

Top Spanish Cafe & Catering

Nov 4, 2024 thru Nov 8, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 1

Generated on: 10/30/2024 12:36:58 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 - 11/04/2024 | | | | | | | | | | | | | | | |
| 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 |
| CORN: canned, yellow-HS | 1 CUP | 110 | 0 | 336 | 3.28 | 0.44 | 4.9 | 75 | 2.95 | 7 | 3.76 | 23.52 | 2.0 | 0.40 | 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 |
| 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 |
| 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 | | 718 | 77 | 705 | 7.63 | 2.00 | 329.6 | 1303 | 92.20 | *43 | 42.41 | 95.40 | 19.52 | 3.90 | *0.00 |
| % of Calories | | | | | | | | | | *23.7% | 23.6% | 53.2% | 24.5% | 4.9% | *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) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/05/2024 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| Meatloaf 3oz | 2 oz | 180 | 35 | 570 | 1.00 | 1.80 | 20.0 | 200 | 3.6 | 5 | 12.0 | 8.0 | 11.0 | 4.50 | 0.50 |
| 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 |
| MASHED POTATOES,mlk+but-9-1 | 1 CUP | 204 | 29 | 344 | 1.68 | 0.34 | 67.2 | 361 | 20.37 | 3 | 3.72 | 22.83 | 10.77 | 6.70 | 0.37 |
| 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 |
| 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 |
| 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 |
| Weighted Daily Average | | 860 | 71 | 1309 | 14.93 | 5.13 | 472.5 | 1900 | 51.07 | 53 | 32.48 | 131.37 | 24.85 | 12.13 | 0.85 |
| % of Calories | | | | | | | | | | 24.5% | 15.1% | 61.1% | 26.0% | 12.7% | 0.9% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Nov 4, 2024 thru Nov 8, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 2

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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 - 11/06/2024 | | | | | | | | | | | | | | | |
| 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 1C (F) | 1 c | 100 | 0 | 180 | 4.00 | 2.88 | 40.0 | 1000 | 0.0 | 12 | 2.0 | 20.0 | 2.0 | 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 |
| Pear Cup | 8 oz | 140 | 0 | 0 | 6.00 | 2.00 | 0.0 | 0 | 0.0 | 28 | 2.0 | 36.0 | 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 | | 915 | 36 | 525 | 20.64 | 10.21 | 420.1 | 3455 | 75.01 | *55 | 43.24 | 150.95 | 17.00 | 5.94 | *0.00 |
| % of Calories | | | | | | | | | | *24.1% | 18.9% | 66.0% | 16.7% | 5.8% | *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 - 11/07/2024 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| Whole Grain Fish Pollock | 2 oz | 180 | 45 | 270 | 1.00 | 1.10 | 0.0 | 5 | 0.0 | 1 | 15.0 | 16.0 | 7.0 | 1.00 | 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 |
| 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, 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 |
| 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 | | 609 | 52 | 908 | 14.40 | 5.21 | 331.6 | 710 | 7.50 | 40 | 33.24 | 100.45 | 10.20 | 1.80 | 0.00 |
| % of Calories | | | | | | | | | | 26.2% | 21.8% | 66.0% | 15.1% | 2.7% | 0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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HS Lunch

