

Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Breakfast NSLP

Portion Values - Detailed

Page 1

Generated on: 2/28/2025 12:07:48 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-5 Breakfast NSLP	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		350-500		540										<10.00	

Tue - 03/04/2025															
K-5 Breakfast NSLP	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		350-500		540										<10.00	

Wed - 03/05/2025															
K-5 Breakfast NSLP	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		350-500		540										<10.00	

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

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Breakfast NSLP

Portion Values - Detailed

Page 2

Generated on: 2/28/2025 12:07:48 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)
Thu - 03/06/2025															
K-5 Breakfast NSLP	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		350-500		540										<10.00	

Fri - 03/07/2025															
K-5 Breakfast NSLP	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		350-500		540										<10.00	

Mon - 03/10/2025															
K-5 Breakfast NSLP	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

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

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Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Breakfast NSLP

Portion Values - Detailed

Page 3

Generated on: 2/28/2025 12:07:48 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 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		350-500		540										<10.00	

Tue - 03/11/2025															
K-5 Breakfast NSLP	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		350-500		540										<10.00	

Wed - 03/12/2025															
K-5 Breakfast NSLP	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		350-500		540										<10.00	

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Breakfast NSLP

Portion Values - Detailed

Page 4

Generated on: 2/28/2025 12:07:48 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-5 Breakfast NSLP	Total														
Whole Grain English Muffin	2 oz	120	0	270	1.00	1.60	90.0	0	0.0	1	6.0	21.0	1.5	0.00	0.00
Turkey Ham BF	1 oz	60	30	180	0.00	0.36	0.0	0	0.0	0	7.0	1.0	3.0	1.00	0.00
Banana2	1 C	210	0	2	6.14	0.61	11.8	151	20.53	29	2.57	53.9	0.78	0.26	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Waffles	2.6 oz	200	0	220	5.00	1.00	50.0	0	0.0	3	2.0	34.0	7.0	0.50	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		497	38	591	7.23	2.59	390.5	808	21.73	42	23.95	90.06	6.66	2.02	0.00
% of Calories										34.1%	19.3%	72.4%	12.1%	3.7%	0.0%
Nutrient Guideline		350-500		540										<10.00	

Fri - 03/14/2025															
K-5 Breakfast NSLP	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		350-500		540										<10.00	

Mon - 03/17/2025															
K-5 Breakfast NSLP	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		350-500		540										<10.00	

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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)
Tue - 03/18/2025															
K-5 Breakfast NSLP	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		350-500		540										<10.00	

Wed - 03/19/2025															
K-5 Breakfast NSLP	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		350-500		540										<10.00	

Thu - 03/20/2025															
K-5 Breakfast NSLP	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

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Breakfast NSLP

Portion Values - Detailed

Page 6

Generated on: 2/28/2025 12:07:49 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		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		350-500		540											<10.00

Fri - 03/21/2025															
K-5 Breakfast NSLP	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
Hard boiled eggs	2 oz	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Banana ²	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		556	189	369	9.18	2.84	325.4	1043	31.92	44	20.91	100.05	9.92	2.77	*0.00
% of Calories										31.7%	15.0%	71.9%	16.0%	4.5%	*0.0%
Nutrient Guideline		350-500		540											<10.00

Mon - 03/24/2025															
K-5 Breakfast NSLP	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		350-500		540											<10.00

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Breakfast NSLP

Portion Values - Detailed

Page 7

Generated on: 2/28/2025 12:07:49 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)
Tue - 03/25/2025															
K-5 Breakfast NSLP	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		350-500		540										<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)
Wed - 03/26/2025															
K-5 Breakfast NSLP	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		350-500		540										<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)
Thu - 03/27/2025															
K-5 Breakfast NSLP	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		350-500		540										<10.00	

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Breakfast NSLP

Portion Values - Detailed

Page 8

Generated on: 2/28/2025 12:07:49 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)
Fri - 03/28/2025															
K-5 Breakfast NSLP	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		350-500		540										<10.00	
Mon - 03/31/2025															
K-5 Breakfast NSLP	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		350-500		540										<10.00	
Weighted Average		428	32	397	5.92	2.08	420.1	*912	*50.63	45	15.11	77.51	7.23	2.15	*0.00
										95.3%	14.1%	72.4%	15.2%	4.5%	*0.0%

