

Top Spanish Cafe & Catering

Feb 2, 2026 thru Feb 27, 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)	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 - 02/02/2026															
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
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 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
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		823	72	1237	10.25	4.68	586.4	1409	127.96	*31	36.20	95.93	35.02	13.40	0.49
% of Calories										*14.9%	17.6%	46.6%	38.3%	14.7%	0.5%
Nutrient Guideline		750-850												<10.00	

Tue - 02/03/2026															
HS Lunch	Total														
Spaghetti-8 oz	8 oz	360	0		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		1.00	1.40	30.0	0	0.0	1	13.0	4.0	12.0	5.00	0.00
Marinara Sauce 1/2C (F)	1/2 C	50	0		2.00	1.44	20.0	500	0.0	6	1.0	10.0	1.0	0.00	0.00
GREEN BEANS: frozen,boiled 1C	1 CUP	38	0		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, 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 Spaghetti	6 oz	554	0		15.14	7.19	34.5	85	2.38	5	30.37	90.37	10.37	1.00	0.00
Weighted Daily Average		937	37	429	17.54	7.38	409.2	1835	27.31	*50	39.79	159.71	17.29	6.39	0.00
% of Calories										*21.5%	17.0%	68.2%	16.6%	6.1%	0.0%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Feb 2, 2026 thru Feb 27, 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)	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 - 02/04/2026															
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
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
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
Rice and Vegetarian Meat	6 oz	591	0		14.35	4.78	137.1	687	123.19	*5	22.14	108.96	10.59	1.39	*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		604	94	1267	11.22	5.75	385.2	28195	51.04	*34	45.21	95.72	6.70	2.13	*0.00
% of Calories										*22.3%	29.9%	63.4%	10.0%	3.2%	*0.0%
Nutrient Guideline		750-850												<10.00	

Thu - 02/05/2026															
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 HS	1 C	77	0		5.01	1.21	16.5	3	0.08	0	5.09	13.7	0.31	0.08	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
100% Orange Juice (Ardmore)	1 Cup	100	0		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		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
Weighted Daily Average		667	60	1019	8.86	3.44	328.7	1001	87.74	*34	33.24	81.20	22.55	6.30	*0.67
% of Calories										*20.4%	19.9%	48.7%	30.4%	8.5%	*0.9%
Nutrient Guideline		750-850												<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/06/2026															
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.	2 oz	140	30		0.00	0.00	200.0	400	0.0	0	8.0	1.8	12.0	7.00	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
Ranch Dressing.	12Grams	10	0		0.00	0.00	20.0	0	0.0	1	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		736	77	1567	11.15	3.89	612.8	8236	24.41	*33	28.29	79.17	36.45	11.84	*0.00
% of Calories										*17.8%	15.4%	43.0%	44.6%	14.5%	*0.0%
Nutrient Guideline		750-850												<10.00	

Mon - 02/09/2026															
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
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
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
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		643	95	1083	14.20	4.09	461.6	1029	92.21	31	40.96	94.59	10.48	2.74	0.00
% of Calories										19.4%	25.5%	58.8%	14.7%	3.8%	0.0%
Nutrient Guideline		750-850												<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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/10/2026															
HS Lunch	Total														
Chicken for TACOs 4oz.	4 oz	200	76		1.17	1.73	15.8	506	4.02	*2	25.82	6.03	7.17	2.11	*0.00
Mixed Vegetables. 1C.	1 CUP	118	0		8.01	1.49	45.5	7784	5.82	6	5.21	23.82	0.27	0.06	0.00
Whole Wheat Tortilla	2 oz	160	0		3.19	1.58	127.8	0	0.0	0	4.79	27.15	3.99	1.20	0.00
Banana.	1 Cup	105	0		3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	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
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 % of Calories		738	81	1552	16.92	6.17	486.4	9638	44.93	*34 *18.7%	46.05 25.0%	110.50 59.9%	13.41 16.4%	4.25 5.2%	*0.00 *0.0%
Nutrient Guideline		750-850												<10.00	

Wed - 02/11/2026															
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
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
Weighted Daily Average % of Calories		793	48	658	21.16	4.25	779.5	1188	50.93	*39 *19.7%	38.09 19.2%	133.33 67.3%	17.70 20.1%	7.61 8.6%	*0.00 *0.0%
Nutrient Guideline		750-850												<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/12/2026															
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
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
CARROTS:frozen, boiled	1 CUP	54	0		4.82	0.77	51.1	24715	3.36	6	0.85	11.29	0.99	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	120	5		0.00	0.00	250.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
MILK - Skim. Unflavored	8 oz	230	10		0.00	0.00	500.0	3250	0.0	36	16.0	39.0	0.0	0.00	0.00
Black Bean Patty	2.9 oz	150	0		5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	1.00	0.00
Barbecue Sauce.	1 oz	45	0		0.00	0.00	0.0	50	2.4	8	0.0	10.0	0.5	0.00	0.00
Mozarella String Cheese	1 oz	80	20		0.00	0.00	198.0	*N/A*	*N/A*	1	6.0	2.0	6.0	4.00	0.00
Weighted Daily Average		864	57	1723	17.74	5.54	776.6	*28700	*85.89	60	45.81	121.72	22.67	6.70	0.00
% of Calories										27.8%	21.2%	56.4%	23.6%	7.0%	0.0%
Nutrient Guideline		750-850												<10.00	

