

# Top Spanish Cafe & Catering

Feb 3, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 1

Generated on: 2/3/2025 9:54:05 AM

|                         | 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 - 02/03/2025        |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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        | 1.1 oz       | 80          | 0           |           | 1.00      | 0.80      | 0.0       | 0          | 0.0        | 1          | 2.0       | 14.0     | 1.5       | 0.00      | 0.00                    |
| CORN: 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                    |
| 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  |              | 574         | 65          | 802       | 8.55      | 2.61      | 302.8     | 967        | 12.13      | 31         | 32.54     | 77.48    | 16.55     | 3.81      | 0.00                    |
| % of Calories           |              |             |             |           |           |           |           |            |            | 21.9%      | 22.7%     | 54.0%    | 25.9%     | 6.0%      | 0.0%                    |
| Nutrient Guideline      |              | 550-650     |             |           |           |           |           |            |            |            |           |          |           | <10.00    |                         |

|                                |         |         |    |     |      |      |       |      |       |       |       |       |       |        |       |
|--------------------------------|---------|---------|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|--------|-------|
| Tue - 02/04/2025               |         |         |    |     |      |      |       |      |       |       |       |       |       |        |       |
| K-5 Roots Lunch                | Total   |         |    |     |      |      |       |      |       |       |       |       |       |        |       |
| Chicken Salisbury Patty        | 2 oz    | 86      | 32 |     | 0.00 | 0.26 | 0.0   | 0    | 0.86  | 1     | 10.0  | 0.71  | 4.29  | 1.43   | 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  |
| Mashed Potatoes-HR k-8 Side    | 1/2 cup | 87      | 2  |     | 1.58 | 0.28 | 25.2  | 28   | 6.51  | 2     | 2.01  | 18.45 | 0.6   | 0.32   | *N/A* |
| GREEN BEANS: frozen,boiled 1/2 | 1/2 C   | 19      | 0  |     | 2.03 | 0.45 | 28.4  | 283  | 2.77  | 1     | 1.01  | 4.35  | 0.11  | 0.03   | 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, 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  |
| 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  |
| Weighted Daily Average         |         | 478     | 41 | 850 | 7.84 | 2.13 | 337.6 | 1016 | 21.53 | 31    | 24.43 | 77.96 | 8.12  | 2.62   | *0.00 |
| % of Calories                  |         |         |    |     |      |      |       |      |       | 25.9% | 20.4% | 65.2% | 15.3% | 4.9%   | *0.0% |
| Nutrient Guideline             |         | 550-650 |    |     |      |      |       |      |       |       |       |       |       | <10.00 |       |

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

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

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Feb 3, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 2

Generated on: 2/3/2025 9:54:05 AM

|                               | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 02/05/2025              |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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           | 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 1/2C (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                    |
| BROCCOLI: fresh, boiled.1/2   | 1/2 cup      | 27          | 0           |           | 2.57      | 0.52      | 31.2      | 1207       | 50.62      | 1          | 1.86      | 5.6      | 0.32      | 0.06      | 0.00                    |
| 100% Apple Juice (Ardmore)4oz | 1/2 C        | 60          | 0           |           | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 13         | 0.0       | 14.0     | 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 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        |              | 695         | 48          | 370       | 9.12      | 5.53      | 331.7     | 2292       | 51.86      | *32        | 37.76     | 113.20   | 8.63      | 2.31      | 0.00                    |
| % of Calories                 |              |             |             |           |           |           |           |            |            | *18.2%     | 21.7%     | 65.1%    | 11.2%     | 3.0%      | 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 <sup>1</sup> (g) |
|---------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 02/06/2025          |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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                   |
| 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                    |
| 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, 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                    |
| 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    |              | 622         | 62          | 630       | 13.77     | 4.74      | 379.5     | 1014       | 19.95      | *32        | 39.67     | 97.76    | 7.23      | 2.40      | *0.00                   |
| % of Calories             |              |             |             |           |           |           |           |            |            | *20.8%     | 25.5%     | 62.9%    | 10.5%     | 3.5%      | *0.0%                   |
| Nutrient Guideline        |              | 550-650     |             |           |           |           |           |            |            |            |           |          |           | <10.00    |                         |