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Breakfast NSLP

Portion Values - Detailed

Page 9

Generated on: 2/28/2025 12:07:49 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	428		350 - 500	100%													
Cholesterol (mg)	32																
Sodium 1 (mg)	397		540	74%													
Fiber (g)	5.92																
Iron (mg)	2.08																
Calcium (mg)	420.1																
Vitamin A (IU)	912				Missing												
Sugars (g)	45	42.37%															
Vitamin C (mg)	50.63				Missing												
Protein (g)	15.11	14.11%															
Carbohydrate (g)	77.51	72.35%															
Total Fat (g)	7.23	15.18%															
Saturated Fat (g)	2.15	4.52%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 1

Generated on: 2/28/2025 12:10:05 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-5 Roots 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
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
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		548	48	427	11.70	2.92	320.2	6697	16.99	32	27.03	88.13	7.84	1.96	0.00
% of Calories										23.6%	19.7%	64.4%	12.9%	3.2%	0.0%
Nutrient Guideline		550-650												<10.00	

Tue - 03/04/2025															
K-5 Roots 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		550-650												<10.00	

Wed - 03/05/2025															
K-5 Roots 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 31, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 2

Generated on: 2/28/2025 12:10:05 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 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		550-650												<10.00	

Thu - 03/06/2025															
K-5 Roots 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		550-650												<10.00	

Fri - 03/07/2025															
K-5 Roots 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		550-650												<10.00	

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 3

Generated on: 2/28/2025 12:10:05 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-5 Roots Lunch	Total														
Hot Dog-Turkey Frank	2 oz	140	50		0.00	0.72	60.0	0	0.0	1	6.0	1.0	11.0	3.50	0.00
Hot Dog Bun-Ultra	2oz Bun	130	0		3.00	1.08	26.0	0	0.0	3	6.0	26.0	2.0	0.00	0.00
Apples.	1 cup	72	0		3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Potato Fries 3/4C. mcca	3/4 C	200	0		2.00	0.60	20.0	0	0.0	2	2.0	34.02	8.0	1.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Black Bean Patty	2.9 oz	150	0		5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	1.00	0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		642	55	751	8.52	2.59	390.3	704	7.51	32	22.69	93.66	22.20	5.16	0.00
% of Calories										20.2%	14.1%	58.4%	31.1%	7.2%	0.0%
Nutrient Guideline		550-650												<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 - 03/11/2025															
K-5 Roots Lunch	Total														
Vegetable Lasagna.	1 C	300	25		3.00	0.36	250.0	500	3.6	6	13.0	37.0	11.0	5.00	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
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		663	31	1297	12.18	3.04	606.8	2583	70.62	*35	30.14	108.37	13.32	5.66	*0.00
% of Calories										*21.3%	18.2%	65.3%	18.1%	7.7%	*0.0%
Nutrient Guideline		550-650												<10.00	

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 4

Generated on: 2/28/2025 12:10:05 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 - 03/12/2025															
K-5 Roots 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		550-650												<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 - 03/13/2025															
K-5 Roots 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		550-650												<10.00	

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 5

Generated on: 2/28/2025 12:10:05 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)
Fri - 03/14/2025															
K-5 Roots 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
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		786	82	590	18.51	3.81	408.2	1240	12.89	*34	47.81	105.75	17.63	3.85	*0.00
% of Calories										*17.5%	24.3%	53.8%	20.2%	4.4%	*0.0%
Nutrient Guideline		550-650												<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)
Mon - 03/17/2025															
K-5 Roots 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
Weighted Daily Average		648	65	1104	12.93	3.99	391.2	704	7.51	29	39.03	86.55	15.17	3.68	0.00
% of Calories										17.7%	24.1%	53.4%	21.1%	5.1%	0.0%
Nutrient Guideline		550-650												<10.00	

