

Top Spanish Cafe & Catering

Feb 26, 2024 thru Mar 1, 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 - 02/26/2024															
HS Lunch	Total														
Meatloaf 3oz	2 oz	180	35	570	1.00	1.80	20.0	200	3.6	5	12.0	8.0	11.0	4.50	0.50
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
MASHED POTATOES,mlk+but-9-1	1 CUP	204	29	344	1.68	0.34	67.2	361	20.37	3	3.72	22.83	10.77	6.70	0.37
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
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
Weighted Daily Average		723	71	1317	12.14	4.69	468.7	1822	36.99	38	30.19	96.71	24.42	11.98	0.86
% of Calories										21.1%	16.7%	53.5%	30.4%	14.9%	1.1%
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 - 02/27/2024															
HS Lunch	Total														
Chicken for TACOs 4oz.	4 oz	199	71	190	1.17	1.55	15.8	506	4.02	*2	25.87	6.43	7.38	1.82	*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
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
Taco Sauce.	100grams	54	0	796	1.30	1.03	15.0	536	23.5	*N/A*	1.16	13.08	0.32	0.04	*N/A*
Weighted Daily Average		999	77	1374	22.20	7.79	422.4	1894	49.24	*46	54.33	155.81	19.52	5.34	*0.00
% of Calories										*18.4%	21.8%	62.4%	17.6%	4.8%	*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 - 02/28/2024															
HS Lunch	Total														
SPANISH RICE With Chicken HS	10 Oz	319	88	246	1.72	4.01	38.4	383	12.53	*2	34.71	36.56	4.51	1.26	*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
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
SPANISH RICE With VG Meat HS	10 Oz	318	0	571	9.25	2.97	49.9	412	12.82	*2	14.8	59.97	2.89	0.26	*0.00

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* - 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.

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Portion Values - Detailed

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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		576	94	475	12.07	4.84	376.7	27623	27.01	*37	44.15	89.95	6.27	2.08	*0.00
% of Calories										*25.5%	30.7%	62.5%	9.8%	3.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Thu - 02/29/2024															
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% 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
Weighted Daily Average		724	38	1354	7.52	2.92	820.5	3439	98.38	61	34.88	99.84	20.11	9.38	0.00
% of Calories										33.6%	19.3%	55.2%	25.0%	11.7%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 03/01/2024															
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
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
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
Mayonnaise	12.4 GRA	90	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
Weighted Daily Average		748	42	737	7.91	4.28	358.6	629	36.93	*58	25.78	114.03	22.23	6.36	0.49
% of Calories										*30.8%	13.8%	61.0%	26.7%	7.7%	0.6%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		754	64	1051	12.37	4.90	489.4	7081	49.71	*48	37.86	111.27	18.51	7.03	*0.27
										*57.1%	20.1%	59.0%	22.1%	8.4%	*0.3%

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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	754		750 - 850		100%												
Cholesterol (mg)	64																
Sodium 1 (mg)	1051			1420													
Sodium 2 (mg)	1051			1080													
Fiber (g)	12.37																
Iron (mg)	4.90																
Calcium (mg)	489.4																
Vitamin A (IU)	7081																
Sugars (g)	48	25.37%				Missing											
Vitamin C (mg)	49.71																
Protein (g)	37.86	20.09%															
Carbohydrate (g)	111.27	59.05%															
Total Fat (g)	18.51	22.10%															
Saturated Fat (g)	7.03	8.39%		<10.00%													
Trans Fat ¹ (g)	0.27	0.32%				Missing											

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