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

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

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Feb 3, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 3

Generated on: 2/3/2025 9:54:05 AM

|                            | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 02/07/2025           |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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 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                    |
| 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 K-8           | 1/2 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                    |
| Weighted Daily Average     |              | 714         | 36          | 990       | 13.08     | 4.87      | 489.7      | 33956      | 125.76     | 37         | 33.57     | 107.83   | 16.35     | 3.26      | 0.00                    |
| % of Calories              |              |             |             |           |           |           |            |            |            | 20.9%      | 18.8%     | 60.4%    | 20.6%     | 4.1%      | 0.0%                    |
| Nutrient Guideline         |              | 550-650     |             |           |           |           |            |            |            |            |           |          |           | <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 <sup>1</sup> (g) |
|--------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 02/10/2025         |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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    |                         |

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Feb 3, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 4

Generated on: 2/3/2025 9:54:05 AM

|                          | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 02/11/2025         |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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: 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       |              | 550-650     |             |           |           |           |           |            |            |            |           |          |           | <10.00    |                         |

|                                |         |         |    |      |      |      |       |       |        |       |       |       |       |        |      |
|--------------------------------|---------|---------|----|------|------|------|-------|-------|--------|-------|-------|-------|-------|--------|------|
| Wed - 02/12/2025               |         |         |    |      |      |      |       |       |        |       |       |       |       |        |      |
| K-5 Roots 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-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 |
| Weighted Daily Average         |         | 484     | 37 | 1128 | 7.51 | 2.19 | 740.1 | 3320  | 116.95 | 30    | 31.23 | 64.99 | 12.29 | 6.68   | 0.00 |
| % of Calories                  |         |         |    |      |      |      |       |       |        | 24.9% | 25.8% | 53.7% | 22.8% | 12.4%  | 0.0% |
| Nutrient Guideline             |         | 550-650 |    |      |      |      |       |       |        |       |       |       |       | <10.00 |      |

|                         |         |     |    |  |      |      |       |     |       |    |      |       |      |      |       |
|-------------------------|---------|-----|----|--|------|------|-------|-----|-------|----|------|-------|------|------|-------|
| Thu - 02/13/2025        |         |     |    |  |      |      |       |     |       |    |      |       |      |      |       |
| K-5 Roots Lunch         | Total   |     |    |  |      |      |       |     |       |    |      |       |      |      |       |
| Chicken Salisbury Patty | 2 oz    | 86  | 32 |  | 0.00 | 0.26 | 0.0   | 0   | 0.86  | 1  | 10.0 | 0.71  | 4.29 | 1.43 | 0.00  |
| BROWN RICE 1/2C         | 1/2 C   | 170 | 0  |  | 2.00 | 0.72 | 4.4   | 0   | 0.0   | 0  | 0.0  | 35.0  | 1.5  | 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  |

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Feb 3, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 5

Generated on: 2/3/2025 9:54:05 AM

|                        | 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 |              | 583         | 38          | 853       | 9.66      | 3.98      | 336.2     | 832        | 62.53      | *29        | 26.93     | 93.93    | 6.90      | 2.11      | *0.00                   |
| % of Calories          |              |             |             |           |           |           |           |            |            | *19.9%     | 18.5%     | 64.4%    | 10.6%     | 3.3%      | *0.0%                   |
| Nutrient Guideline     |              | 550-650     |             |           |           |           |           |            |            |            |           |          |           | <10.00    |                         |

| Fri - 02/14/2025         |         |         |    |     |       |      |       |      |       |       |       |       |       |        |      |
|--------------------------|---------|---------|----|-----|-------|------|-------|------|-------|-------|-------|-------|-------|--------|------|
| K-5 Roots 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 |
| 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       |         | 550-650 |    |     |       |      |       |      |       |       |       |       |       | <10.00 |      |

