

Top Spanish Cafe & Catering

Nov 4, 2024 thru Nov 8, 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 - 11/04/2024															
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
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		430	7	436	9.82	3.52	438.4	1181	8.17	51	11.55	87.35	6.07	0.71	0.00
% of Calories										47.5%	10.7%	81.2%	12.7%	1.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 11/05/2024															
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
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
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	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		401	27	513	2.00	1.89	638.5	645	85.30	37	16.03	65.50	7.69	4.71	0.00
% of Calories										37.0%	16.0%	65.3%	17.3%	10.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 11/06/2024															
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
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
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	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		407	7	399	6.41	2.52	320.0	731	7.78	40	12.54	71.78	9.18	2.17	0.00
% of Calories										39.0%	12.3%	70.5%	20.3%	4.8%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Top Spanish Cafe & Catering

Nov 4, 2024 thru Nov 8, 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)
Thu - 11/07/2024															
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.	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
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, 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		613	50	991	3.32	1.25	295.3	5870	58.39	55	24.23	93.48	15.84	3.66	0.00
% of Calories										36.0%	15.8%	61.0%	23.3%	5.4%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 11/08/2024															
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	

Weighted Average		458	27	520	5.80	2.28	398.3	1813	33.68	46	15.48	79.58	9.39	2.59	0.00
										90.9%	13.5%	69.6%	18.5%	5.1%	0.0%

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Top Spanish Cafe & Catering

Nov 4, 2024 thru Nov 8, 2024

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	458		450 - 600	100%													
Cholesterol (mg)	27																
Sodium 1 (mg)	520		640														
Sodium 2 (mg)	520		570														
Fiber (g)	5.80																
Iron (mg)	2.28																
Calcium (mg)	398.3																
Vitamin A (IU)	1813																
Sugars (g)	46	40.38%															
Vitamin C (mg)	33.68																
Protein (g)	15.48	13.53%															
Carbohydrate (g)	79.58	69.55%															
Total Fat (g)	9.39	18.46%															
Saturated Fat (g)	2.59	5.10%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

Nov 11, 2024 thru Nov 15, 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 - 11/11/2024															
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 - 11/12/2024															
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
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		430	7	436	9.82	3.52	438.4	1181	8.17	51	11.55	87.35	6.07	0.71	0.00
% of Calories										47.5%	10.7%	81.2%	12.7%	1.5%	0.0%
Nutrient Guideline		450-600		640											<10.00

Wed - 11/13/2024															
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
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	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		445	41	314	2.15	2.64	305.1	*656	*85.43	50	15.13	79.57	8.00	1.66	0.00
% of Calories										45.0%	13.6%	71.5%	16.2%	3.4%	0.0%
Nutrient Guideline		450-600		640											<10.00

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Top Spanish Cafe & Catering

Nov 11, 2024 thru Nov 15, 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)
Thu - 11/14/2024															
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
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
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		581	49	988	5.31	2.51	293.4	669	7.48	50	21.52	91.36	15.07	2.66	0.00
% of Calories										34.2%	14.8%	62.9%	23.3%	4.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 11/15/2024															
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
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
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	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		403	27	485	7.52	2.21	654.5	690	8.95	34	14.67	68.61	7.94	4.75	0.00
% of Calories										34.2%	14.6%	68.2%	17.8%	10.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		465	31	556	6.20	2.72	422.9	*799	*27.51	46	15.72	81.72	9.27	2.44	0.00
										89.7%	13.5%	70.3%	17.9%	4.7%	0.0%

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Nov 11, 2024 thru Nov 15, 2024

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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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	465		450 - 600		100%												
Cholesterol (mg)	31																
Sodium 1 (mg)	556			640													
Sodium 2 (mg)	556			570													
Fiber (g)	6.20																
Iron (mg)	2.72																
Calcium (mg)	422.9																
Vitamin A (IU)	799					Missing											
Sugars (g)	46	39.88%															
Vitamin C (mg)	27.51					Missing											
Protein (g)	15.72	13.52%															
Carbohydrate (g)	81.72	70.32%															
Total Fat (g)	9.27	17.94%															
Saturated Fat (g)	2.44	4.73%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