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

	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 - 03/18/2025															
K-5 Roots Lunch	Total														
Spaghetti-8 oz	8 oz	360	0		4.22	3.02	16.2	0	0.0	*N/A*	13.15	69.99	2.11	0.39	0.00
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
Marinara Sauce 1/2C (F)	1/2 C	50	0		2.00	1.44	20.0	500	0.0	6	1.0	10.0	1.0	0.00	0.00
CARROTS: fresh, boiled-MS	3/4 CUP	42	0		3.60	0.41	36.0	20440	4.32	4	0.91	9.86	0.22	0.04	0.00
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 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		827	79	463	13.22	6.05	342.4	21599	15.83	*36	48.04	130.97	11.68	3.24	0.00
% of Calories										*17.4%	23.2%	63.3%	12.7%	3.5%	0.0%
Nutrient Guideline		550-650												<10.00	

Wed - 03/19/2025															
K-5 Roots 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: fresh, boiled	3/4 cup	55	0		5.15	1.05	62.4	2415	101.24	2	3.71	11.2	0.64	0.12	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
Weighted Daily Average		529	65	1004	7.12	1.27	693.3	3504	145.38	32	34.11	65.71	14.61	7.83	0.00
% of Calories										23.9%	25.8%	49.7%	24.9%	13.3%	0.0%
Nutrient Guideline		550-650												<10.00	

Thu - 03/20/2025															
K-5 Roots 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

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 7

Generated on: 2/28/2025 12:10:06 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		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		550-650												<10.00	

Fri - 03/21/2025															
K-5 Roots Lunch	Total														
Chicken Patty.	1 oz	120	50		0.00	0.36	20.0	100	0.0	0	6.0	5.0	8.0	2.00	0.00
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
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		639	57	643	9.70	3.29	341.3	767	7.51	30	21.14	100.75	19.18	3.79	0.00
% of Calories										19.0%	13.2%	63.1%	27.0%	5.3%	0.0%
Nutrient Guideline		550-650												<10.00	

Mon - 03/24/2025															
K-5 Roots 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		550-650												<10.00	

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 8

Generated on: 2/28/2025 12:10:06 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)
Tue - 03/25/2025															
K-5 Roots 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		550-650												<10.00	

Wed - 03/26/2025															
K-5 Roots 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
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		719	42	1088	11.77	5.14	458.2	33575	76.75	37	33.06	103.70	20.23	5.10	0.00
% of Calories										20.4%	18.4%	57.7%	25.3%	6.4%	0.0%
Nutrient Guideline		550-650												<10.00	

Thu - 03/27/2025															
K-5 Roots 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

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 9

Generated on: 2/28/2025 12:10:06 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 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		550-650												<10.00	

Fri - 03/28/2025															
K-5 Roots Lunch	Total														
SPANISH RICE With Chicken	6 Oz	287	56		1.53	3.09	34.2	340	11.14	*2	23.23	33.51	5.6	1.65	*0.00
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
Weighted Daily Average		599	61	449	9.08	4.09	382.2	1679	109.07	*32	36.78	98.31	8.32	2.55	*0.00
% of Calories										*21.3%	24.6%	65.7%	12.5%	3.8%	*0.0%
Nutrient Guideline		550-650												<10.00	

Mon - 03/31/2025															
K-5 Roots 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
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		768	42	1122	9.00	4.49	411.0	625	7.20	30	30.06	105.78	27.59	5.96	0.00
% of Calories										15.9%	15.7%	55.1%	32.3%	7.0%	0.0%
Nutrient Guideline		550-650												<10.00	

Weighted Average		632	58		11.04	3.52	435.2	6396	55.01	*35	32.23	91.58	16.06	4.42	*0.00
										*49.2%	20.4%	58.0%	22.9%	6.3%	*0.0%

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Top Spanish Cafe & Catering

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 10

Generated on: 2/28/2025 12:10:06 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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)							
Calories	632		550 - 650	100%											
Cholesterol (mg)	58														
Sodium 1a (mg)	859		1110	77%											
Fiber (g)	11.04														
Iron (mg)	3.52														
Calcium (mg)	435.2														
Vitamin A (IU)	6396														
Sugars (g)	35	21.88%			Missing										
Vitamin C (mg)	55.01														
Protein (g)	32.23	20.40%													
Carbohydrate (g)	91.58	57.97%													
Total Fat (g)	16.06	22.88%													
Saturated Fat (g)	4.42	6.29%	<10.00%												
Trans Fat ¹ (g)	0.00	0.00%			Missing										

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