423	3.01	2.06	307.9	648	1.33	51	11.96	80.10	8.90	2.13	0.00
% of Calories										45.3%	10.6%	70.8%	17.7%	4.2%	0.0%
Nutrient Guideline		400-500		540										<10.00	
Weighted Average		455	14	369	5.91	2.34	361.8	822	24.30	53	13.96	85.32	7.47	1.57	0.00
										103.9%	12.3%	75.0%	14.8%	3.1%	0.0%

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# Top Spanish Cafe & Catering

Mar 31, 2025 thru Apr 4, 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)	14																
Sodium 1 (mg)	369		540	68%													
Fiber (g)	5.91																
Iron (mg)	2.34																
Calcium (mg)	361.8																
Vitamin A (IU)	822																
Sugars (g)	53	46.19%															
Vitamin C (mg)	24.30																
Protein (g)	13.96	12.27%															
Carbohydrate (g)	85.32	74.99%															
Total Fat (g)	7.47	14.78%															
Saturated Fat (g)	1.57	3.11%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%															

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# MARCH 2025

## VEGETARIAN

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Whole Grain Cereal Oranges <b>3</b>	WG Pancakes Syrup 100% Orange Juice <b>4</b>	WG Bagels Cream Cheese Pears <b>5</b>	WG Waffles Apples Syrup <b>6</b>	Fat Free Yogurt Granola Bar Tangerines <b>7</b>
<b>NO SCHOOL</b> <b>10</b>	<b>NO SCHOOL</b> <b>11</b>	WG Apple Muffin Apples <b>12</b>	WG English Muffin With Cheese Bananas <b>13</b>	WG Strawberry Oatmeal Bar 100% Grape Juice <b>14</b>
Assorted WG Cereal Pears <b>17</b>	WG French Toast Jelly 100% Orange Juice <b>18</b>	WG Blueberry Muffin Orange <b>19</b>	WG Bagels Cream Cheese Apples <b>20</b>	Home Potatoes WG ROLL Bananas <b>21</b>
WG Assorted Cereal Oranges <b>24</b>	WG Pancakes 100% Orange Juice <b>25</b>	WG Bagels Cream Cheese Pears <b>26</b>	WG Strawberry Oatmeal Bar Peach Cup <b>27</b>	WG Waffles Apples Syrup <b>28</b>
WG Assorted Cereal Fruit Salad <b>31</b>				

- 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.*



# MARCH 2025 GLUTENFREE

Monday	Tuesday	Wednesday	Thursday	Friday
GF Cheerios Cereal 3 Oranges	GF Vans Pancakes 4 Syrup 100% Orange Juice	GF Bagels 5 Cream Cheese Pears	GF Vans 6 Waffles Turkey Sausage Apples Syrup	Fat Free Yogurt 7 Tangerines
<b>NO SCHOOL</b> 10	<b>NO SCHOOL</b> 11	GF Rice Chex 12 Cereal Apples	GF Waffles, Turkey 13 Bacon, Bananas	GF Cheerios 14 Cereal 100% Grape Juice
GF Cheerios Cereal 17 Pears	GF Pancakes, Turkey 18 Bacon Jelly 100% Orange Juice	GF Rice Chex Cereal 19 Orange	GF BAGELS, 20 Cream Cheese Apples	Home Potatoes 21 Turkey Sausage Bananas
GF Rice Chex Cereal 24 Oranges	Van GF Pancakes 25 Turkey Sausage 100% Orange Juice	GF Bagels 26 Cream Cheese Pears	GF Cheerios Cereal 27 Peach Cup	Van GF Waffles, 28 Turkey Sausage Apples Syrup
GF CHEERIOS 31 Fruit Salad				

- 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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