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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 - 11/08/2024 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| Turkey Sausage Jambalaya.1 HS | 12 oz | 697 | 87 | 1179 | 5.52 | 3.32 | 44.5 | 233 | 36.88 | *8 | 24.82 | 94.27 | 24.32 | 5.45 | *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 |
| 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 |
| Weighted Daily Average | | 980 | 92 | 1359 | 17.01 | 5.01 | 433.2 | 9034 | 134.25 | *38 | 39.23 | 149.55 | 25.47 | 6.11 | *0.00 |
| % of Calories | | | | | | | | | | *15.7% | 16.0% | 61.0% | 23.4% | 5.6% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|-------|------|-------|------|-------|--------|-------|--------|-------|------|-------|
| Weighted Average | | 816 | 66 | 961 | 14.92 | 5.51 | 397.4 | 3280 | 72.00 | *46 | 38.12 | 125.54 | 19.41 | 5.97 | *0.17 |
| | | | | | | | | | | *50.4% | 18.7% | 61.5% | 21.4% | 6.6% | *0.2% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 816 | | 750 - 850 | 100% | | | | |
| Cholesterol (mg) | 66 | | | | | | | |
| Sodium 1 (mg) | 961 | | 1420 | | | | | |
| Sodium 2 (mg) | 961 | | 1080 | | | | | |
| Fiber (g) | 14.92 | | | | | | | |
| Iron (mg) | 5.51 | | | | | | | |
| Calcium (mg) | 397.4 | | | | | | | |
| Vitamin A (IU) | 3280 | | | | | | | |
| Sugars (g) | 46 | 22.42% | | | Missing | | | |
| Vitamin C (mg) | 72.00 | | | | | | | |
| Protein (g) | 38.12 | 18.68% | | | | | | |
| Carbohydrate (g) | 125.54 | 61.52% | | | | | | |
| Total Fat (g) | 19.41 | 21.39% | | | | | | |
| Saturated Fat (g) | 5.97 | 6.59% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.17 | 0.19% | | | Missing | | | |

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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) | 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 - 11/11/2024 | | | | | | | | | | | | | | | |
| 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 |

| | 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 - 11/12/2024 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| HOT DOG ON A BUN:Turkey Frank | 4oz Hotdog | 259 | 45 | 819 | 3.98 | 2.51 | 99.9 | 15 | 0.0 | 4 | 11.97 | 29.85 | 11.49 | 2.50 | 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 |
| 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 |
| Potato Fries HS | 1 C | 220 | 0 | 60 | 2.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 2.0 | 34.0 | 8.0 | 1.00 | 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 |
| 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 |
| Weighted Daily Average | | 773 | 50 | 1265 | 12.33 | 4.43 | 397.2 | 690 | 7.51 | 33 | 28.11 | 120.84 | 22.66 | 4.20 | 0.00 |
| % of Calories | | | | | | | | | | 17.0% | 14.6% | 62.6% | 26.4% | 4.9% | 0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

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|-----------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/13/2024 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| Turkey Ham 3oz (JO). | 3.01 oz | 110 | 55 | 480 | 0.00 | 0.70 | 0.0 | 0 | 0.0 | 0 | 14.0 | 1.0 | 5.0 | 1.50 | 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 |
| 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 |
| Romaine, Tomato, Carrot, Cucumber | 1.5 C | 23 | 0 | 16 | 2.03 | 0.66 | 26.9 | 6792 | 9.39 | *0 | 1.2 | 4.97 | 0.29 | 0.05 | *0.00 |
| Sunflower & Jelly Sandwich 2 | 5.6 oz | 620 | 0 | 600 | 8.00 | 10.00 | 54.0 | *N/A* | *N/A* | 22 | 18.0 | 66.0 | 30.0 | 4.00 | 0.00 |
| Weighted Daily Average | | 585 | 60 | 868 | 11.37 | 4.27 | 315.9 | *7545 | *31.07 | *43 | 29.47 | 100.00 | 9.74 | 2.64 | *0.00 |
| % of Calories | | | | | | | | | | *29.7% | 20.1% | 68.3% | 15.0% | 4.1% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

