

Top Spanish Cafe & Catering

Apr 1, 2024 thru May 3, 2024

Base Menu Spreadsheet

HS Breakfast

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 - 04/01/2024															
HS Breakfast	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		450-600		640											<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 - 04/02/2024															
HS Breakfast	Total														
Whole Grain French Toast 3oz	3 oz	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Turkey Bacon.2s	0.25 oz	42	12	219	0.00	0.13	0.0	0	0.0	0	3.54	0.35	2.83	0.71	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
SYRUP. (A)	43grams	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		586	29	615	1.92	0.70	281.3	594	85.14	62	18.78	104.14	10.63	2.35	0.00
% of Calories										42.5%	12.8%	71.1%	16.3%	3.6%	0.0%
Nutrient Guideline		450-600		640											<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)
Wed - 04/03/2024															
HS Breakfast	Total														
Whole Grain Pancakes 2.6oz	2 oz	160	8	180	2.00	1.46	73.2	0	0.0	10	4.0	30.0	3.0	0.00	0.00
Turkey Sausage Patty	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
Peach Cup.	8 oz	120	0	0	2.00	0.00	0.0	0	0.0	24	2.0	28.0	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
SYRUP. (A)	43grams	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		553	44	391	4.00	1.85	334.3	594	1.13	64	19.41	101.35	8.05	1.68	0.00
% of Calories										46.6%	14.0%	73.3%	13.1%	2.7%	0.0%
Nutrient Guideline		450-600		640											<10.00

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HS Breakfast

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)
Thu - 04/04/2024															
HS Breakfast	Total														
Whole Grain Apple Muffin 3.1	2 oz	250	35	150	2.00	2.00	23.0	*N/A*	*N/A*	19	5.0	43.0	7.0	1.00	0.00
Mandarin Fruit Cup.	1 C	140	0	0	2.00	0.00	60.0	0	0.0	28	2.0	32.0	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		472	40	266	3.90	1.90	343.0	*594	*1.13	57	14.35	85.20	7.83	1.66	0.00
% of Calories										48.6%	12.1%	72.1%	14.9%	3.2%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 04/05/2024															
HS Breakfast	Total														
Fat Free Yogurt	4 oz	100	5	70	0.00	0.00	100.4	502	0.0	13	4.01	17.06	2.01	1.00	0.00
Granola.	1.78 oz	180	0	110	2.00	1.00	220.0	0	0.0	12	4.0	38.0	3.0	0.00	0.00
Peach Cup.	8 oz	120	0	0	2.00	0.00	0.0	0	0.0	24	2.0	28.0	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		490	12	300	3.96	0.98	575.7	1087	1.13	60	17.47	94.41	6.10	1.69	0.00
% of Calories										48.9%	14.3%	77.0%	11.2%	3.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 04/08/2024															
HS Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	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
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		366	7	438	11.21	3.72	444.6	1561	99.18	36	10.95	74.66	6.30	0.73	0.00
% of Calories										39.6%	12.0%	81.6%	15.5%	1.8%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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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)
Tue - 04/09/2024															
HS Breakfast	Total														
Whole Grain Waffles 2.6oz	2 oz	180	8	270	2.00	2.00	24.0	0	0.0	4	4.0	28.0	6.0	0.00	0.00
Turkey Bacon.3s	0.54 oz	64	19	331	0.00	0.19	0.0	0	0.0	1	5.33	0.53	4.27	1.07	0.00
Cantaloupe Melon BF 1C	1 cup	53	0	25	1.40	0.33	14.0	5276	57.25	12	1.31	12.73	0.3	0.08	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
SYRUP. (A)	43grams	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		506	33	734	3.36	2.47	298.9	5869	58.40	47	18.01	83.96	11.50	1.83	0.00
% of Calories										37.2%	14.2%	66.3%	20.5%	3.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 04/10/2024															
HS Breakfast	Total														
Whole Grain French Toast 3oz	3 oz	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	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
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
SYRUP. (A)	43grams	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		603	46	490	1.92	0.96	281.3	594	85.14	62	21.16	103.80	11.77	2.64	0.00
% of Calories										41.1%	14.0%	68.8%	17.6%	3.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 04/11/2024															
HS Breakfast	Total														
Whole Grain Blueberry Muffin 3	3.1 oz	250	35	140	2.00	2.00	23.0	0	0.0	20	5.01	42.06	7.01	1.00	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
Weighted Daily Average		437	41	260	7.44	2.24	299.2	639	8.79	48	13.04	79.80	8.15	1.71	0.00
% of Calories										44.0%	12.0%	73.1%	16.8%	3.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Base Menu Spreadsheet