Fri - 02/13/2026															
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	

Mon - 02/16/2026															
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	

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Tue - 02/17/2026															
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
Weighted Daily Average		766	51	1326	11.38	3.74	414.3	704	7.51	33	29.37	119.39	23.14	4.20	0.00
% of Calories										17.4%	15.3%	62.3%	27.2%	4.9%	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 ¹ (g)
Wed - 02/18/2026															
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
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
Romaine Lettuce K-5.*	1 C	8	0		0.99	0.46	15.5	4094	1.88	1	0.58	1.55	0.14	0.02	0.00
tomatoes salad 9-12	1 cup	32	0		2.16	0.49	18.0	1499	24.66	5	1.58	7.0	0.36	0.05	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
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
Weighted Daily Average		652	57	1064	12.31	4.33	465.2	6369	48.27	49	24.71	103.60	18.09	5.32	0.00
% of Calories										30.0%	15.2%	63.6%	25.0%	7.3%	0.0%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Feb 2, 2026 thru Feb 27, 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 ¹ (g)
Thu - 02/19/2026															
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
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
SPANISH RICE With VG Meat	6 Oz	388	0		6.93	3.74	60.9	340	11.14	*2	21.75	51.43	10.39	1.26	*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		1006	97	1143	19.14	9.33	425.4	1232	26.44	*34	50.00	138.56	24.29	8.44	*1.14
% of Calories										*13.4%	19.9%	55.1%	21.7%	7.6%	*1.0%
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 ¹ (g)
Fri - 02/20/2026															
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
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
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
CORN: canned, yellow-K-5	1/2 CUP	55	0		1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
Weighted Daily Average		636	32	1008	14.08	4.71	470.4	1609	99.22	33	31.35	93.54	17.54	3.50	0.00
% of Calories										20.9%	19.7%	58.8%	24.8%	5.0%	0.0%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Feb 2, 2026 thru Feb 27, 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 ¹ (g)
Mon - 02/23/2026															
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
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
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
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
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		849	37	1801	17.39	7.05	466.7	700	7.55	51	43.28	133.08	17.26	3.25	0.00
% of Calories										24.2%	20.4%	62.7%	18.3%	3.4%	0.0%
Nutrient Guideline		750-850												<10.00	

Tue - 02/24/2026															
HS Lunch	Total														
GROUND BEEF & MACARONI . 1 cup	1 CUP	317	58		2.44	3.75	52.5	741	9.05	*3	21.37	27.09	13.57	5.01	*0.73
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, 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		671	66	782	12.66	5.22	415.7	2104	36.09	*47	34.27	103.57	16.03	6.26	*0.72
% of Calories										*27.9%	20.4%	61.7%	21.5%	8.4%	*1.0%
Nutrient Guideline		750-850												<10.00	

Wed - 02/25/2026															
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

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Top Spanish Cafe & Catering

Feb 2, 2026 thru Feb 27, 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		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	

Thu - 02/26/2026															
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
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, 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		1069	107	1973	8.68	4.61	1206.6	28713	27.74	65	44.74	125.11	39.46	19.75	0.00
% of Calories										24.2%	16.7%	46.8%	33.2%	16.6%	0.0%
Nutrient Guideline		750-850												<10.00	

Fri - 02/27/2026															
HS Lunch	Total														
Salisbury Steak (AP)	2.14 oz	140	30		1.00	1.08	20.0	0	1.16	1	10.0	3.0	10.0	4.00	0.00
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
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
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, 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 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
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		634	36	381	12.64	2.90	321.4	1008	16.89	*35	22.88	108.41	13.69	4.82	*0.00
% of Calories										*22.4%	14.4%	68.4%	19.5%	6.9%	*0.0%
Nutrient Guideline		750-850												<10.00	

Weighted Average		758	65		13.61	4.94	526.2	*7206	*54.31	*40	37.05	109.48	20.37	6.64	*0.17
										*47.7%	19.6%	57.8%	24.2%	7.9%	*0.2%

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Top Spanish Cafe & Catering

Feb 2, 2026 thru Feb 27, 2026

Base Menu Spreadsheet

HS Lunch

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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	758		750 - 850	100%												
Cholesterol (mg)	65															
Sodium 1a (mg)	1181		1280	92%												
Fiber (g)	13.61															
Iron (mg)	4.94															
Calcium (mg)	526.2															
Vitamin A (IU)	7206				Missing											
Sugars (g)	40	21.18%			Missing											
Vitamin C (mg)	54.31				Missing											
Protein (g)	37.05	19.55%														
Carbohydrate (g)	109.48	57.78%														
Total Fat (g)	20.37	24.19%														
Saturated Fat (g)	6.64	7.88%	<10.00%													
Trans Fat ¹ (g)	0.17	0.20%			Missing											

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