

Top Spanish Cafe & Catering

Jan 29, 2024 thru Feb 2, 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 - 01/29/2024															
HS Lunch	Total														
Chicken Drumstick.	4.4 oz	220	60	530	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	270	2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
Baked Beans. (F) 1C	1 C	122	0	244	6.98	1.88	34.9	0	0.0	10	5.23	26.17	0.0	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
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
KETCHUP: individual (WC)	9 grams	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		677	65	1256	15.70	4.72	372.7	645	8.81	42	36.42	100.09	15.16	3.67	0.00
% of Calories										25.1%	21.5%	59.2%	20.2%	4.9%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 01/30/2024															
HS Lunch	Total														
BEEF for TACOs 3oz.*	3 oz	185	54	71	0.70	2.21	21.4	312	2.4	*1	15.49	2.77	12.18	4.60	*0.69
CORN: frozen, yellow	1 CUP	134	0	2	3.96	0.78	5.0	328	5.78	5	4.21	31.85	1.11	0.17	0.00
Taco Shell-7" HS/Mission	2.25 oz	210	0	0	3.00	1.08	20.0	5	0.0	1	3.0	29.0	9.0	2.50	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
Vegetarian Meat Taco.	3 oz	151	1	797	7.58	3.08	81.1	4090	3.55	4	14.05	20.3	3.65	0.10	0.00
Weighted Daily Average		833	60	227	14.05	4.72	324.9	1542	29.90	*48	32.92	130.69	23.93	8.08	*0.66
% of Calories										*23.0%	15.8%	62.7%	25.8%	8.7%	*0.7%
Nutrient Guideline		750-850		1420										<10.00	

Wed - 01/31/2024															
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
Apple Sauce	8 oz	100	0	0	2.00	0.00	0.0	0	12.0	22	0.0	26.0	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
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

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

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¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	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		590	42	569	8.00	3.52	349.6	605	48.89	*37	25.95	94.85	12.46	4.94	0.50
% of Calories										*25.2%	17.6%	64.4%	19.0%	7.5%	0.8%
Nutrient Guideline		750-850		1420										<10.00	

Thu - 02/01/2024															
HS Lunch	Total														
Spaghetti 8oz	8 oz	800	0	0	20.00	7.20	0.0	0	0.0	4	32.0	164.0	6.0	0.00	0.00
Beef Meatballs	2.5 oz	150	35	250	1.00	1.80	40.0	0	0.0	1	14.0	4.0	9.0	3.50	0.00
Marinara Sauce 1/2C (F)	1/2 C	50	0	90	2.00	1.44	20.0	500	0.0	6	1.0	10.0	1.0	0.00	0.00
BROCCOLI: frozen, boiled HS	1 CUP	52	0	20	5.52	1.12	60.7	1860	73.78	3	5.7	9.84	0.22	0.03	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
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, 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 Meat Spaghetti	6 oz	453	0	476	17.17	5.86	94.9	85	2.38	3	27.41	86.32	6.37	0.00	0.00
Weighted Daily Average		1325	41	532	32.34	12.28	483.2	3510	82.96	63	61.67	243.55	17.28	4.18	0.00
% of Calories										19.2%	18.6%	73.5%	11.7%	2.8%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 02/02/2024															
HS Lunch	Total														
Turkey Bologna 3oz (FF)	2 oz	130	40	500	0.00	0.72	60.0	0	0.0	0	6.0	1.0	11.0	2.50	0.00
American Cheese Pullman	1 oz	40	10	180	0.00	0.00	75.0	0	0.0	1	2.0	1.0	3.0	1.75	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
CARROT STICKS HS	1 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	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
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
Ranch Dressing.	12Grams	10	0	125	0.00	0.00	20.0	0	0.0	1	0.0	3.0	0.0	0.00	0.00
Sunflower & Jelly Sandwich 2	5.6 oz	620	0	600	8.00	10.00	54.0	*N/A*	*N/A*	22	18.0	66.0	30.0	4.00	0.00
Weighted Daily Average		526	55	1214	9.05	2.63	569.6	*21363	*99.36	35	21.52	73.20	17.34	5.02	0.00
% of Calories										26.4%	16.4%	55.7%	29.7%	8.6%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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	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 Average		790	52	760	15.83	5.57	420.0	*5533	*53.98	*45 *51.4%	35.69 18.1%	128.48 65.1%	17.24 19.6%	5.18 5.9%	*0.23 *0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	790		750 - 850	100%				
Cholesterol (mg)	52							
Sodium 1 (mg)	760		1420					
Sodium 2 (mg)	760		1080					
Fiber (g)	15.83							
Iron (mg)	5.57							
Calcium (mg)	420.0							
Vitamin A (IU)	5533				Missing			
Sugars (g)	45	22.85%			Missing			
Vitamin C (mg)	53.98				Missing			
Protein (g)	35.69	18.07%						
Carbohydrate (g)	128.48	65.05%						
Total Fat (g)	17.24	19.64%						
Saturated Fat (g)	5.18	5.90%	<10.00%					
Trans Fat ¹ (g)	0.23	0.26%			Missing			

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