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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)
Fri - 04/12/2024															
HS Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
STRAWBERRIES,FRESH	1 CUP	46	0	1	2.88	0.59	23.0	17	84.67	7	0.96	11.06	0.43	0.02	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		338	27	469	4.83	2.15	643.3	612	85.81	23	14.45	50.82	8.10	4.73	0.00
% of Calories										27.7%	17.1%	60.1%	21.6%	12.6%	0.0%
Nutrient Guideline		450-600		640											<10.00

Mon - 04/15/2024															
HS Breakfast	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		450-600		640											<10.00

Tue - 04/16/2024															
HS Breakfast	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		450-600		640											<10.00

Wed - 04/17/2024															
HS Breakfast	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		450-600		640											<10.00

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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)
Thu - 04/18/2024															
HS Breakfast	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		450-600		640											<10.00

Fri - 04/19/2024															
HS Breakfast	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		450-600		640											<10.00

Mon - 04/22/2024															
HS Breakfast	Total														
Whole Grain Banana Muffin 3.1	3.1 oz	250	35	150	2.00	2.00	23.0	0	0.0	22	5.0	44.0	7.0	1.00	0.00
100% Apple Juice (Ardmore)	1 C	120	0	30	0.00	0.00	0.0	0	0.0	26	0.0	28.0	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		452	40	296	1.90	1.90	283.0	594	1.13	58	12.35	82.15	7.83	1.66	0.00
% of Calories										51.5%	10.9%	72.6%	15.6%	3.3%	0.0%
Nutrient Guideline		450-600		640											<10.00

Tue - 04/23/2024															
HS Breakfast	Total														
Cer/Cinnamon Toast Crunch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	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
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		366	7	438	11.21	3.72	444.6	1561	99.18	36	10.95	74.66	6.30	0.73	0.00
% of Calories										39.6%	12.0%	81.6%	15.5%	1.8%	0.0%
Nutrient Guideline		450-600		640											<10.00

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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)
Wed - 04/24/2024															
HS Breakfast	Total														
Fat Free Yogurt	4 oz	100	5	70	0.00	0.00	100.4	502	0.0	13	4.01	17.06	2.01	1.00	0.00
Mandarin Fruit Cup.	1 C	140	0	0	2.00	0.00	60.0	0	0.0	28	2.0	32.0	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
Granola.	1.78 oz	180	0	110	2.00	1.00	220.0	0	0.0	12	4.0	38.0	3.0	0.00	0.00
Weighted Daily Average		508	12	300	3.93	0.98	634.6	1087	1.13	63	17.43	97.83	6.10	1.69	0.00
% of Calories										50.0%	13.7%	77.1%	10.8%	3.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 04/25/2024															
HS Breakfast	Total														
Boiled potatoes and onions	1/2 cup	92	0	27	2.04	0.85	12.9	8	10.25	2	2.22	18.65	1.29	0.20	*0.00
Hard boiled eggs	2 oz	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
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
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
Weighted Daily Average		464	189	482	7.35	3.09	346.8	929	17.74	29	20.29	75.61	8.88	2.54	*0.00
% of Calories										25.0%	17.5%	65.2%	17.2%	4.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 04/26/2024															
HS Breakfast	Total														
WG Mini Cinnis Cinnamon Rolls	2.29 oz	240	0	270	3.00	1.70	30.0	0	0.0	14	4.0	40.0	8.0	1.50	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
Weighted Daily Average		483	7	400	4.85	2.42	289.6	594	1.13	65	11.40	92.35	8.78	2.13	0.00
% of Calories										53.6%	9.4%	76.5%	16.4%	4.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Top Spanish Cafe & Catering

