

Top Spanish Cafe & Catering

Sep 30, 2024 thru Nov 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 - 09/30/2024															
HS Lunch	Total														
Chicken Nuggets	3 oz	260	30	540	2.00	2.00	43.0	0	0.0	0	17.0	15.0	14.0	2.50	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
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
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
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
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
Diced Chicken Tyson 4oz	4 oz	175	74	169	0.00	1.35	9.4	0	0.0	0	24.3	1.35	6.75	2.03	0.00
Gluten Free Bread	2 oz	140	0	267	4.00	0.48	0.0	0	0.0	2	2.0	26.0	3.33	1.67	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
Weighted Daily Average		699	36	1016	11.38	4.40	372.7	1033	13.27	34	33.40	106.88	17.09	3.36	0.00
% of Calories										19.7%	19.1%	61.1%	22.0%	4.3%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 10/01/2024															
HS Lunch	Total														
Macaroni and CheeseHS	12 oz	580	60	1960	4.00	2.16	840.0	1600	0.0	12	34.0	62.0	22.0	12.00	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
Banana ²	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
Diced Chicken Tyson	2.3 oz	101	43	97	0.00	0.78	5.4	0	0.0	0	13.97	0.78	3.88	1.16	0.00
Whole Grain Roll	1.1 oz	80	0	150	1.00	0.80	0.0	0	0.0	1	2.0	14.0	1.5	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
Gluten Free Bread	2 oz	140	0	267	4.00	0.48	0.0	0	0.0	2	2.0	26.0	3.33	1.67	0.00
Weighted Daily Average		936	67	2091	15.63	3.89	1177.6	4220	95.47	55	50.08	138.20	23.99	12.88	0.00
% of Calories										23.7%	21.4%	59.0%	23.1%	12.4%	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

