

Top Spanish Cafe & Catering

Aug 26, 2024 thru Aug 30, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 1

Generated on: 8/16/2024 12:44:43 PM

	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 - 08/26/2024															
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	130	0	250	3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	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
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
Vegetarian Patty.	2.5 oz	140	0	320	3.00	1.60	30.0	0	0.0	0	16.0	6.0	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
Mayonnaise	7 GRAMS	90	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
American Cheese	1 oz	70	15	240	0.00	0.00	100.0	200	0.0	0	4.0	0.9	6.0	3.50	0.00
Weighted Daily Average		779	57	999	8.92	4.53	410.5	805	48.89	*39	31.02	101.37	29.03	9.94	0.50
% of Calories										*20.0%	15.9%	52.0%	33.5%	11.5%	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)
Tue - 08/27/2024															
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
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
Taco Shell-7" HS/Mission	2 shells	210	0	4	3.00	0.00	30.0	0	0.0	1	3.0	28.0	9.0	1.00	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
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	186	0	792	8.26	1.99	95.7	4062	7.67	6	15.13	24.57	5.79	0.74	0.00
Weighted Daily Average		835	61	216	13.92	3.60	334.2	1457	29.94	*48	32.97	129.41	24.15	6.69	*0.68
% of Calories										*22.9%	15.8%	62.0%	26.0%	7.2%	*0.7%
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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Top Spanish Cafe & Catering

Aug 26, 2024 thru Aug 30, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 2

Generated on: 8/16/2024 12:44:43 PM

	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 - 08/28/2024															
HS Lunch	Total														
Baked BBQ Glazed Chicken Drum	3.2 oz	190	90	840	0.00	0.60	0.0	0	0.0	9	17.0	12.0	8.0	2.00	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
Mixed Vegetables. 1C.	1 CUP	118	0	64	8.01	1.49	45.5	7784	5.82	6	5.21	23.82	0.27	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, 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
GREEN BEANS: frozen,boiled 1/2	1/2 C	19	0	1	2.03	0.45	28.4	283	2.77	1	1.01	4.35	0.11	0.03	0.00
Vegetarian Chick'N Nuggets	3oz (4piece)	170	0	330	3.00	2.20	40.0	0	0.0	2	12.0	18.0	8.0	1.00	0.00
Weighted Daily Average		634	94	1307	10.20	3.67	352.7	8396	91.09	47	35.69	97.68	10.46	2.74	0.00
% of Calories										29.6%	22.5%	61.6%	14.8%	3.9%	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 - 08/29/2024															
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
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
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
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
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
Weighted Daily Average		747	94	631	17.89	7.79	415.6	1059	21.33	*33	56.87	117.38	6.78	1.98	*0.00
% of Calories										*17.7%	30.4%	62.8%	8.2%	2.4%	*0.0%
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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Top Spanish Cafe & Catering

Aug 26, 2024 thru Aug 30, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 3

Generated on: 8/16/2024 12:44:43 PM

	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 - 08/30/2024															
HS Lunch															
	Total														
Green Salad with Grilled Chick	1 Salad Bo	201	60	708	3.20	1.45	49.8	5039	23.29	*2	21.41	19.39	3.34	0.28	*0.00
Corn Chips	2 oz	160	0	170	1.00	0.20	30.0	0	0.0	0	2.0	16.0	10.0	1.50	0.00
Ranch Dressing.	12Grams	10	0	125	0.00	0.00	20.0	0	0.0	1	0.0	3.0	0.0	0.00	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
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
Green Salad with Tofu	1 Salad Bo	171	0	143	4.20	2.89	103.8	5039	23.29	*1	12.41	20.39	5.34	0.78	*0.00
Mozarella String Cheese 2oz	2 oz	160	40	400	0.00	0.00	396.0	*N/A*	*N/A*	2	12.0	4.0	12.0	8.00	0.00
Weighted Daily Average		781	106	1524	11.00	2.08	904.4	*6424	*206.51	*43	46.01	94.03	27.09	10.59	*0.00
% of Calories										*21.9%	23.6%	48.2%	31.2%	12.2%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		755	82	935	12.39	4.33	483.5	*3628	*79.55	*42	40.51	107.97	19.50	6.39	*0.24
										*50.0%	21.5%	57.2%	23.2%	7.6%	*0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	755		750 - 850	100%				
Cholesterol (mg)	82							
Sodium 1 (mg)	935		1420					
Sodium 2 (mg)	935		1080					
Fiber (g)	12.39							
Iron (mg)	4.33							
Calcium (mg)	483.5							
Vitamin A (IU)	3628				Missing			
Sugars (g)	42	22.22%			Missing			
Vitamin C (mg)	79.55				Missing			
Protein (g)	40.51	21.46%						
Carbohydrate (g)	107.97	57.19%						
Total Fat (g)	19.50	23.24%						
Saturated Fat (g)	6.39	7.61%	<10.00%					
Trans Fat ¹ (g)	0.24	0.28%			Missing			

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.