Apr 1, 2024 thru May 3, 2024

Base Menu Spreadsheet

HS Breakfast

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 - 04/29/2024															
HS Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	200	0	320	8.00	3.60	120.0	600	7.2	12	2.0	44.0	5.0	0.00	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, 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		364	7	441	11.20	3.72	387.8	1261	14.58	38	9.93	74.81	6.35	0.75	0.00
% of Calories										41.3%	10.9%	82.2%	15.7%	1.8%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 04/30/2024															
HS Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
STRAWBERRIES,FRESH	1 CUP	46	0	1	2.88	0.59	23.0	17	84.67	7	0.96	11.06	0.43	0.02	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		338	27	469	4.83	2.15	643.3	612	85.81	23	14.45	50.82	8.10	4.73	0.00
% of Calories										27.7%	17.1%	60.1%	21.6%	12.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 05/01/2024															
HS Breakfast	Total														
Whole Grain Waffles 2.6oz	2 oz	180	8	270	2.00	2.00	24.0	0	0.0	4	4.0	28.0	6.0	0.00	0.00
Turkey Bacon.	5.6 slices	119	35	612	0.00	0.36	0.0	0	0.0	1	9.88	0.99	7.9	1.98	0.00
Mandarin Fruit Cup.	1 C	140	0	0	2.00	0.00	60.0	0	0.0	28	2.0	32.0	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
SYRUP. (A)	43grams	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		650	49	989	4.00	2.35	345.4	593	1.15	63	23.21	104.31	14.88	2.64	0.00
% of Calories										39.0%	14.3%	64.2%	20.6%	3.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Top Spanish Cafe & Catering

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Base Menu Spreadsheet

HS Breakfast

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)
Thu - 05/02/2024															
HS Breakfast	Total														
Whole Grain Apple Muffin 3.1	2 oz	250	35	150	2.00	2.00	23.0	*N/A*	*N/A*	19	5.0	43.0	7.0	1.00	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
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		432	40	296	1.90	1.90	283.0	*594	*85.14	49	14.35	77.20	7.83	1.66	0.00
% of Calories										45.7%	13.3%	71.4%	16.3%	3.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 05/03/2024															
HS Breakfast	Total														
Fat Free Yogurt	4 oz	100	5	70	0.00	0.00	100.4	502	0.0	13	4.01	17.06	2.01	1.00	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
Granola.	1.78 oz	180	0	110	2.00	1.00	220.0	0	0.0	12	4.0	38.0	3.0	0.00	0.00
Weighted Daily Average		470	12	302	7.38	1.30	591.4	1131	8.65	53	16.10	93.03	6.34	1.73	0.00
% of Calories										45.1%	13.7%	79.2%	12.1%	3.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		467	35	441	5.32	2.13	407.9	*1111	*39.03	49	15.69	84.26	8.41	2.07	*0.00
										95.2%	13.4%	72.1%	16.2%	4.0%	*0.0%

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Base Menu Spreadsheet

HS Breakfast

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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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	467		450 - 600	100%												
Cholesterol (mg)	35															
Sodium 1 (mg)	441		640													
Sodium 2 (mg)	441		570													
Fiber (g)	5.32															
Iron (mg)	2.13															
Calcium (mg)	407.9															
Vitamin A (IU)	1111				Missing											
Sugars (g)	49	42.31%														
Vitamin C (mg)	39.03				Missing											
Protein (g)	15.69	13.43%														
Carbohydrate (g)	84.26	72.11%														
Total Fat (g)	8.41	16.20%														
Saturated Fat (g)	2.07	3.98%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			Missing											

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