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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)
Wed - 10/02/2024															
HS Lunch	Total														
Turkey Bologna 3oz (FF)	2 oz	130	40	500	0.00	0.72	60.0	0	0.0	0	6.0	1.0	11.0	2.50	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
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
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
CARROT STICKS HS	1 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.04	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
Sunflower & Jelly Sandwich	2.8 oz	310	0	300	4.00	5.00	27.0	0	0.0	11	9.0	33.0	15.0	2.00	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
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		650	55	1338	6.46	3.18	477.6	21011	92.35	42	23.05	79.89	26.97	6.41	0.00
% of Calories										25.6%	14.2%	49.2%	37.3%	8.9%	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)
Thu - 10/03/2024															
HS Lunch	Total														
CHICKEN STIR-FRY.	3 OZ	194	45	217	1.58	0.76	23.9	148	41.4	*2	16.52	6.71	11.12	2.10	*0.00
BROWN RICE 1C.	8 oz	160	0	2	1.88	0.68	2.5	0	0.0	0	0.0	32.9	1.41	0.00	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
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
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		591	50	366	13.25	2.70	376.2	1398	54.66	*34	27.14	89.20	13.84	2.85	*0.00
% of Calories										*22.8%	18.4%	60.4%	21.1%	4.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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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)
Fri - 10/04/2024															
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 shells	210	0	4	3.00	0.00	30.0	0	0.0	1	3.0	28.0	9.0	1.00	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
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	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		797	61	463	17.68	5.90	478.8	1385	94.65	*29	41.88	103.57	23.37	6.28	*0.68
% of Calories										*14.7%	21.0%	52.0%	26.4%	7.1%	*0.8%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 10/07/2024															
HS Lunch	Total														
Baked Glazed Chicken Drumstick	3.2 oz	150	90	350	0.00	0.60	0.0	0	0.0	1	17.0	2.0	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
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
Barbecue Sauce.	1 oz	45	0	370	0.00	0.00	0.0	50	2.4	8	0.0	10.0	0.5	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
Weighted Daily Average		511	95	865	10.90	3.41	374.4	2538	81.38	33	34.73	71.88	10.66	2.77	0.00
% of Calories										25.7%	27.2%	56.3%	18.8%	4.9%	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)
Tue - 10/08/2024															
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	130	0	280	3.00	1.08	26.0	0	0.0	3	6.0	26.0	2.0	0.00	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
Baked Beans 1C	1 C	280	0	780	10.00	3.40	100.0	0	0.0	22	14.0	58.0	1.0	0.00	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
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	140	0	320	3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	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
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		969	36	1816	19.26	6.12	415.5	780	23.61	68	37.98	155.11	27.74	8.28	0.48
% of Calories										28.0%	15.7%	64.0%	25.8%	7.7%	0.4%
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)
Wed - 10/09/2024															
HS Lunch	Total														
Beef Lasagna HS	1.5 C	420	60	1050	3.00	2.16	300.0	750	1.8	12	24.0	52.5	12.0	6.75	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
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
Vegetable Lasagna HS	1.5 C	600	50	1840	6.00	0.72	500.0	1000	7.2	12	26.0	74.0	22.0	10.00	0.00
Vegetarian Meat Pasta.	6 oz	559	0	332	17.61	7.81	61.5	500	0.0	11	24.86	104.09	7.5	0.69	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		810	67	1598	9.89	4.16	658.9	27934	92.83	*50	39.02	128.11	14.89	7.63	*0.00
% of Calories										*24.7%	19.3%	63.3%	16.5%	8.5%	*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)	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 - 10/10/2024															
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
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
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	6 Oz	356	0	675	8.45	3.01	101.8	340	11.14	*3	17.01	56.18	7.94	0.92	*0.00
Weighted Daily Average		655	93	395	11.43	5.07	338.1	1383	27.07	*36	46.99	109.19	7.19	2.18	*0.00
% of Calories										*22.2%	28.7%	66.6%	9.9%	3.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 10/11/2024															
HS Lunch	Total														
Spaghetti-8 oz	8 oz	360	0	3	4.22	3.02	16.2	0	0.0	*N/A*	13.15	69.99	2.11	0.39	0.00
Beef Meatballs	2.5 oz	180	30	200	1.00	1.40	30.0	0	0.0	1	13.0	4.0	12.0	5.00	0.00
Marinara Sauce 1/2C (F)	1/2 C	50	0	90	2.00	1.44	20.0	500	0.0	6	1.0	10.0	1.0	0.00	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
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	120	5	180	0.00	0.00	250.0	750	0.0	18	8.0	20.0	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
Vegetarian Meat Pasta.	6 oz	559	0	332	17.61	7.81	61.5	500	0.0	11	24.86	104.09	7.5	0.69	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
Weighted Daily Average		806	34	451	15.04	7.02	441.2	2194	96.55	*38	38.51	129.09	15.28	5.29	0.00
% of Calories										*18.7%	19.1%	64.1%	17.1%	5.9%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 10/14/2024															
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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Top Spanish Cafe & Catering

Sep 30, 2024 thru Nov 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)	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 - 10/15/2024															
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	120	5	180	0.00	0.00	250.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim,. Unflavored.	8 oz	230	10	305	0.00	0.00	500.0	3250	0.0	36	16.0	39.0	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
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
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
Weighted Daily Average		722	52	901	8.92	4.53	482.2	1932	47.74	*52	32.88	114.49	14.84	5.97	0.50
% of Calories										*28.9%	18.2%	63.4%	18.5%	7.4%	0.6%
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)
Wed - 10/16/2024															
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
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	120	5	180	0.00	0.00	250.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim,. Unflavored.	8 oz	230	10	305	0.00	0.00	500.0	3250	0.0	36	16.0	39.0	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
Weighted Daily Average		756	67	1244	10.49	2.37	476.7	7309	44.70	*58	38.01	121.48	14.32	2.07	*0.00
% of Calories										*30.5%	20.1%	64.3%	17.1%	2.5%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Top Spanish Cafe & Catering

