

# Top Spanish Cafe & Catering

Jan 5, 2026 thru Jan 30, 2026

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 <sup>1</sup> (g)
Mon - 01/05/2026															
HS Lunch	Total														
Baked Glazed Chicken Drumstick	3.2 oz	150	90		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		2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
MIXED VEG. :frozen,boiled 1C	1 CUP	66	0		4.06	1.01	46.0	458	30.03	*2	3.09	14.97	0.53	0.14	0.00
Apples.	1 cup	72	0		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Vegetarian Chick'N Nuggets	3oz (4piece)	170	0		3.00	2.20	40.0	0	0.0	2	12.0	18.0	8.0	1.00	0.00
CARROTS: fresh, boiled-HS	1 CUP	55	0		4.68	0.53	46.8	26571	5.62	5	1.19	12.82	0.28	0.05	0.00
KETCHUP: individual (WC)	9 grams	10	0		0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		582	96	949	14.10	3.83	416.8	27729	43.20	*38	33.55	90.12	11.30	2.96	0.00
% of Calories										*26.1%	23.0%	61.9%	17.5%	4.6%	0.0%
Nutrient Guideline		750-850												<10.00	

Tue - 01/06/2026															
HS Lunch	Total														
CHICKEN ALFREDO W/ A TWIST HS	10 OZ	326	80		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		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		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	90	5		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		664	82	462	14.86	3.83	425.0	2552	95.22	*43	40.67	107.02	13.34	7.09	*0.00
% of Calories										*25.7%	24.5%	64.4%	18.1%	9.6%	*0.0%
Nutrient Guideline		750-850												<10.00	

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

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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)	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 - 01/07/2026															
HS Lunch	Total														
Rice and Beans HS.	1 Cup	296	0		11.68	3.16	82.6	190	36.31	*3	11.07	57.33	2.94	0.57	*0.00
CORN: frozen, yellow	1 CUP	134	0		3.96	0.78	5.0	328	5.78	5	4.21	31.85	1.11	0.17	0.00
Mozarella Cheese	1 oz	81	20		0.00	0.00	200.5	0	0.0	1	7.09	2.03	6.08	3.04	0.00
PEARS,FRESH	1 cup	101	0		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Taco Sauce.	100grams	54	0		1.30	1.03	15.0	536	23.5	*N/A*	1.16	13.08	0.32	0.04	*N/A*
Weighted Daily Average		766	28	1262	22.46	5.28	594.0	1724	74.43	*38	32.16	144.39	11.94	4.61	*0.00
% of Calories										*19.9%	16.8%	75.4%	14.0%	5.4%	*0.0%
Nutrient Guideline		750-850												<10.00	

Thu - 01/08/2026															
HS Lunch	Total														
Chicken Nuggets	3 oz	260	30		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		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		4.68	0.53	46.8	26571	5.62	5	1.19	12.82	0.28	0.05	0.00
100% Grape Juice 8oz	8 oz	160	0		0.00	0.00	40.0	0	0.0	36	0.0	36.0	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5		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		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		5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	1.00	0.00
Weighted Daily Average		703	37	1056	8.74	4.02	445.3	27196	6.82	54	30.13	101.84	16.36	3.27	0.00
% of Calories										31.0%	17.2%	58.0%	21.0%	4.2%	0.0%
Nutrient Guideline		750-850												<10.00	

Fri - 01/09/2026															
HS Lunch	Total														
BEEF for TACOs 4oz.*	4 oz	185	54		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	174	0		8.72	1.74	69.8	0	0.0	2	10.47	31.4	0.0	0.00	0.00
Taco Shell-7" HS/Mission	2 shells	210	0		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		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		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		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Vegetarian Meat Taco.	3 oz	213	0		7.00	2.59	61.8	4062	7.67	5	19.06	20.63	7.82	1.03	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)	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)
Weighted Daily Average		740	60	459	15.96	4.17	448.2	1378	94.67	*29	38.01	94.22	22.47	6.24	*0.67
% of Calories										*15.5%	20.5%	50.9%	27.3%	7.6%	*0.8%
Nutrient Guideline		750-850												<10.00	