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Page 2

Generated on: 10/30/2024 12:37:21 PM

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|---------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/14/2024 | | | | | | | | | | | | | | | |
| 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 |
| Pinto Beans 1C | 1 C | 209 | 0 | 628 | 8.72 | 3.49 | 73.3 | 0 | 0.0 | 2 | 12.21 | 36.64 | 0.0 | 0.00 | 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, 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 | 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 | | 1060 | 97 | 1181 | 13.68 | 8.98 | 439.5 | 1159 | 21.19 | *52 | 48.87 | 149.17 | 23.95 | 8.39 | *1.14 |
| % of Calories | | | | | | | | | | *19.6% | 18.4% | 56.3% | 20.3% | 7.1% | *1.0% |
| 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) |
|---------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/15/2024 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| Chicken Patty. | 1 oz | 120 | 50 | 210 | 0.00 | 0.36 | 20.0 | 100 | 0.0 | 0 | 6.0 | 5.0 | 8.0 | 2.00 | 0.00 |
| Marinara Sauce 1C (F) | 1 c | 100 | 0 | 180 | 4.00 | 2.88 | 40.0 | 1000 | 0.0 | 12 | 2.0 | 20.0 | 2.0 | 0.00 | 0.00 |
| Mozarella Cheese | 1 oz | 86 | 15 | 152 | 0.00 | 0.00 | 202.5 | 101 | 0.0 | 0 | 7.09 | 0.0 | 6.08 | 4.05 | 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. | 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 |
| 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 |
| 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 |
| GREEN BEANS. | 3/4 CUP | 30 | 0 | 1 | 3.24 | 0.71 | 45.4 | 453 | 4.43 | 2 | 1.61 | 6.97 | 0.18 | 0.05 | 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 |
| Weighted Daily Average | | 728 | 72 | 1004 | 17.56 | 6.48 | 680.9 | 9983 | 98.15 | 43 | 33.63 | 105.93 | 18.77 | 6.84 | 0.00 |
| % of Calories | | | | | | | | | | 23.9% | 18.5% | 58.2% | 23.2% | 8.5% | 0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|------|-------|------|-------|-------|--------|--------|-------|--------|-------|------|-------|
| Weighted Average | | 786 | 70 | 1079 | 13.74 | 6.04 | 458.4 | *4844 | *39.48 | *43 | 35.02 | 118.99 | 18.78 | 5.52 | *0.28 |
| | | | | | | | | | | *49.1% | 17.8% | 60.5% | 21.5% | 6.3% | *0.3% |

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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Top Spanish Cafe & Catering

Nov 11, 2024 thru Nov 15, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 3

Generated on: 10/30/2024 12:37:21 PM

| 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 | 786 | | 750 - 850 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 70 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 1079 | | 1420 | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 1079 | | 1080 | | | | | | | | | | | | | | |
| Fiber (g) | 13.74 | | | | | | | | | | | | | | | | |
| Iron (mg) | 6.04 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 458.4 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 4844 | | | | Missing | | | | | | | | | | | | |
| Sugars (g) | 43 | 21.83% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 39.48 | | | | Missing | | | | | | | | | | | | |
| Protein (g) | 35.02 | 17.81% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 118.99 | 60.52% | | | | | | | | | | | | | | | |
| Total Fat (g) | 18.78 | 21.49% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 5.52 | 6.31% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.28 | 0.32% | | | 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

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Top Spanish Cafe & Catering

Nov 18, 2024 thru Nov 22, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 1

Generated on: 10/30/2024 12:38:20 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 - 11/18/2024 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| Weighted Daily Average | | 707 | 95 | 1681 | 8.05 | 2.91 | 320.8 | 1003 | 21.37 | 59 | 33.18 | 120.67 | 11.83 | 2.89 | 0.00 |
| % of Calories | | | | | | | | | | 33.3% | 18.8% | 68.3% | 15.1% | 3.7% | 0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-------------------------------|-------|---------|----|------|-------|------|-------|------|-------|--------|-------|--------|-------|--------|-------|
| Tue - 11/19/2024 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 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 | | 651 | 82 | 443 | 13.39 | 3.60 | 421.0 | 1258 | 26.97 | *43 | 36.98 | 105.88 | 13.35 | 7.12 | *0.00 |
| % of Calories | | | | | | | | | | *26.2% | 22.7% | 65.1% | 18.5% | 9.8% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Top Spanish Cafe & Catering

