

Monday	Tuesday	Wednesday	Thursday	Friday
Brown Rice 3 Meatballs Marinara Sauce Mixed Vegetables Apples	Chicken Taco 4 Taco Shells Corn Bananas	Grilled Chicken Salad 5 Corn Chips Ranch Dressing Fruit Salad	Chicken Nuggets 6 WG Roll Sweet Potatoes Oranges Ketchup	Turkey Hot Dog 7 Hot Dog Roll Baked Beans Pears
CLOSED 10	CLOSED 11	Turkey Bologna and Cheese Sandwich 12 Romaine Lettuce and Tomato Salad 100% Orange Juice	Chicken Patty Sandwich 13 Green Beans Oranges	Beef Tacos 14 Taco Shells Black Beans Pears
Chicken Drumstick 17 WG Roll Black Beans Apples Ketchup	Ground Beef Macaroni 18 Carrots Bananas	Macaroni & Cheese 19 With Chicken Broccoli 100% Orange Juice	Chicken Teriyaki 20 Brown Rice Green Beans Oranges	Cheeseburger on WG Bun 21 Potatoes Pears
Baked BBQ Chicken 24 WG Roll Baked Beans Apples Ketchup	Chicken Alfredo Pasta 25 Broccoli Bananas	Cheeseburger 26 On WG Bun Sweet Potatoes 100% Orange Juice	Cheese Pizza 27 Green Beans Pears	Ground Beef 28 Spanish Rice Corn Oranges
Cheeseburger 31 Potatoes Apple Sauce				

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

This institution is an equal opportunity provider.

MARCH 2025 VEGETARIAN

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Meat 3 Spaghetti Mixed Vegetables Apples	Vegetarian 4 Meat Taco Taco Shells Corn Bananas	Grilled Tofu Salad 5 Corn Chips Ranch Dressing Fruit Salad	Vegetarian Chick'N 6 Nuggets WG Roll Sweet Potatoes Oranges, Ketchup	Vegetarian Patty 7 Hot Dog Roll Baked Beans Pears
CLOSED 10	CLOSED 11	SunButter & Jelly 12 Sandwich Romaine Lettuce and Tomato Salad 100% Orange Juice	Vegetarian Patty 13 Sandwich Green Beans Oranges	Vegetarian Meat Taco 14 Taco Shells Black Beans Pears
Vegetarian Patty 17 WG Roll Black Beans Apples Ketchup	Vegetarian 18 Meat Spaghetti Carrots Bananas	Macaroni & Cheese 19 Broccoli 100% Orange Juice	Spanish Rice with 20 Vegetarian Meat Green Beans Oranges	Black Bean Patty 21 Sandwich Potatoes Pears
Vegetarian Patty 24 WG Roll Baked Beans Apples Ketchup	Vegetarian Meat 25 Spaghetti Broccoli Bananas	Black Bean Patty 26 On WG Bun Sweet Potatoes 100% Orange Juice	Cheese Pizza 27 Green Beans Pears	Spanish Rice with 28 Vegetarian Meat Corn Oranges
Vegetarian Patty 31 Sandwich Potatoes Apple Sauce				

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 7, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 2/27/2025 12:37:08 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 ¹ (g)
Mon - 03/03/2025															
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
MIXED VEG. :frozen,boiled 3/4C	3/4 CUP	89	0		6.01	1.12	34.1	5838	4.37	4	3.9	17.87	0.2	0.04	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 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		624	36	526	12.66	3.81	349.0	6697	16.99	33	26.10	91.24	15.65	5.65	0.00
% of Calories										21.3%	16.7%	58.5%	22.6%	8.1%	0.0%
Nutrient Guideline		600-650												<10.00	

Tue - 03/04/2025															
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: canned.	3/8 CUP	41	0		1.23	0.17	1.8	28	1.11	3	1.41	8.82	0.75	0.15	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
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		651	81	469	8.61	2.23	314.4	1290	16.62	*32	38.90	82.45	18.50	4.07	*0.00
% of Calories										*19.5%	23.9%	50.6%	25.6%	5.6%	*0.0%
Nutrient Guideline		600-650												<10.00	

Wed - 03/05/2025															
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
FRUIT SALAD: 1/2C (MAG)	1/2 C	80	0		1.00	0.40	0.0	0	0.0	20	0.0	21.0	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

