

Top Spanish Cafe & Catering

Feb 12, 2024 thru Feb 16, 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 - 02/12/2024															
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
CARROTS: fresh, boiled-HS	1 CUP	55	0	90	4.68	0.53	46.8	26571	5.62	5	1.19	12.82	0.28	0.05	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
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
Weighted Daily Average		651	65	1069	14.88	4.07	428.6	29589	120.01	42	35.27	93.63	15.81	3.82	0.00
% of Calories										25.9%	21.7%	57.5%	21.8%	5.3%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 02/13/2024															
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
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
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
Lactose Free Milk	8 oz	90	5	130	0.00	0.00	311.0	750	0.0	12	9.0	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		931	61	460	20.41	7.41	414.2	1161	24.10	*45	43.04	139.09	23.89	8.01	*0.68
% of Calories										*19.3%	18.5%	59.8%	23.1%	7.7%	*0.7%
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)
Wed - 02/14/2024															
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
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
Mozarella Cheese	1 oz	86	15	152	0.00	0.00	202.5	101	0.0	0	7.09	0.0	6.08	4.05	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
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
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		790	116	1209	11.42	4.10	619.7	1886	109.40	35	40.44	105.73	24.99	7.44	0.00
% of Calories										17.6%	20.5%	53.5%	28.5%	8.5%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Thu - 02/15/2024															
HS Lunch	Total														
Turkey Sausage Jambalaya HS	10 oz	418	52	707	3.31	1.99	26.7	140	22.13	*5	14.89	56.56	14.59	3.27	*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% 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
Vegetarian Jambalaya	10 oz	296	0	230	6.51	1.70	41.5	197	20.29	*2	11.46	52.37	5.86	0.97	*0.00
Weighted Daily Average		644	58	846	7.37	2.85	348.1	1307	112.49	*39	26.35	100.97	15.68	3.97	*0.00
% of Calories										*24.0%	16.4%	62.7%	21.9%	5.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 02/16/2024															
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	

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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		754	75	896	13.52	4.61	452.6	8486	91.50	*40 *47.9%	36.27 19.2%	109.86 58.3%	20.09 24.0%	5.81 6.9%	*0.17 *0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	754		750 - 850	100%				
Cholesterol (mg)	75							
Sodium 1 (mg)	896		1420					
Sodium 2 (mg)	896		1080					
Fiber (g)	13.52							
Iron (mg)	4.61							
Calcium (mg)	452.6							
Vitamin A (IU)	8486							
Sugars (g)	40	21.29%			Missing			
Vitamin C (mg)	91.50							
Protein (g)	36.27	19.24%						
Carbohydrate (g)	109.86	58.26%						
Total Fat (g)	20.09	23.98%						
Saturated Fat (g)	5.81	6.93%	<10.00%					
Trans Fat ¹ (g)	0.17	0.20%			Missing			

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