

# Top Spanish Cafe & Catering

Feb 3, 2025 thru Feb 28, 2025

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 <sup>1</sup> (g)
Mon - 02/03/2025															
HS Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	220	0	320	8.00	3.60	120.0	600	7.2	12	4.0	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		411	7	438	13.34	3.84	394.4	1225	15.82	40	12.15	82.46	6.32	0.75	0.00
% of Calories										39.4%	11.8%	80.2%	13.8%	1.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 02/04/2025															
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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		401	27	512	2.00	1.89	638.0	645	85.30	37	15.98	65.45	7.69	4.71	0.00
% of Calories										37.0%	16.0%	65.4%	17.3%	10.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 02/05/2025															
HS Breakfast	Total														
Fat Free Yogurt	4 oz	100	4	50	0.00	0.00	120.4	100	0.0	14	3.01	21.07	0.5	0.00	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
Gluten Free Cheerios.	2 oz	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		362	11	207	2.16	1.33	398.4	750	1.37	65	11.16	76.28	1.82	0.71	0.00
% of Calories										72.0%	12.3%	84.4%	4.5%	1.8%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Feb 3, 2025 thru Feb 28, 2025

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 <sup>1</sup> (g)
Thu - 02/06/2025															
HS Breakfast	Total														
Whole Grain Pancakes 2.6oz	2 oz	160	8	180	2.00	1.46	73.2	0	0.0	10	4.0	30.0	3.0	0.00	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
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		505	44	392	5.31	2.01	342.6	669	7.48	55	17.77	92.41	8.29	1.72	0.00
% of Calories										43.4%	14.1%	73.2%	14.8%	3.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 02/07/2025															
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
Banana <sup>2</sup>	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	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		562	7	367	8.20	1.06	291.2	799	21.86	64	15.48	110.75	9.68	2.40	0.00
% of Calories										45.3%	11.0%	78.9%	15.5%	3.8%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 02/10/2025															
HS Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	220	0	320	8.00	3.60	120.0	600	7.2	12	4.0	44.0	5.0	0.00	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
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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		479	7	470	9.92	4.55	396.1	1232	8.33	64	12.00	99.00	6.13	0.71	0.00
% of Calories										53.4%	10.0%	82.7%	11.5%	1.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 02/11/2025															
HS Breakfast	Total														
Fat Free Yogurt	4 oz	100	4	50	0.00	0.00	120.4	100	0.0	14	3.01	21.07	0.5	0.00	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
Gluten Free Cheerios.	2 oz	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	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
Weighted Daily Average		430	11	242	7.07	2.99	506.4	750	1.37	59	15.08	89.04	3.30	0.71	0.00
% of Calories										55.0%	14.0%	82.8%	6.9%	1.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 02/12/2025															
HS Breakfast	Total														
Whole Grain French Toast 3oz	3 oz	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Turkey Bacon.2s	0.25 oz	42	12	219	0.00	0.14	0.0	0	0.0	0	3.54	0.35	2.83	0.71	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
JELLY.	10 GRAMS	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		442	29	587	5.31	0.91	347.5	975	92.15	36	18.18	68.45	10.86	2.38	0.00
% of Calories										32.9%	16.5%	62.0%	22.1%	4.8%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 02/13/2025															
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
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	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00

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Base Menu Spreadsheet

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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 <sup>1</sup> (g)
Weighted Daily Average		581	17	281	8.20	2.96	310.2	799	21.86	58	14.54	111.70	10.63	1.92	0.00
% of Calories										39.9%	10.0%	76.9%	16.5%	3.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 02/14/2025															
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
100% Apple Juice (Ardmore)	1 C	120	0	30	0.00	0.00	0.0	0	0.0	26	0.0	28.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		453	7	423	3.01	2.06	307.9	648	1.33	51	11.96	80.10	8.90	2.13	0.00
% of Calories										45.3%	10.6%	70.8%	17.7%	4.2%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 02/17/2025															
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 - 02/18/2025															
HS Breakfast	Total														
Cer/Cinnamon Toast Crunch 2oz	2 oz	220	0	320	8.00	3.60	120.0	600	7.2	12	4.0	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		450	7	436	9.82	3.52	438.4	1181	8.17	51	13.51	87.35	6.07	0.71	0.00
% of Calories										45.5%	12.0%	77.7%	12.1%	1.4%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Base Menu Spreadsheet

