

Top Spanish Cafe & Catering

Feb 5, 2024 thru Feb 9, 2024

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/05/2024															
HS Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	0.00	0.00
Pear Cup	8 oz	140	0	0	6.00	2.00	0.0	0	0.0	28	2.0	36.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		432	7	439	13.89	5.55	379.5	1186	8.24	51	11.57	91.75	6.11	0.71	0.00
% of Calories										47.4%	10.7%	84.9%	12.7%	1.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 02/06/2024															
HS Breakfast	Total														
Whole Grain Pancakes 2.6oz	2 oz	180	8	220	2.00	1.40	60.0	0	0.0	10	4.0	30.0	4.0	0.00	0.00
Turkey Bacon.3s	0.54 oz	64	19	331	0.00	0.19	0.0	0	0.0	1	5.33	0.53	4.27	1.07	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		557	33	694	2.00	1.59	321.1	594	85.14	61	18.76	97.87	9.31	1.74	0.00
% of Calories										43.8%	13.5%	70.3%	15.0%	2.8%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 02/07/2024															
HS Breakfast	Total														
WG Mini Cinnis Cinnamon Rolls	2.29 oz	240	0	270	3.00	1.70	30.0	0	0.0	14	4.0	40.0	8.0	1.50	0.00
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
Weighted Daily Average		483	7	400	4.85	2.42	289.6	594	1.13	65	11.40	92.35	8.78	2.13	0.00
% of Calories										53.6%	9.4%	76.5%	16.4%	4.0%	0.0%
Nutrient Guideline		450-600		640										<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

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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)
Thu - 02/08/2024															
HS Breakfast	Total														
Whole Grain Waffles 2.6oz	2 oz	180	8	270	2.00	2.00	24.0	0	0.0	4	4.0	28.0	6.0	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
Mandarin Fruit Cup.	1 C	140	0	0	2.00	0.00	60.0	0	0.0	28	2.0	32.0	0.0	0.00	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
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		593	44	481	4.00	2.39	345.4	593	1.15	62	19.44	103.35	11.08	1.69	0.00
% of Calories										42.1%	13.1%	69.7%	16.8%	2.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 02/09/2024															
HS Breakfast	Total														
Fat Free Yogurt	4 oz	100	5	70	0.00	0.00	100.4	502	0.0	13	4.01	17.06	2.01	1.00	0.00
Granola.	1.78 oz	180	0	110	2.00	1.00	220.0	0	0.0	12	4.0	38.0	3.0	0.00	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
Weighted Daily Average		442	12	302	5.28	1.15	583.9	1161	7.48	50	15.83	85.47	6.33	1.73	0.00
% of Calories										45.5%	14.3%	77.4%	12.9%	3.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		501	21	463	6.00	2.62	383.9	826	20.63	58	15.40	94.16	8.32	1.60	0.00
										103.9%	12.3%	75.1%	14.9%	2.9%	0.0%

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	501		450 - 600	100%													
Cholesterol (mg)	21																
Sodium 1 (mg)	463		640														
Sodium 2 (mg)	463		570														
Fiber (g)	6.00																
Iron (mg)	2.62																
Calcium (mg)	383.9																
Vitamin A (IU)	826																
Sugars (g)	58	46.19%															
Vitamin C (mg)	20.63																
Protein (g)	15.40	12.28%															
Carbohydrate (g)	94.16	75.10%															
Total Fat (g)	8.32	14.94%															
Saturated Fat (g)	1.60	2.87%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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