Sep 30, 2024 thru Nov 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)	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 - 10/17/2024															
HS Lunch	Total														
Chicken Nuggets	3 oz	260	30	540	2.00	2.00	43.0	0	0.0	0	17.0	15.0	14.0	2.50	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
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
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 - Skim., Unflavored.	8 oz	230	10	305	0.00	0.00	500.0	3250	0.0	36	16.0	39.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	120	5	180	0.00	0.00	250.0	750	0.0	18	8.0	20.0	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
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
Barbecue Sauce.	1 oz	45	0	370	0.00	0.00	0.0	50	2.4	8	0.0	10.0	0.5	0.00	0.00
Gluten Free Bread	2 oz	140	0	267	4.00	0.48	0.0	0	0.0	2	2.0	26.0	3.33	1.67	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
Weighted Daily Average		808	36	1396	11.09	5.34	491.1	1957	0.01	66	37.85	126.08	14.53	2.42	0.00
% of Calories										32.7%	18.7%	62.4%	16.2%	2.7%	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)
Fri - 10/18/2024															
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
Green Beans & CARROTS: HS	1 Cup	46	0	51	4.33	0.86	56.3	13594	5.6	*3	1.6	10.73	0.25	0.05	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
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	120	5	180	0.00	0.00	250.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim., Unflavored.	8 oz	230	10	305	0.00	0.00	500.0	3250	0.0	36	16.0	39.0	0.0	0.00	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
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		698	76	491	12.29	2.66	528.4	16496	101.03	*45	43.07	93.33	16.83	2.87	*0.00
% of Calories										*25.7%	24.7%	53.5%	21.7%	3.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Top Spanish Cafe & Catering

Sep 30, 2024 thru Nov 1, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	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 - 10/21/2024															
HS Lunch	Total														
Chicken Drumstick.	5.15 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
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
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	230	10	305	0.00	0.00	500.0	3250	0.0	36	16.0	39.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	120	5	180	0.00	0.00	250.0	750	0.0	18	8.0	20.0	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 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
Weighted Daily Average		722	65	1359	13.36	4.57	469.9	2023	6.35	54	40.29	108.05	13.96	2.95	0.00
% of Calories										30.0%	22.3%	59.9%	17.4%	3.7%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 10/22/2024															
HS Lunch	Total														
CHICKEN ALFREDO W/ A TWIST HS	10 OZ	326	80	339	3.04	2.09	135.3	0	0.02	*1	26.45	31.98	11.92	6.56	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
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
MILK - Skim., Unflavored.	8 oz	230	10	305	0.00	0.00	500.0	3250	0.0	36	16.0	39.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	120	5	180	0.00	0.00	250.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Vegetarian Spaghetti HS.	11 OZ	233	0	180	6.87	2.16	7.7	157	2.06	*1	10.91	46.21	2.24	0.12	*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
Weighted Daily Average		736	83	565	14.86	3.83	530.7	3858	94.42	*56	44.59	122.05	12.51	6.59	*0.00
% of Calories										*30.7%	24.2%	66.3%	15.3%	8.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Top Spanish Cafe & Catering

Sep 30, 2024 thru Nov 1, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	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 - 10/23/2024															
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
Sweet potatoes HS	1 cup	180	0	72	6.60	1.38	76.0	38436	39.2	13	4.02	41.42	0.3	0.10	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	120	5	180	0.00	0.00	250.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim,. Unflavored.	8 oz	230	10	305	0.00	0.00	500.0	3250	0.0	36	16.0	39.0	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
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
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
Weighted Daily Average		754	52	876	9.71	4.44	536.3	40364	123.20	62	35.18	122.17	14.07	5.89	0.50
% of Calories										32.6%	18.7%	64.8%	16.8%	7.0%	0.6%
Nutrient Guideline		750-850		1420										<10.00	

Thu - 10/24/2024															
HS Lunch	Total														
Pizza Cheese K-5.	1 Slices	402	40	1245	2.00	2.58	450.9	750	21.0	12	21.17	42.05	18.65	6.57	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
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
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
Weighted Daily Average		641	48	1378	11.57	3.79	800.5	1993	35.32	44	31.88	90.87	20.30	7.38	0.00
% of Calories										27.4%	19.9%	56.7%	28.5%	10.4%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Fri - 10/25/2024															
HS Lunch	Total														
GROUND BEEF &SPANISH RICE 9-12	10 oz	604	93	377	4.82	5.59	60.2	566	17.9	*3	29.44	62.26	23.34	7.94	*1.18
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
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
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
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

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Top Spanish Cafe & Catering

Sep 30, 2024 thru Nov 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)
Weighted Daily Average		902	97	517	12.33	6.47	407.3	1899	115.64	*33	42.53	126.33	25.10	8.56	*1.14
% of Calories										*14.6%	18.9%	56.0%	25.0%	8.5%	*1.1%
Nutrient Guideline		750-850		1420										<10.00	