| Mon - 02/17/2025       |         |         |   |   |      |      |     |   |      |      |      |      |      |        |      |
|------------------------|---------|---------|---|---|------|------|-----|---|------|------|------|------|------|--------|------|
| K-5 Roots 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     |         | 550-650 |   |   |      |      |     |   |      |      |      |      |      | <10.00 |      |

| Tue - 02/18/2025              |            |     |    |  |      |      |       |     |      |    |       |       |       |      |      |
|-------------------------------|------------|-----|----|--|------|------|-------|-----|------|----|-------|-------|-------|------|------|
| K-5 Roots Lunch               | Total      |     |    |  |      |      |       |     |      |    |       |       |       |      |      |
| HOT DOG ON A BUN:Turkey Frank | 4oz Hotdog | 249 | 45 |  | 2.98 | 1.79 | 105.9 | 0   | 0.0  | 4  | 12.97 | 27.86 | 11.99 | 2.50 | 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 |

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Feb 3, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 6

Generated on: 2/3/2025 9:54:05 AM

|                        | 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              | 746         | 51          | 1306      | 11.38     | 3.62      | 434.3      | 704        | 7.51       | 35         | 29.37     | 119.41   | 23.15     | 4.20      | 0.00                    |
| % of Calories          |              |             |             |           |           |           |            |            |            | 18.9%      | 15.7%     | 64.0%    | 27.9%     | 5.1%      | 0.0%                    |
| Nutrient Guideline     |              | 550-650     |             |           |           |           |            |            |            |            |           |          |           | <10.00    |                         |

| Wed - 02/19/2025           |         |         |    |     |      |      |       |      |       |        |       |       |       |        |       |
|----------------------------|---------|---------|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| 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  |
| 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  |
| 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     |         | 478     | 46 | 866 | 7.14 | 3.47 | 363.2 | 3127 | 18.07 | *29    | 19.93 | 69.70 | 14.35 | 3.35   | *0.00 |
| % of Calories              |         |         |    |     |      |      |       |      |       | *24.3% | 16.7% | 58.3% | 27.0% | 6.3%   | *0.0% |
| Nutrient Guideline         |         | 550-650 |    |     |      |      |       |      |       |        |       |       |       | <10.00 |       |

| Thu - 02/20/2025          |       |         |    |     |      |      |       |     |       |        |       |       |       |        |       |
|---------------------------|-------|---------|----|-----|------|------|-------|-----|-------|--------|-------|-------|-------|--------|-------|
| 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 |
| Pinto Beans 1/2C          | 1/2 C | 105     | 0  |     | 4.36 | 1.74 | 36.6  | 0   | 0.0   | 1      | 6.11  | 18.32 | 0.0   | 0.00   | 0.00  |
| 100% Grape Juice 4oz      | 4 oz  | 80      | 0  |     | 0.00 | 0.00 | 20.0  | 0   | 0.0   | 18     | 0.0   | 18.0  | 0.0   | 0.00   | 0.00  |
| MILK, 1%, Unflavored.     | 8 oz  | 110     | 10 |     | 0.00 | 0.00 | 300.0 | 500 | 2.4   | 12     | 8.0   | 13.0  | 2.5   | 1.50   | 0.00  |
| MILK, Skim, Unflavored.   | 8 oz  | 90      | 5  |     | 0.00 | 0.00 | 250.0 | 750 | 0.0   | 12     | 8.0   | 13.0  | 0.0   | 0.00   | 0.00  |
| 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    |       | 574     | 61 | 775 | 6.09 | 4.85 | 367.7 | 970 | 12.29 | *33    | 37.28 | 83.47 | 6.98  | 2.35   | *0.00 |
| % of Calories             |       |         |    |     |      |      |       |     |       | *22.7% | 26.0% | 58.1% | 10.9% | 3.7%   | *0.0% |
| Nutrient Guideline        |       | 550-650 |    |     |      |      |       |     |       |        |       |       |       | <10.00 |       |