Mon - 01/12/2026															
HS Lunch	Total														
Chicken Patty-3oz *	3 oz	240	25		3.00	1.90	30.0	0	0.0	1	14.01	16.01	14.01	2.50	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0		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		6.60	1.38	76.0	38436	39.2	13	4.02	41.42	0.3	0.10	0.00
MILK, 1%, Unflavored.	8 oz	110	10		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		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
100% Apple Juice (Ardmore)	1 C	120	0		0.00	0.00	0.0	0	0.0	26	0.0	28.0	0.0	0.00	0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Vegetarian Patty.	2.5 oz	140	0		3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
Diced Chicken Tyson	2.3 oz	101	43		0.00	0.47	0.0	0	0.0	0	13.97	0.78	3.88	1.16	0.00
Gluten Free Bread	2 oz	140	0		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		0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		779	32	1026	11.61	4.78	421.8	39066	40.35	55	30.11	126.32	16.42	3.31	0.00
% of Calories										28.2%	15.5%	64.9%	19.0%	3.8%	0.0%
Nutrient Guideline		750-850												<10.00	

Tue - 01/13/2026															
HS Lunch	Total														
Meatloaf 3oz	2 oz	180	35		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		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		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		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		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Black Bean Patty	2.9 oz	150	0		5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	1.00	0.00
Weighted Daily Average		860	71	1309	15.00	5.12	473.1	1900	51.07	53	32.37	131.68	24.78	12.13	0.85
% of Calories										24.5%	15.1%	61.3%	25.9%	12.7%	0.9%
Nutrient Guideline		750-850												<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 <sup>1</sup> (g)
Wed - 01/14/2026															
HS Lunch	Total														
SPANISH RICE With Chicken HS	10 Oz	319	88		1.72	4.01	38.4	383	12.53	*2	34.71	36.56	4.51	1.26	*0.00
Black beans 1C	1 C	174	0		8.72	1.74	69.8	0	0.0	2	10.47	31.4	0.0	0.00	0.00
Orange Navel	1 Cup	75	0		3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, Skim, Unflavored.	8 oz	90	5		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		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
RICE With Vegetarian Meat	6 Oz	245	0		6.76	3.42	53.9	366	11.39	*2	15.58	47.06	1.36	0.29	*0.00
Weighted Daily Average		662	93	622	13.96	5.94	434.8	1353	104.65	*28	53.66	99.82	5.85	1.97	*0.00
% of Calories										*17.0%	32.4%	60.3%	8.0%	2.7%	*0.0%
Nutrient Guideline		750-850													<10.00

Thu - 01/15/2026															
HS Lunch	Total														
Pizza Cheese HS	2 Slices	760	100		4.00	4.08	860.0	1550	21.0	12	36.0	64.0	38.0	19.00	0.00
BROCCOLI: frozen, boiled HS	1 CUP	52	0		5.52	1.12	60.7	1860	73.78	3	5.7	9.84	0.22	0.03	0.00
PEARS,FRESH	1 cup	101	0		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		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		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		1007	107	1875	15.04	5.52	1196.5	4046	103.57	43	49.90	113.24	39.64	19.78	0.00
% of Calories										17.2%	19.8%	45.0%	35.4%	17.7%	0.0%
Nutrient Guideline		750-850													<10.00

Fri - 01/16/2026															
HS Lunch	Total														
Whole Grain Fish Pollock	2 oz	180	45		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		3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
MIXED VEG. :frozen,boiled 1C	1 CUP	66	0		4.06	1.01	46.0	458	30.03	*2	3.09	14.97	0.53	0.14	0.00
Apples.	1 cup	72	0		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		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00

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Weighted Daily Average		552	52	685	11.49	4.34	342.3	1168	37.53	*32	31.06	89.22	10.73	1.93	0.00
% of Calories										*22.9%	22.5%	64.6%	17.5%	3.2%	0.0%
Nutrient Guideline		750-850												<10.00	

Mon - 01/19/2026															
HS Lunch	Total														
NO SCHOOL TODAY	SERVING	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												<10.00	

Tue - 01/20/2026															
HS Lunch	Total														
HOT DOG ON A BUN:Turkey Frank	4oz Hotdog	249	45		2.98	1.79	105.9	0	0.0	4	12.97	27.86	11.99	2.50	0.00
Hot Dog Bun-Ultra	2oz Bun	130	0		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		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		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		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		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		5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	1.00	0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
KETCHUP: individual (WC)	9 grams	10	0		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		0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
Weighted Daily Average		869	52	1491	11.33	3.75	414.4	700	7.55	35	29.34	122.72	33.36	5.76	0.00
% of Calories										16.2%	13.5%	56.5%	34.5%	6.0%	0.0%
Nutrient Guideline		750-850												<10.00	