Mar 3, 2025 thru Mar 7, 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 ¹ (g)
Weighted Daily Average		550	66	1129	5.22	2.09	376.1	5664	24.48	*35	31.18	72.41	14.64	2.54	*0.00
% of Calories										*25.2%	22.7%	52.7%	24.0%	4.2%	*0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 03/06/2025															
K-8 Lunch	Total														
Chicken Nuggets	3 oz	260	30		2.00	2.00	43.0	0	0.0	0	17.0	15.0	14.0	2.50	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
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
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, 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 Chick'N Nuggets	3oz (4piece)	170	0		3.00	2.20	40.0	0	0.0	2	12.0	18.0	8.0	1.00	0.00
Diced Chicken Tyson 4oz	4 oz	175	74		0.00	0.81	0.0	0	0.0	0	24.3	1.35	6.75	2.03	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		674	36	955	12.08	4.17	449.7	33956	125.76	39	31.57	99.83	16.85	3.26	0.00
% of Calories										23.3%	18.7%	59.3%	22.5%	4.4%	0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 03/07/2025															
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
PEARS,FRESH 1/2C.	1/2 cup	84	0		4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	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
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		546	55	895	13.03	3.50	401.5	666	7.52	38	24.79	82.75	14.17	4.15	0.00
% of Calories										28.1%	18.2%	60.7%	23.4%	6.8%	0.0%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 7, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 3

Generated on: 2/27/2025 12:37:08 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 ¹ (g)
Weighted Average		609	55		10.32	3.16	378.2	9655	38.28	*35 *52.4%	30.51 20.0%	85.74 56.3%	15.96 23.6%	3.94 5.8%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	609		600 - 650	100%				
Cholesterol (mg)	55							
Sodium 1a (mg)	795		1110	72%				
Fiber (g)	10.32							
Iron (mg)	3.16							
Calcium (mg)	378.2							
Vitamin A (IU)	9655							
Sugars (g)	35	23.29%			Missing			
Vitamin C (mg)	38.28							
Protein (g)	30.51	20.04%						
Carbohydrate (g)	85.74	56.32%						
Total Fat (g)	15.96	23.59%						
Saturated Fat (g)	3.94	5.82%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Top Spanish Cafe & Catering

Mar 10, 2025 thru Mar 14, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 2/27/2025 12:38:04 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 ¹ (g)
Mon - 03/10/2025															
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

Tue - 03/11/2025															
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

Wed - 03/12/2025															
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

Mar 10, 2025 thru Mar 14, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 2/27/2025 12:38:04 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 ¹ (g)
Thu - 03/13/2025															
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: frozen,boiled 1/4	1/4 C	9	0		1.01	0.22	14.2	141	1.38	1	0.5	2.18	0.06	0.01	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	17.41	5.59	428.6	8795	97.99	36	32.70	101.04	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 - 03/14/2025															
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 1/2C.	1/2 cup	84	0		4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	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
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		753	61	460	17.11	4.23	411.0	1042	10.00	*31	37.55	97.98	22.51	6.29	*0.68
% of Calories										*16.2%	19.9%	52.0%	26.9%	7.5%	*0.8%
Nutrient Guideline		600-650												<10.00	

Weighted Average		616	46		12.87	4.33	399.0	4296	52.60	*30	29.97	84.59	17.86	4.27	*0.23
										*44.3%	19.4%	54.9%	26.1%	6.2%	*0.3%

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Top Spanish Cafe & Catering

Mar 10, 2025 thru Mar 14, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 3

Generated on: 2/27/2025 12:38:04 PM

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	616		600 - 650	100%													
Cholesterol (mg)	46																
Sodium 1a (mg)	769		1110	69%													
Fiber (g)	12.87																
Iron (mg)	4.33																
Calcium (mg)	399.0																
Vitamin A (IU)	4296																
Sugars (g)	30	19.68%			Missing												
Vitamin C (mg)	52.60																
Protein (g)	29.97	19.45%															
Carbohydrate (g)	84.59	54.90%															
Total Fat (g)	17.86	26.09%															
Saturated Fat (g)	4.27	6.23%	<10.00%														
Trans Fat ¹ (g)	0.23	0.33%			Missing												

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Top Spanish Cafe & Catering

Mar 17, 2025 thru Mar 21, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 2/27/2025 12:38:54 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 ¹ (g)
Mon - 03/17/2025															
K-8 Lunch	Total														
Chicken Drumstick.	5.15 oz	220	60		1.00	1.00	14.0	0	0.0	0	19.0	6.0	13.0	3.00	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
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
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
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		659	65	1190	12.93	4.00	391.2	704	7.51	31	39.17	89.56	15.21	3.69	0.00
% of Calories										18.6%	23.8%	54.3%	20.8%	5.0%	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 ¹ (g)
Tue - 03/18/2025															
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
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
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
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		529	57	614	9.20	4.11	365.4	21822	23.73	*33	29.19	74.88	13.62	5.22	*0.63
% of Calories										*25.2%	22.1%	56.6%	23.2%	8.9%	*1.1%
Nutrient Guideline		600-650												<10.00	