Nov 18, 2024 thru Nov 22, 2024

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)
Mon - 11/18/2024															
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
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		392	7	438	13.34	3.84	394.4	1225	15.82	40	10.19	82.46	6.32	0.75	0.00
% of Calories										41.3%	10.4%	84.2%	14.5%	1.7%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 11/19/2024															
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.	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
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		660	50	996	1.92	0.92	281.3	594	85.14	63	24.92	104.75	15.54	3.58	0.00
% of Calories										38.1%	15.1%	63.5%	21.2%	4.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 11/20/2024															
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
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
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	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		373	27	485	5.31	2.06	646.8	720	7.65	31	14.38	60.56	7.93	4.75	0.00
% of Calories										33.7%	15.4%	65.0%	19.1%	11.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Top Spanish Cafe & Catering

Nov 18, 2024 thru Nov 22, 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)
Thu - 11/21/2024															
HS Breakfast	Total														
WG Banana Bread Loaf	3.4 oz	260	0	240	2.00	0.00	0.0	0	0.0	24	5.0	45.0	8.0	1.50	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
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	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		475	7	369	4.15	0.74	283.2	656	1.43	59	15.13	85.47	8.95	2.13	0.00
% of Calories										49.6%	12.7%	72.0%	17.0%	4.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 11/22/2024															
HS Breakfast	Total														
WG Strawberry Oatmeal Bar HS	2.4 oz	280	10	150	2.00	2.00	20.0	0	0.0	18	4.0	46.0	9.0	1.00	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
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	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		584	17	286	8.28	3.25	314.0	807	21.96	58	14.75	112.32	10.67	1.92	0.00
% of Calories										39.8%	10.1%	77.0%	16.5%	3.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		497	22	515	6.60	2.16	384.0	801	26.40	50	15.87	89.11	9.88	2.63	0.00
										91.2%	12.8%	71.8%	17.9%	4.8%	0.0%

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Top Spanish Cafe & Catering

Nov 18, 2024 thru Nov 22, 2024

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	497		450 - 600	100%													
Cholesterol (mg)	22																
Sodium 1 (mg)	515		640														
Sodium 2 (mg)	515		570														
Fiber (g)	6.60																
Iron (mg)	2.16																
Calcium (mg)	384.0																
Vitamin A (IU)	801																
Sugars (g)	50	40.55%															
Vitamin C (mg)	26.40																
Protein (g)	15.87	12.79%															
Carbohydrate (g)	89.11	71.78%															
Total Fat (g)	9.88	17.91%															
Saturated Fat (g)	2.63	4.76%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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Top Spanish Cafe & Catering

Nov 25, 2024 thru Nov 29, 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 - 11/25/2024															
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
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		430	7	436	9.82	3.52	438.4	1181	8.17	51	11.55	87.35	6.07	0.71	0.00
% of Calories										47.5%	10.7%	81.2%	12.7%	1.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 11/26/2024															
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
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
Gluten Free Cheerios.	2 oz	200	0	280	6.00	18.00	160.0	600	7.2	2	8.0	42.0	4.0	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		546	7	400	9.23	2.96	323.5	807	21.96	54	14.75	106.62	9.72	2.40	0.00
% of Calories										39.8%	10.8%	78.2%	16.0%	4.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 11/27/2024															
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
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
Gluten Free Corn Chex.	2 oz	200	0	400	2.00	14.40	120.0	600	7.2	6	4.0	48.0	1.0	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		403	27	485	7.52	2.21	654.5	690	8.95	34	14.67	68.61	7.94	4.75	0.00
% of Calories										34.2%	14.6%	68.2%	17.8%	10.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Top Spanish Cafe & Catering

Nov 25, 2024 thru Nov 29, 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)
Thu - 11/28/2024															
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)	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 - 11/29/2024															
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	

Weighted Average		460	14	441	8.86	2.90	472.2	893	13.03	47	13.66	87.53	7.91	2.62	0.00
										91.3%	11.9%	76.2%	15.5%	5.1%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	460		450 - 600	100%				
Cholesterol (mg)	14							
Sodium 1 (mg)	441		640					
Sodium 2 (mg)	441		570					
Fiber (g)	8.86							
Iron (mg)	2.90							
Calcium (mg)	472.2							
Vitamin A (IU)	893							
Sugars (g)	47	40.56%						
Vitamin C (mg)	13.03							
Protein (g)	13.66	11.89%						
Carbohydrate (g)	87.53	76.19%						
Total Fat (g)	7.91	15.49%						
Saturated Fat (g)	2.62	5.13%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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