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

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# Top Spanish Cafe & Catering

Jan 5, 2026 thru Jan 30, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	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)
Wed - 01/21/2026															
HS Lunch	Total														
GROUND BEEF &SPANISH RICE 9-12	10 oz	604	93		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		8.72	3.49	73.3	0	0.0	2	12.21	36.64	0.0	0.00	0.00
Banana2	1 C	210	0		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		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		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		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		1112	97	1144	19.84	9.59	420.7	1341	39.39	*45	51.66	165.68	24.54	8.63	*1.14
% of Calories										*16.3%	18.6%	59.6%	19.9%	7.0%	*0.9%
Nutrient Guideline		750-850												<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 <sup>1</sup> (g)
Thu - 01/22/2026															
HS Lunch	Total														
Chicken Patty-3oz *	3 oz	240	25		3.00	1.90	30.0	0	0.0	1	14.01	16.01	14.01	2.50	0.00
Marinara Sauce 1/4C (F)	1/4 C	25	0		1.00	0.72	10.0	250	0.0	3	0.5	5.0	0.5	0.00	0.00
Mozarella Cheese	1 oz	81	20		0.00	0.00	200.5	0	0.0	1	7.09	2.03	6.08	3.04	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0		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		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		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		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		3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Vegetarian Patty.	2.5 oz	140	0		3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
Weighted Daily Average		767	52	1140	17.40	5.81	668.0	9045	97.99	37	40.24	103.97	23.17	6.32	0.00
% of Calories										19.2%	21.0%	54.2%	27.2%	7.4%	0.0%
Nutrient Guideline		750-850												<10.00	

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# Top Spanish Cafe & Catering

Jan 5, 2026 thru Jan 30, 2026

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 <sup>1</sup> (g)
Fri - 01/23/2026															
HS Lunch	Total														
Turkey Bologna 3oz (FF)	2 oz	130	40		0.00	0.72	60.0	0	0.0	0	6.0	1.0	11.0	2.50	0.00
Whole Grain Bun 2oz.	2 oz	130	0		3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
PEARS,FRESH	1 cup	101	0		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		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		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Romaine,Tomato,Carrot,Cucumber	1.75 C	31	0		2.57	0.78	31.4	7167	15.55	*0	1.6	6.72	0.38	0.06	*0.00
Sunflower & Jelly Sandwich	2.8 oz	310	0		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	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
American Cheese Pullman	1 oz	40	10		0.00	0.00	75.0	0	0.0	1	2.0	1.0	3.0	1.75	0.00
Mayonnaise	12.4 GRA	90	0		0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
Weighted Daily Average		626	57	1142	11.15	3.89	467.8	7836	24.41	*32	22.29	75.37	27.45	6.59	*0.00
% of Calories										*20.6%	14.2%	48.2%	39.5%	9.5%	*0.0%
Nutrient Guideline		750-850												<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)
Mon - 01/26/2026															
HS Lunch	Total														
Beef Patty 2.25 Oz	2.25 oz	130	35		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		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		3.81	1.47	21.8	4	35.74	*1	3.72	31.73	1.07	0.18	0.00
Apples.	1 cup	72	0		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		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		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		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		0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
American Cheese.	2 oz	140	30		0.00	0.00	200.0	400	0.0	0	8.0	1.8	12.0	7.00	0.00
Weighted Daily Average		730	72	1172	10.17	4.65	528.4	1103	43.29	*32	35.16	95.67	25.02	11.92	0.49
% of Calories										*17.4%	19.3%	52.5%	30.9%	14.7%	0.6%
Nutrient Guideline		750-850												<10.00	

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# Top Spanish Cafe & Catering