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

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

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Feb 3, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 7

Generated on: 2/3/2025 9:54:05 AM

|                         | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 02/21/2025        |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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                    |
| Marinara Sauce 1/4C (F) | 1/4 C        | 25          | 0           |           | 1.00      | 0.72      | 10.0       | 250        | 0.0        | 3          | 0.5       | 5.0      | 0.5       | 0.00      | 0.00                    |
| Mozarella Cheese        | 1 oz         | 81          | 20          |           | 0.00      | 0.00      | 200.5      | 0          | 0.0        | 1          | 7.09      | 2.03     | 6.08      | 3.04      | 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                    |
| Mixed Vegetables.       | 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                    |
| 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                    |
| Weighted Daily Average  |              | 599         | 77          | 794       | 13.45     | 3.59      | 618.2      | 9143       | 97.99      | 36         | 30.36     | 82.14    | 17.76     | 5.82      | 0.00                    |
| % of Calories           |              |             |             |           |           |           |            |            |            | 23.9%      | 20.3%     | 54.8%    | 26.7%     | 8.7%      | 0.0%                    |
| Nutrient Guideline      |              | 550-650     |             |           |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                               |         |         |    |      |      |      |       |     |       |       |       |       |       |        |      |
|-------------------------------|---------|---------|----|------|------|------|-------|-----|-------|-------|-------|-------|-------|--------|------|
| Mon - 02/24/2025              |         |         |    |      |      |      |       |     |       |       |       |       |       |        |      |
| 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 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 |
| 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 |
| 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, 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        |         | 575     | 94 | 1223 | 6.27 | 2.75 | 320.5 | 889 | 11.80 | 37    | 32.33 | 88.25 | 11.08 | 2.84   | 0.00 |
| % of Calories                 |         |         |    |      |      |      |       |     |       | 25.6% | 22.5% | 61.4% | 17.3% | 4.4%   | 0.0% |
| Nutrient Guideline            |         | 550-650 |    |      |      |      |       |     |       |       |       |       |       | <10.00 |      |

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

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

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Feb 3, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

|                               | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 02/25/2025              |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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                    |
| 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                    |
| 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        |              | 595         | 81          | 667       | 11.88     | 2.87      | 472.2     | 1217       | 16.80      | *29        | 32.31     | 79.56    | 19.28     | 10.33     | 0.00                    |
| % of Calories                 |              |             |             |           |           |           |           |            |            | *19.8%     | 21.7%     | 53.5%    | 29.2%     | 15.6%     | 0.0%                    |
| Nutrient Guideline            |              | 550-650     |             |           |           |           |           |            |            |            |           |          |           | <10.00    |                         |

|                              |       |         |    |     |      |      |       |      |       |        |       |       |       |        |       |
|------------------------------|-------|---------|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| Wed - 02/26/2025             |       |         |    |     |      |      |       |      |       |        |       |       |       |        |       |
| K-5 Roots Lunch              | Total |         |    |     |      |      |       |      |       |        |       |       |       |        |       |
| BEAN AND VEGETABLE CHILI 4oz | 4 OZ  | 43      | 0  |     | 2.34 | 1.52 | 36.2  | 578  | 7.92  | *3     | 2.41  | 8.58  | 0.47  | 0.08   | *0.00 |
| BROWN RICE 1/2C              | 1/2 C | 170     | 0  |     | 2.00 | 0.72 | 4.4   | 0    | 0.0   | 0      | 0.0   | 35.0  | 1.5   | 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, 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  |
| Black beans 1/2C             | 1/2 C | 87      | 0  |     | 4.36 | 0.87 | 34.9  | 0    | 0.0   | 1      | 5.23  | 15.7  | 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       |       | 389     | 7  | 295 | 5.61 | 2.69 | 307.2 | 1371 | 69.19 | *30    | 11.04 | 73.98 | 3.49  | 0.84   | *0.00 |
| % of Calories                |       |         |    |     |      |      |       |      |       | *30.4% | 11.4% | 76.1% | 8.1%  | 1.9%   | *0.0% |
| Nutrient Guideline           |       | 550-650 |    |     |      |      |       |      |       |        |       |       |       | <10.00 |       |

