

Top Spanish Cafe & Catering

Jan 8, 2024 thru Jan 12, 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 - 01/08/2024															
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
Black beans HS	1 C	77	0	776	5.01	1.21	16.5	3	0.08	0	5.09	13.7	0.31	0.08	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, 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
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		608	67	1793	11.37	3.88	354.6	703	7.63	30	36.43	79.84	15.74	3.85	0.00
% of Calories										19.5%	24.0%	52.5%	23.3%	5.7%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 01/09/2024															
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 1/4C.	1/4 C	40	0	295	0.00	0.54	20.0	375	10.5	4	1.0	6.0	1.5	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
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
Vegetarian Spaghetti HS	10 oz	707	0	2022	21.80	10.35	378.7	1179	21.0	*9	56.13	82.07	24.5	2.67	0.53
Weighted Daily Average		1337	41	805	30.58	10.55	387.5	21537	39.72	*55	58.72	249.14	19.03	4.50	0.02
% of Calories										*16.5%	17.6%	74.5%	12.8%	3.0%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Wed - 01/10/2024															
HS Lunch	Total														
Hot Dog-Turkey Frank	2 oz	140	50	300	0.00	0.72	60.0	0	0.0	1	6.0	1.0	11.0	3.50	0.00
Hot Dog Bun-Ultra	2oz Bun	140	0	220	4.00	1.80	20.0	15	0.0	3	5.0	28.0	1.5	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
Potato Fries HS	1 C	220	0	60	2.00	0.72	0.0	0	0.0	0	2.0	34.0	8.0	1.00	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.	5 oz	418	46	799	3.19	1.58	735.3	304	0.0	0	26.05	27.15	22.22	13.35	0.00

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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		683	57	727	9.52	3.48	438.8	1009	92.17	29	22.93	95.90	22.40	5.66	0.00
% of Calories										16.7%	13.4%	56.1%	29.5%	7.5%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Thu - 01/11/2024															
HS Lunch	Total														
Salisbury Steak (AP)	2.14 oz	140	30	250	1.00	1.08	20.0	0	1.16	1	10.0	3.0	10.0	4.00	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
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
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, 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
Rice and Beans HS.	1 Cup	296	0	140	11.68	3.16	82.6	190	36.31	*3	11.07	57.33	2.94	0.57	*0.00
Weighted Daily Average		582	36	402	12.76	3.19	367.9	1219	16.65	*33	25.90	92.63	13.59	5.15	*0.00
% of Calories										*22.6%	17.8%	63.6%	21.0%	8.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 01/12/2024															
HS Lunch	Total														
Pizza Cheese K-5.	1 Slices	412	30	1164	2.00	1.80	445.0	952	21.0	10	21.17	39.0	18.65	8.60	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
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
Weighted Daily Average		646	37	1299	7.45	2.86	754.9	3382	179.21	44	35.84	84.01	19.43	9.05	0.00
% of Calories										27.2%	22.2%	52.0%	27.1%	12.6%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		771	48	1005	14.34	4.79	460.7	5570	67.08	*38	35.96	120.30	18.04	5.64	*0.00
										*44.4%	18.7%	62.4%	21.0%	6.6%	*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)
Calories	771		750 - 850		100%												
Cholesterol (mg)	48																
Sodium 1 (mg)	1005			1420													
Sodium 2 (mg)	1005			1080													
Fiber (g)	14.34																
Iron (mg)	4.79																
Calcium (mg)	460.7																
Vitamin A (IU)	5570																
Sugars (g)	38	19.72%				Missing											
Vitamin C (mg)	67.08																
Protein (g)	35.96	18.65%															
Carbohydrate (g)	120.30	62.39%															
Total Fat (g)	18.04	21.05%															
Saturated Fat (g)	5.64	6.58%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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