Jan 5, 2026 thru Jan 30, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	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)
Tue - 01/27/2026															
HS Lunch	Total														
Mac&Cheese with Chicken.HS	7 oz	433	58		4.62	1.26	379.3	*493	*1.0	9	25.94	51.3	13.78	7.20	0.00
CARROTS: fresh, boiled-HS	1 CUP	55	0		4.68	0.53	46.8	26571	5.62	5	1.19	12.82	0.28	0.05	0.00
Banana2	1 C	210	0		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		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		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Macaroni and CheeseHS	12 oz	580	60		4.00	2.16	840.0	1600	0.0	12	34.0	62.0	22.0	12.00	0.00
Weighted Daily Average		800	66	1055	15.43	2.42	720.8	*27860	*28.33	55	37.83	131.21	16.23	8.35	0.00
% of Calories										27.5%	18.9%	65.6%	18.3%	9.4%	0.0%
Nutrient Guideline		750-850												<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 <sup>1</sup> (g)
Wed - 01/28/2026															
HS Lunch	Total														
Green Salad with Grilled Chick	1 Salad Bo	201	60		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		1.00	0.20	30.0	0	0.0	0	2.0	16.0	10.0	1.50	0.00
Ranch Dressing.	24Grams	20	0		0.00	0.00	40.0	0	0.0	2	0.0	6.0	0.0	0.00	0.00
Orange Navel	1 Cup	75	0		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		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		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Green Salad with Tofu	1 Salad Bo	171	0		4.20	2.89	103.8	5039	23.29	*1	12.41	20.39	5.34	0.78	*0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		554	66	1248	7.60	1.88	459.2	6039	115.47	*29	32.58	73.58	14.83	2.54	*0.00
% of Calories										*20.6%	23.5%	53.1%	24.1%	4.1%	*0.0%
Nutrient Guideline		750-850												<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 <sup>1</sup> (g)
Thu - 01/29/2026															
HS Lunch	Total														
Chicken Corn Dog Nuggets	4.04 oz	310	50		3.00	1.60	20.0	0	0.0	6	14.0	26.0	16.0	3.50	0.00
100% Grape Juice 8oz	8 oz	160	0		0.00	0.00	40.0	0	0.0	36	0.0	36.0	0.0	0.00	0.00
Baked Beans 1C	1 C	280	0		10.00	3.40	100.0	0	0.0	22	14.0	58.0	1.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5		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		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		5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	1.00	0.00
Lactose Free Milk.	8 oz	80	4		0.00	0.00	300.0	750	0.0	12	8.0	12.0	0.0	0.00	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0		2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00

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Jan 5, 2026 thru Jan 30, 2026

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 <sup>1</sup> (g)
Weighted Daily Average		847	57	1427	13.04	5.00	436.8	629	1.16	76	36.01	132.88	18.03	4.18	0.00
% of Calories										35.9%	17.0%	62.7%	19.2%	4.4%	0.0%
Nutrient Guideline		750-850												<10.00	

Fri - 01/30/2026															
HS Lunch	Total														
BROWN RICE 1C.	8 oz	160	0		1.88	0.68	2.5	0	0.0	0	0.0	32.9	1.41	0.00	0.00
Beef Meatballs	2.5 oz	180	30		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		4.00	2.88	40.0	1000	0.0	12	2.0	20.0	2.0	0.00	0.00
GREEN BEANS: frozen,boiled 1C	1 CUP	38	0		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		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		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		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		6.87	2.16	7.7	157	2.06	*1	10.91	46.21	2.24	0.12	*0.00
Weighted Daily Average		676	37	512	16.45	6.12	419.1	2221	14.42	*45	25.58	105.54	16.92	5.77	*0.00
% of Calories										*26.5%	15.1%	62.5%	22.5%	7.7%	*0.0%
Nutrient Guideline		750-850												<10.00	

Weighted Average		752	64		13.98	4.73	512.3	*8678	*53.87	*42	35.91	110.76	19.60	6.49	*0.17
										*50.3%	19.1%	58.9%	23.4%	7.8%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	752		750 - 850	100%				
Cholesterol (mg)	64							
Sodium 1a (mg)	1054		1280	82%				
Fiber (g)	13.98							
Iron (mg)	4.73							
Calcium (mg)	512.3							
Vitamin A (IU)	8678				Missing			
Sugars (g)	42	22.34%			Missing			
Vitamin C (mg)	53.87				Missing			
Protein (g)	35.91	19.09%						
Carbohydrate (g)	110.76	58.88%						
Total Fat (g)	19.60	23.44%						
Saturated Fat (g)	6.49	7.77%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.17	0.20%			Missing			

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