

Top Spanish Cafe & Catering

Feb 5, 2024 thru Feb 9, 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/05/2024															
HS Lunch	Total														
WG Chicken Egg Roll HS	6 oz	320	60	780	6.00	3.60	80.0	800	9.6	4	18.0	40.0	10.0	3.00	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
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
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
SPANISH RICE With VG Meat	6 Oz	315	0	673	6.93	4.34	85.0	340	11.14	*2	15.72	51.43	5.57	0.06	*0.00
Weighted Daily Average		748	66	957	16.73	5.75	432.3	3350	90.97	*33	37.60	122.30	13.79	4.22	*0.00
% of Calories										*17.8%	20.1%	65.4%	16.6%	5.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

	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)
Tue - 02/06/2024															
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
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
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
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
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		835	52	891	12.01	4.07	443.0	780	57.47	*47	30.25	126.46	25.93	8.34	0.49
% of Calories										*22.4%	14.5%	60.6%	27.9%	9.0%	0.5%
Nutrient Guideline		750-850		1420										<10.00	

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.

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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 - 02/07/2024															
HS Lunch	Total														
Chicken Corn Dog Nuggets	4.04 oz	310	50	490	3.00	1.60	20.0	0	0.0	6	14.0	26.0	16.0	3.50	0.00
MIXED VEG. :frozen,boiled 1C	1 CUP	66	0	22	4.06	1.01	46.0	458	30.03	*2	3.09	14.97	0.53	0.14	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
Orange Navels	1 Cup	151	0	3	6.78	0.40	132.4	761	182.03	26	2.8	38.62	0.46	0.05	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
Whole Grain Roll	1.3 oz	90	0	140	2.00	0.72	100.0	0	0.0	2	4.0	16.0	1.0	0.00	0.00
Weighted Daily Average		724	57	872	15.89	3.73	575.0	1843	213.27	*50	31.95	111.36	19.08	4.40	0.00
% of Calories										*27.8%	17.7%	61.5%	23.7%	5.5%	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 - 02/08/2024															
HS Lunch	Total														
Beef Hot Dog	2 oz	150	30	480	0.00	1.00	0.0	0	2.0	0	7.0	1.0	13.0	6.00	0.50
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
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
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
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
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		717	38	1261	11.04	4.70	344.1	647	87.15	47	27.61	95.68	25.92	8.39	0.49
% of Calories										26.5%	15.4%	53.4%	32.5%	10.5%	0.6%
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)
Fri - 02/09/2024															
HS Lunch	Total														
Pizza-Turkey Pepperoni	2 Slices	445	88	1096	1.26	1.75	474.0	1391	8.03	4	26.5	33.74	21.29	10.81	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
Peach Cup	8 oz	140	0	10	2.00	0.72	0.0	400	120.0	30	0.0	34.0	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
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

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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		739	94	1328	7.95	3.00	795.4	28978	135.11	51	35.58	93.66	22.77	11.57	0.00
% of Calories										27.8%	19.3%	50.7%	27.7%	14.1%	0.0%
Nutrient Guideline		750-850		1420											<10.00

Weighted Average		753	61	1062	12.73	4.25	518.0	7120	116.79	*46 *54.9%	32.60 17.3%	109.89 58.4%	21.50 25.7%	7.38 8.8%	*0.20 *0.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	753		750 - 850	100%				
Cholesterol (mg)	61							
Sodium 1 (mg)	1062		1420					
Sodium 2 (mg)	1062		1080					
Fiber (g)	12.73							
Iron (mg)	4.25							
Calcium (mg)	518.0							
Vitamin A (IU)	7120							
Sugars (g)	46	24.38%			Missing			
Vitamin C (mg)	116.79							
Protein (g)	32.60	17.32%						
Carbohydrate (g)	109.89	58.39%						
Total Fat (g)	21.50	25.71%						
Saturated Fat (g)	7.38	8.83%	<10.00%					
Trans Fat ¹ (g)	0.20	0.23%			Missing			

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