

Top Spanish Cafe & Catering

Jan 1, 2024 thru Jan 5, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 1

Generated on: 1/30/2024 11:34:28 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 ¹ (g)
Mon - 01/01/2024															
HS Lunch	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850		1420											<10.00

Tue - 01/02/2024															
HS Lunch	Total														
Beef Patty 2.25 Oz	2.25 oz	130	35	95	0.00	1.00	12.0	0	0.0	0	11.0	1.0	9.0	4.00	0.50
Whole Grain Bun 2oz.	2 oz	110	0	210	2.00	1.00	49.0	0	0.0	2	3.0	23.0	1.0	0.00	0.00
Oven Fried potatoes	1 cup	148	0	127	3.81	1.47	21.8	4	35.74	*1	3.72	31.73	1.07	0.18	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
Vegetarian Patty.	2.5 oz	160	0	580	6.00	1.40	90.0	0	0.0	2	17.0	14.0	7.0	1.00	0.00
American Cheese	1 oz	70	15	240	0.00	0.00	100.0	200	0.0	0	4.0	0.9	6.0	3.50	0.00
Weighted Daily Average		717	57	827	7.93	4.28	457.2	826	36.93	*56	29.76	111.87	18.15	8.30	0.49
% of Calories										*31.0%	16.6%	62.4%	22.8%	10.4%	0.6%
Nutrient Guideline		750-850		1420											<10.00

Wed - 01/03/2024															
HS Lunch	Total														
Cheese Ravioli..	7.4 oz	180	51	490	2.00	1.44	150.0	200	0.0	1	14.0	24.0	3.5	1.50	0.00
Marinara Sauce 1/4C (F)	1/4 C	25	0	45	1.00	0.72	10.0	250	0.0	3	0.5	5.0	0.5	0.00	0.00
Three Bean Salad 1C	1 C	200	0	740	10.00	2.00	108.0	*N/A*	*N/A*	18	8.0	38.0	3.0	0.00	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
Weighted Daily Average		715	58	1407	19.14	4.77	554.6	*1227	*21.72	63	33.07	133.90	9.02	2.51	0.00
% of Calories										35.2%	18.5%	74.9%	11.4%	3.2%	0.0%
Nutrient Guideline		750-850		1420											<10.00

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

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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 - 01/04/2024															
HS Lunch	Total														
Chicken Patty-3oz *	3 oz	230	95	360	2.00	1.08	20.0	100	0.97	0	15.0	11.0	14.0	2.50	0.00
Whole Grain Bun 2oz.	2 oz	110	0	210	2.00	1.00	49.0	0	0.0	2	3.0	23.0	1.0	0.00	0.00
Sweet potatoes Fries-HS	1 cup	309	0	248	9.69	1.31	88.4	14746	12.75	22	3.67	60.49	15.16	1.97	0.07
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, 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
Black Bean Patty	2.9 oz	150	0	320	5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	1.00	0.00
Weighted Daily Average		820	101	949	17.06	3.56	441.6	15543	21.26	50	30.01	126.64	31.48	5.23	0.07
% of Calories										24.6%	14.6%	61.8%	34.6%	5.7%	0.1%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 01/05/2024															
HS Lunch	Total														
BEEF STEW.1	1 cup	290	60	254	3.80	2.86	45.8	11672	9.03	*5	20.12	18.36	14.94	5.26	*0.00
Mixed Vegetables. 1C.	1/2 CUP	89	0	48	6.01	1.12	34.1	5838	4.37	4	3.9	17.87	0.2	0.04	0.00
BROWN RICE-HS 1 Cup.	8 OZ	209	0	28	1.92	0.86	8.2	0	0.0	*0	5.7	40.98	2.21	0.46	*0.00
BROCCOLI: fresh, boiled HS	1 CUP	55	0	64	5.15	1.05	62.4	2415	101.24	2	3.71	11.2	0.64	0.12	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
SPANISH RICE With VG Meat	6 Oz	315	0	673	6.93	4.34	85.0	340	11.14	*2	15.72	51.43	5.57	0.06	*0.00
Weighted Daily Average		812	67	532	20.17	6.08	491.5	20595	206.80	*36	42.56	120.21	19.24	6.54	*0.00
% of Calories										*17.9%	21.0%	59.2%	21.3%	7.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		766	71	929	16.07	4.67	486.2	*9547	*71.68	*51	33.85	123.16	19.47	5.64	*0.14
										*60.2%	17.7%	64.3%	22.9%	6.6%	*0.2%

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Page 3

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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)
Calories	766		750 - 850		100%												
Cholesterol (mg)	71																
Sodium 1 (mg)	929			1420													
Sodium 2 (mg)	929			1080													
Fiber (g)	16.07																
Iron (mg)	4.67																
Calcium (mg)	486.2																
Vitamin A (IU)	9547					Missing											
Sugars (g)	51	26.76%				Missing											
Vitamin C (mg)	71.68					Missing											
Protein (g)	33.85	17.68%															
Carbohydrate (g)	123.16	64.32%															
Total Fat (g)	19.47	22.88%															
Saturated Fat (g)	5.64	6.63%		<10.00%													
Trans Fat ¹ (g)	0.14	0.17%				Missing											

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