

Top Spanish Cafe & Catering

Jan 15, 2024 thru Jan 19, 2024

Base Menu Spreadsheet

HS Lunch

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 - 01/15/2024															
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	

	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 - 01/16/2024															
HS Lunch	Total														
Snow Day	1 each	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	

	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 - 01/17/2024															
HS Lunch	Total														
Whole Grain Fish Pollock	2 oz	190	50	230	1.00	1.08	20.0	5	0.0	1	15.0	16.0	7.0	1.00	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
GREEN BEANS: frozen,boiled 1C	1 CUP	38	0	1	4.05	0.89	56.7	566	5.54	3	2.01	8.71	0.23	0.06	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
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
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
Weighted Daily Average		504	55	574	10.56	3.14	457.3	1553	97.70	30	29.07	78.49	9.62	1.80	0.00
% of Calories										23.9%	23.1%	62.3%	17.2%	3.2%	0.0%
Nutrient Guideline		750-850		1420										<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 - 01/18/2024															
HS Lunch	Total														
Chicken and Cheese Quesadilla	4 oz	386	55	672	4.00	2.34	362.5	101	0.0	0	27.09	35.0	15.08	6.55	0.00
Black beans 1C	1 C	227	0	244	10.47	3.49	83.7	0	0.0	2	13.96	40.12	0.87	0.00	0.00
100% Grape Juice 8oz	8 oz	160	0	40	0.00	0.00	40.0	0	2.4	36	0.0	38.0	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
Cheese Quesadilla.	1 Quesadilla	84	9	160	0.64	0.32	147.1	61	0.0	0	5.21	5.43	4.44	2.67	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

¹ - 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.

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		858	61	1062	14.34	5.75	742.5	701	3.55	49	47.91	124.51	16.74	7.12	0.00
% of Calories										23.0%	22.3%	58.1%	17.6%	7.5%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 01/19/2024															
	Total	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-C	Sugars	Protn	Carb	T-Fat	S-Fat	Tr-Fat ¹
HS Lunch	1 each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Snow Day															
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	

Weighted Average		681	58	818	12.45	4.45	599.9	1127	50.62	40	38.49	101.50	13.18	4.46	0.00
										52.5%	22.6%	59.7%	17.4%	5.9%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	681		750 - 850	91%		69		Correction Required - Calories are Low
Cholesterol (mg)	58							
Sodium 1 (mg)	818		1420					
Sodium 2 (mg)	818		1080					
Fiber (g)	12.45							
Iron (mg)	4.45							
Calcium (mg)	599.9							
Vitamin A (IU)	1127							
Sugars (g)	40	23.34%						
Vitamin C (mg)	50.62							
Protein (g)	38.49	22.62%						
Carbohydrate (g)	101.50	59.65%						
Total Fat (g)	13.18	17.43%						
Saturated Fat (g)	4.46	5.90%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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