Nov 18, 2024 thru Nov 22, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 2

Generated on: 10/30/2024 12:38:20 PM

| | 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 - 11/20/2024 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| Chicken Patty-3oz * | 3 oz | 240 | 25 | 440 | 3.00 | 1.90 | 30.0 | 0 | 0.0 | 1 | 14.01 | 16.01 | 14.01 | 2.50 | 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 |
| Sweet potatoes Fries-HS | 1 cup | 309 | 0 | 248 | 9.69 | 1.31 | 88.4 | 14746 | 12.75 | 22 | 3.67 | 60.49 | 15.16 | 1.97 | 0.07 |
| 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 |
| 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 |
| 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 |
| Sun Chip Original | 1 | 138 | 0 | 119 | 2.96 | 1.27 | 0.0 | 0 | 0.0 | 0 | 1.97 | 18.77 | 5.93 | 0.99 | 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 |
| 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 | | 1205 | 32 | 1428 | 18.65 | 6.48 | 404.4 | 15371 | 97.95 | 59 | 33.71 | 160.97 | 57.64 | 9.16 | 0.07 |
| % of Calories | | | | | | | | | | 19.6% | 11.2% | 53.4% | 43.1% | 6.8% | 0.1% |
| 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 - 11/21/2024 | | | | | | | | | | | | | | | |
| 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 |
| BROCCOLI: fresh, boiled HS | 1 CUP | 55 | 0 | 64 | 5.15 | 1.05 | 62.4 | 2415 | 101.24 | 2 | 3.71 | 11.2 | 0.64 | 0.12 | 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 |
| Pizza Cheese HS | 2 Slices | 760 | 100 | 1730 | 4.00 | 2.52 | 840.0 | 1550 | 21.0 | 12 | 36.0 | 66.0 | 38.0 | 19.00 | 0.00 |
| Weighted Daily Average | | 738 | 101 | 1380 | 12.15 | 3.25 | 858.4 | 4526 | 119.21 | 35 | 40.39 | 87.96 | 25.44 | 12.72 | 0.00 |
| % of Calories | | | | | | | | | | 19.2% | 21.9% | 47.7% | 31.0% | 15.5% | 0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Top Spanish Cafe & Catering

Nov 18, 2024 thru Nov 22, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 3

Generated on: 10/30/2024 12:38:20 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 - 11/22/2024 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| CHILI CON CARNE W/BEANS.. | 4 OZ | 179 | 43 | 181 | 2.34 | 2.84 | 45.7 | 587 | 7.92 | *3 | 14.18 | 8.58 | 9.96 | 3.69 | *0.54 |
| 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 |
| 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 |
| Pinto Beans 1C | 1 C | 209 | 0 | 628 | 8.72 | 3.49 | 73.3 | 0 | 0.0 | 2 | 12.21 | 36.64 | 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 | | 564 | 49 | 351 | 6.71 | 3.63 | 317.5 | 1179 | 9.19 | *39 | 24.44 | 83.93 | 12.44 | 4.31 | *0.52 |
| % of Calories | | | | | | | | | | *27.4% | 17.3% | 59.6% | 19.9% | 6.9% | *0.8% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|------|-------|------|-------|------|-------|--------|-------|--------|-------|------|-------|
| Weighted Average | | 773 | 72 | 1057 | 11.79 | 3.97 | 464.4 | 4668 | 54.94 | *47 | 33.74 | 111.88 | 24.14 | 7.24 | *0.12 |
| | | | | | | | | | | *54.6% | 17.5% | 57.9% | 28.1% | 8.4% | *0.1% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 773 | | 750 - 850 | 100% | | | | |
| Cholesterol (mg) | 72 | | | | | | | |
| Sodium 1 (mg) | 1057 | | 1420 | | | | | |
| Sodium 2 (mg) | 1057 | | 1080 | | | | | |
| Fiber (g) | 11.79 | | | | | | | |
| Iron (mg) | 3.97 | | | | | | | |
| Calcium (mg) | 464.4 | | | | | | | |
| Vitamin A (IU) | 4668 | | | | | | | |
| Sugars (g) | 47 | 24.26% | | | Missing | | | |
| Vitamin C (mg) | 54.94 | | | | | | | |
| Protein (g) | 33.74 | 17.47% | | | | | | |
| Carbohydrate (g) | 111.88 | 57.91% | | | | | | |
| Total Fat (g) | 24.14 | 28.12% | | | | | | |
| Saturated Fat (g) | 7.24 | 8.43% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.12 | 0.14% | | | Missing | | | |