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/19/2025															
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	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		442	41	309	2.06	2.34	301.3	*648	*85.33	50	14.91	78.94	7.95	1.66	0.00
% of Calories										45.3%	13.5%	71.4%	16.2%	3.4%	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 <sup>1</sup> (g)
Thu - 02/20/2025															
HS Breakfast	Total														
Whole Grain Waffles 2.6oz	2 oz	180	8	220	0.00	1.40	60.0	0	0.0	4	4.0	24.0	6.0	1.00	0.00
SCRAMBLED EGGS..	2 oz	91	187	171	0.00	0.89	95.0	271	0.3	3	8.19	3.2	4.79	1.59	*0.02
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		555	196	510	3.31	2.43	421.4	931	7.78	52	19.89	89.51	12.06	3.29	*0.02
% of Calories										37.3%	14.3%	64.5%	19.6%	5.3%	*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 <sup>1</sup> (g)
Fri - 02/21/2025															
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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		402	27	484	7.52	2.21	654.0	690	8.95	34	14.62	68.56	7.94	4.75	0.00
% of Calories										34.3%	14.5%	68.2%	17.8%	10.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Top Spanish Cafe & Catering

Feb 3, 2025 thru Feb 28, 2025

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 <sup>1</sup> (g)
<b>Mon - 02/24/2025</b>															
HS Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	220	0	320	8.00	3.60	120.0	600	7.2	12	4.0	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		411	7	438	13.34	3.84	394.4	1225	15.82	40	12.15	82.46	6.32	0.75	0.00
% of Calories										39.4%	11.8%	80.2%	13.8%	1.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

<b>Tue - 02/25/2025</b>															
HS Breakfast	Total														
Whole Grain French Toast 3oz	3 oz	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Turkey Bacon.2s	0.25 oz	42	12	219	0.00	0.14	0.0	0	0.0	0	3.54	0.35	2.83	0.71	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
JELLY.	10 GRAMS	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		466	29	615	1.92	0.71	281.3	594	85.14	43	18.78	73.14	10.63	2.35	0.00
% of Calories										37.1%	16.1%	62.7%	20.5%	4.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

<b>Wed - 02/26/2025</b>															
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
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	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		581	17	281	8.20	2.96	310.2	799	21.86	58	14.54	111.70	10.63	1.92	0.00
% of Calories										39.9%	10.0%	76.9%	16.5%	3.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Top Spanish Cafe & Catering

Feb 3, 2025 thru Feb 28, 2025

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 <sup>1</sup> (g)
<b>Thu - 02/27/2025</b>															
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	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		372	27	484	5.31	2.06	646.2	720	7.65	31	14.33	60.51	7.93	4.75	0.00
% of Calories										33.7%	15.4%	65.0%	19.2%	11.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	
<b>Fri - 02/28/2025</b>															
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	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4	105	0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		472	7	365	4.06	0.44	279.4	648	1.33	59	14.91	84.84	8.90	2.13	0.00
% of Calories										49.9%	12.6%	72.0%	17.0%	4.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	
Weighted Average		462	28	413	6.32	2.32	403.1	*838	*26.26	50	14.84	84.88	8.00	2.13	*0.00
										97.3%	12.9%	73.5%	15.6%	4.1%	*0.0%

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# Top Spanish Cafe & Catering

Feb 3, 2025 thru Feb 28, 2025

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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	462		450 - 600	100%												
Cholesterol (mg)	28															
Sodium 1 (mg)	413		640	64%												
Fiber (g)	6.32															
Iron (mg)	2.32															
Calcium (mg)	403.1															
Vitamin A (IU)	838				Missing											
Sugars (g)	50	43.25%														
Vitamin C (mg)	26.26				Missing											
Protein (g)	14.84	12.85%														
Carbohydrate (g)	84.88	73.51%														
Total Fat (g)	8.00	15.60%														
Saturated Fat (g)	2.13	4.15%	<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing											

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