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

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

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

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Feb 3, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 9

Generated on: 2/3/2025 9:54:05 AM

|                                | 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 - 02/27/2025               |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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                    |
| 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                    |
| 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                    |
| 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         |              | 683         | 32          | 980       | 11.67     | 5.08      | 382.0     | 33575      | 76.75      | 38         | 30.54     | 105.40   | 16.87     | 3.29      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |           |            |            | 22.3%      | 17.9%     | 61.7%    | 22.2%     | 4.3%      | 0.0%                    |
| Nutrient Guideline             |              | 550-650     |             |           |           |           |           |            |            |            |           |          |           | <10.00    |                         |

|                             |          |         |    |      |       |      |       |      |       |       |       |       |       |        |      |
|-----------------------------|----------|---------|----|------|-------|------|-------|------|-------|-------|-------|-------|-------|--------|------|
| Fri - 02/28/2025            |          |         |    |      |       |      |       |      |       |       |       |       |       |        |      |
| 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 |
| BROCCOLI: fresh, boiled.1/2 | 1/2 cup  | 27      | 0  |      | 2.57  | 0.52 | 31.2  | 1207 | 50.62 | 1     | 1.86  | 5.6   | 0.32  | 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      |          | 630     | 48 | 1407 | 10.09 | 3.42 | 774.4 | 2634 | 80.40 | 42    | 31.67 | 87.70 | 20.39 | 7.38   | 0.00 |
| % of Calories               |          |         |    |      |       |      |       |      |       | 27.0% | 20.1% | 55.7% | 29.2% | 10.5%  | 0.0% |
| Nutrient Guideline          |          | 550-650 |    |      |       |      |       |      |       |       |       |       |       | <10.00 |      |

|                  |  |     |    |  |      |      |       |      |       |               |                |                |                |              |                |
|------------------|--|-----|----|--|------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Weighted Average |  | 602 | 53 |  | 9.65 | 3.67 | 426.4 | 5299 | 48.71 | *33<br>*49.3% | 30.68<br>20.4% | 89.99<br>59.8% | 14.00<br>20.9% | 3.97<br>5.9% | *0.00<br>*0.0% |
|------------------|--|-----|----|--|------|------|-------|------|-------|---------------|----------------|----------------|----------------|--------------|----------------|

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Top Spanish Cafe & Catering

Feb 3, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

K-5 Roots Lunch

Portion Values - Detailed

Page 10

Generated on: 2/3/2025 9:54:05 AM

| Nutrient                   | Menu AVG | 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) | Error Messages (if any) |
|----------------------------|----------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------------------------|
| Calories                   | 602      |              | 550 - 650   |             | 100%      |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Cholesterol (mg)           | 53       |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Sodium 1a (mg)             | 846      |              | 1110        |             | 76%       |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Fiber (g)                  | 9.65     |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Iron (mg)                  | 3.67     |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Calcium (mg)               | 426.4    |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Vitamin A (IU)             | 5299     |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Sugars (g)                 | 33       | 21.91%       |             |             |           | Missing   |           |            |            |            |            |           |          |           |           |                         |                         |
| Vitamin C (mg)             | 48.71    |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Protein (g)                | 30.68    | 20.40%       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Carbohydrate (g)           | 89.99    | 59.83%       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Total Fat (g)              | 14.00    | 20.95%       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Saturated Fat (g)          | 3.97     | 5.94%        |             |             | <10.00%   |           |           |            |            |            |            |           |          |           |           |                         |                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%        |             |             |           | Missing   |           |            |            |            |            |           |          |           |           |                         |                         |

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.