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Top Spanish Cafe & Catering

Nov 25, 2024 thru Nov 29, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 1

Generated on: 10/30/2024 12:51:09 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 - 11/25/2024 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 |
| Potato Fries HS | 1 C | 220 | 0 | 60 | 2.00 | 0.72 | 0.0 | 0 | 0.0 | 0 | 2.0 | 34.0 | 8.0 | 1.00 | 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 |
| 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 |
| Granola Bar. | 0.89 oz | 90 | 0 | 55 | 1.00 | 0.50 | 110.0 | 0 | 0.0 | 6 | 2.0 | 19.0 | 1.5 | 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 | | 713 | 56 | 766 | 8.38 | 3.83 | 394.1 | 868 | 7.51 | 28 | 28.89 | 93.23 | 25.58 | 9.04 | 0.48 |
| % of Calories | | | | | | | | | | 15.7% | 16.2% | 52.3% | 32.3% | 11.4% | 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 - 11/26/2024 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| Roasted Turkey HS | 3 oz | 237 | 139 | 209 | 0.21 | 1.64 | 25.7 | 33 | 0.45 | *0 | 39.63 | 0.59 | 7.31 | 1.85 | *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 |
| MASHED POTATOES,mlk+but-9-1 | 1 CUP | 204 | 29 | 344 | 1.68 | 0.34 | 67.2 | 361 | 20.37 | 3 | 3.72 | 22.83 | 10.77 | 6.70 | 0.37 |
| 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, 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 |
| 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 |
| Weighted Daily Average | | 917 | 172 | 1010 | 13.54 | 4.18 | 470.7 | 1628 | 35.19 | *36 | 57.30 | 102.39 | 31.30 | 10.88 | *0.37 |
| % of Calories | | | | | | | | | | *15.9% | 25.0% | 44.7% | 30.7% | 10.7% | *0.4% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Top Spanish Cafe & Catering

Nov 25, 2024 thru Nov 29, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 2

Generated on: 10/30/2024 12:51:09 PM

| | 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 - 11/27/2024 | | | | | | | | | | | | | | | |
| HS Lunch | Total | | | | | | | | | | | | | | |
| MACARONI AND CHEESE | 1 Portion | 331 | 14 | 1114 | 1.09 | 1.47 | 510.1 | 404 | 1.57 | *15 | 22.04 | 39.35 | 9.1 | 3.06 | *0.02 |
| 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, 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 |
| CARROTS: fresh, boiled-K5 | 1/2 C | 27 | 0 | 45 | 2.34 | 0.27 | 23.4 | 13286 | 2.81 | 3 | 0.59 | 6.41 | 0.14 | 0.02 | 0.00 |
| Weighted Daily Average | | 685 | 21 | 1247 | 12.74 | 3.19 | 840.8 | 3056 | 97.03 | *58 | 37.78 | 115.12 | 11.19 | 4.04 | *0.02 |
| % of Calories | | | | | | | | | | *33.9% | 22.1% | 67.3% | 14.7% | 5.3% | *0.0% |
| Nutrient Guideline | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------------|---------|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|------|
| Thu - 11/28/2024 | | | | | | | | | | | | | | | |
| 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 | |

| | | | | | | | | | | | | | | | |
|------------------------|---------|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|------|
| Fri - 11/29/2024 | | | | | | | | | | | | | | | |
| 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 | |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|------|-------|------|-------|------|-------|--------|-------|--------|-------|------|-------|
| Weighted Average | | 771 | 83 | 1008 | 11.55 | 3.74 | 568.5 | 1851 | 46.58 | *41 | 41.32 | 103.58 | 22.69 | 7.99 | *0.29 |
| | | | | | | | | | | *47.6% | 21.4% | 53.7% | 26.5% | 9.3% | *0.3% |

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Top Spanish Cafe & Catering

Nov 25, 2024 thru Nov 29, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 3

Generated on: 10/30/2024 12:51:09 PM

| 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 | 771 | | 750 - 850 | | 100% | | | | | | | | | | | | |
| Cholesterol (mg) | 83 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 1008 | | | 1420 | | | | | | | | | | | | | |
| Sodium 2 (mg) | 1008 | | | 1080 | | | | | | | | | | | | | |
| Fiber (g) | 11.55 | | | | | | | | | | | | | | | | |
| Iron (mg) | 3.74 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 568.5 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 1851 | | | | | | | | | | | | | | | | |
| Sugars (g) | 41 | 21.17% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 46.58 | | | | | | | | | | | | | | | | |
| Protein (g) | 41.32 | 21.43% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 103.58 | 53.71% | | | | | | | | | | | | | | | |
| Total Fat (g) | 22.69 | 26.47% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 7.99 | 9.32% | | <10.00% | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.29 | 0.34% | | | | Missing | | | | | | | | | | | |

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