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Top Spanish Cafe & Catering

Mar 17, 2025 thru Mar 21, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 2/27/2025 12:38:54 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 ¹ (g)
Wed - 03/19/2025															
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
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		526	65	961	7.49	1.35	691.6	2949	117.92	32	36.15	64.35	14.20	7.74	0.00
% of Calories										24.4%	27.5%	48.9%	24.3%	13.2%	0.0%
Nutrient Guideline		600-650												<10.00	

Thu - 03/20/2025															
K-8 Lunch	Total														
CHICKEN STIR-FRY.	3 OZ	195	48		1.58	0.88	23.9	148	41.4	*2	16.49	6.46	10.99	2.29	*0.00
BROWN RICE 1/2C.	4 OZ	119	0		1.40	0.50	0.0	0	0.0	0	0.0	24.5	1.05	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 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
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
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
Weighted Daily Average		597	53	371	13.15	2.58	478.9	1999	227.86	*42	29.10	90.29	13.82	3.07	*0.00
% of Calories										*28.2%	19.5%	60.5%	20.8%	4.6%	*0.0%
Nutrient Guideline		600-650												<10.00	

Fri - 03/21/2025															
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
Oven Fried Potatoes 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
PEARS,FRESH 1/2C.	1/2 cup	84	0		4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	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
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

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Top Spanish Cafe & Catering

Mar 17, 2025 thru Mar 21, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 3

Generated on: 2/27/2025 12:38:55 PM

	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 ¹ (g)
Weighted Daily Average		689	52	708	9.70	3.93	408.3	667	7.51	31	28.14	97.75	23.18	7.54	0.50
% of Calories										18.0%	16.3%	56.7%	30.3%	9.8%	0.7%
Nutrient Guideline		600-650												<10.00	

Weighted Average		600	59		10.49	3.19	467.1	5628	76.91	*34 *50.7%	32.35 21.6%	83.37 55.6%	16.01 24.0%	5.45 8.2%	*0.23 *0.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	600		600 - 650	100%				
Cholesterol (mg)	59							
Sodium 1a (mg)	769		1110	69%				
Fiber (g)	10.49							
Iron (mg)	3.19							
Calcium (mg)	467.1							
Vitamin A (IU)	5628							
Sugars (g)	34	22.56%			Missing			
Vitamin C (mg)	76.91							
Protein (g)	32.35	21.57%						
Carbohydrate (g)	83.37	55.58%						
Total Fat (g)	16.01	24.01%						
Saturated Fat (g)	5.45	8.18%	<10.00%					
Trans Fat ¹ (g)	0.23	0.34%			Missing			

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Top Spanish Cafe & Catering

Mar 24, 2025 thru Mar 28, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 2/27/2025 12:39:13 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 ¹ (g)
Mon - 03/24/2025															
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 - 03/25/2025															
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

Mar 24, 2025 thru Mar 28, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 2/27/2025 12:39:13 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 ¹ (g)
Wed - 03/26/2025															
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 ¹ (g)
Thu - 03/27/2025															
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 ¹ (g)
Fri - 03/28/2025															
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

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Top Spanish Cafe & Catering

Mar 24, 2025 thru Mar 28, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 3

Generated on: 2/27/2025 12:39:13 PM

	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 ¹ (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 ¹ (g)	0.24	0.35%			Missing			

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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

Generated on: 2/27/2025 12:39:30 PM

	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 ¹ (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	

	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 ¹ (g)
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

Generated on: 2/27/2025 12:39:30 PM

	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 ¹ (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
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
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
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														
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
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
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

Mar 31, 2025 thru Apr 4, 2025

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

Page 3

Generated on: 2/27/2025 12:39:30 PM

	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 ¹ (g)
Weighted Daily Average		520	52	664	10.74	4.07	399.6	1468	96.59	30	30.62	81.47	10.38	1.83	0.00
% of Calories										23.2%	23.5%	62.6%	18.0%	3.2%	0.0%
Nutrient Guideline		600-650												<10.00	

Weighted Average		603	52		9.08	3.46	444.0	1557	60.74	*31 *45.7%	31.44 20.9%	86.29 57.3%	15.27 22.8%	4.92 7.3%	*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	603		600 - 650	100%				
Cholesterol (mg)	52							
Sodium 1a (mg)	756		1110	68%				
Fiber (g)	9.08							
Iron (mg)	3.46							
Calcium (mg)	444.0							
Vitamin A (IU)	1557							
Sugars (g)	31	20.30%			Missing			
Vitamin C (mg)	60.74							
Protein (g)	31.44	20.87%						
Carbohydrate (g)	86.29	57.29%						
Total Fat (g)	15.27	22.81%						
Saturated Fat (g)	4.92	7.35%	<10.00%					
Trans Fat ¹ (g)	0.10	0.15%			Missing			

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