Mon - 10/28/2024															
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
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
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, 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
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
Weighted Daily Average		662	94	1309	8.06	2.91	321.7	955	18.96	51	33.19	110.64	11.30	2.87	0.00
% of Calories										30.7%	20.1%	66.9%	15.4%	3.9%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Tue - 10/29/2024															
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 1C.	8 oz	160	0	2	1.88	0.68	2.5	0	0.0	0	0.0	32.9	1.41	0.00	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
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, 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
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
Weighted Daily Average		838	66	932	19.56	5.99	430.9	3434	105.13	*48	34.26	149.43	13.48	3.98	*0.00
% of Calories										*22.7%	16.3%	71.3%	14.5%	4.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Top Spanish Cafe & Catering

Sep 30, 2024 thru Nov 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)
Wed - 10/30/2024															
HS Lunch	Total														
Spaghetti-8 oz	8 oz	360	0	3	4.22	3.02	16.2	0	0.0	*N/A*	13.15	69.99	2.11	0.39	0.00
Diced Chicken Tyson 4oz	4 oz	175	74	169	0.00	1.35	9.4	0	0.0	0	24.3	1.35	6.75	2.03	0.00
Marinara Sauce 1/2C (F)	1/2 C	50	0	90	2.00	1.44	20.0	500	0.0	6	1.0	10.0	1.0	0.00	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
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
Vegetarian Spaghetti HS.	11 OZ	233	0	180	6.87	2.16	7.7	157	2.06	*1	10.91	46.21	2.24	0.12	*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
Weighted Daily Average		869	79	410	12.29	7.35	377.1	1681	6.76	*60	47.45	143.68	10.99	3.10	*0.00
% of Calories										*27.8%	21.8%	66.1%	11.4%	3.2%	*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 - 10/31/2024															
HS Lunch	Total														
Hot Dog-Turkey Frank	2 oz	140	50	300	0.00	0.72	60.0	0	0.0	1	6.0	1.0	11.0	3.50	0.00
Hot Dog Bun-Ultra	2oz Bun	130	0	280	3.00	1.08	26.0	0	0.0	3	6.0	26.0	2.0	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
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	120	5	180	0.00	0.00	250.0	750	0.0	18	8.0	20.0	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
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
Weighted Daily Average		572	53	981	13.49	3.92	438.2	1130	91.01	42	27.09	89.07	13.07	3.42	0.00
% of Calories										29.7%	18.9%	62.3%	20.6%	5.4%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Top Spanish Cafe & Catering

Sep 30, 2024 thru Nov 1, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	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 - 11/01/2024															
HS Lunch	Total														
Chicken Nuggets	3 oz	260	30	540	2.00	2.00	43.0	0	0.0	0	17.0	15.0	14.0	2.50	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
Sweet potatoes HS	1 cup	180	0	72	6.60	1.38	76.0	38436	39.2	13	4.02	41.42	0.3	0.10	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, 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 - Skim,. Unflavored.	8 oz	230	10	305	0.00	0.00	500.0	3250	0.0	36	16.0	39.0	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
Weighted Daily Average		887	36	1202	10.69	4.83	559.5	40356	41.60	75	36.26	147.27	14.81	2.52	0.00
% of Calories										33.9%	16.4%	66.4%	15.0%	2.6%	0.0%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		750	62	998	12.48	4.54	498.4	7886	62.65	*49 *58.3%	37.39 20.0%	115.67 61.7%	16.30 19.6%	4.94 5.9%	*0.14 *0.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	750		750 - 850	100%				
Cholesterol (mg)	62							
Sodium 1 (mg)	998		1420					
Sodium 2 (mg)	998		1080					
Fiber (g)	12.48							
Iron (mg)	4.54							
Calcium (mg)	498.4							
Vitamin A (IU)	7886							
Sugars (g)	49	25.90%			Missing			
Vitamin C (mg)	62.65							
Protein (g)	37.39	19.95%						
Carbohydrate (g)	115.67	61.72%						
Total Fat (g)	16.30	19.57%						
Saturated Fat (g)	4.94	5.93%	<10.00%					
Trans Fat ¹ (g)	0.14	0.16%			Missing			

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