

# Top Spanish Cafe & Catering

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 1

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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 - 03/02/2026              |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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    |                         |

|                                |       |         |    |      |       |      |       |      |        |        |       |        |       |        |       |
|--------------------------------|-------|---------|----|------|-------|------|-------|------|--------|--------|-------|--------|-------|--------|-------|
| Tue - 03/03/2026               |       |         |    |      |       |      |       |      |        |        |       |        |       |        |       |
| 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  |
| 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  |
| 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         |       | 980     | 97 | 1143 | 17.01 | 9.21 | 475.6 | 1568 | 109.80 | *30    | 50.76 | 130.76 | 24.27 | 8.43   | *1.14 |
| % of Calories                  |       |         |    |      |       |      |       |      |        | *12.0% | 20.7% | 53.4%  | 22.3% | 7.7%   | *1.0% |
| Nutrient Guideline             |       | 750-850 |    |      |       |      |       |      |        |        |       |        |       | <10.00 |       |

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Mar 2, 2026 thru Mar 31, 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) |
|----------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/04/2026           |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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                    |
| 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                    |
| 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                    |
| 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     |              | 602         | 57          | 1092      | 6.17      | 3.72      | 493.4     | 6218       | 27.74      | 56         | 22.14     | 85.70    | 17.36     | 5.06      | 0.00                    |
| % of Calories              |              |             |             |           |           |           |           |            |            | 37.2%      | 14.7%     | 56.9%    | 26.0%     | 7.6%      | 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) |
|---------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/05/2026          |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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                    |
| 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                    |
| 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                    |
| 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                    |
| 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                    |
| Weighted Daily Average    |              | 862         | 32          | 1394      | 11.60     | 4.77      | 461.0     | 39111      | 42.80      | 73         | 30.08     | 144.15   | 16.86     | 3.31      | 0.00                    |
| % of Calories             |              |             |             |           |           |           |           |            |            | 33.8%      | 14.0%     | 66.9%    | 17.6%     | 3.5%      | 0.0%                    |
| 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) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 03/06/2026               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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                    |
| 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                    |
| 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                    |
| 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                    |
| 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         |              | 674         | 95          | 911       | 14.21     | 3.83      | 417.3      | 39129      | 48.05      | 47         | 33.88     | 112.03   | 10.77     | 2.86      | 0.00                    |
| % of Calories                  |              |             |             |           |           |           |            |            |            | 27.7%      | 20.1%     | 66.5%    | 14.4%     | 3.8%      | 0.0%                    |
| Nutrient Guideline             |              | 750-850     |             |           |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                          |          |         |    |      |       |      |       |      |       |        |       |        |       |        |      |
|--------------------------|----------|---------|----|------|-------|------|-------|------|-------|--------|-------|--------|-------|--------|------|
| Mon - 03/09/2026         |          |         |    |      |       |      |       |      |       |        |       |        |       |        |      |
| 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    | 116     | 0  |      | 5.35  | 0.27 | 13.4  | 120  | 10.26 | 23     | 0.58  | 30.8   | 0.38  | 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 |
| 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   |          | 864     | 72 | 1238 | 12.21 | 4.75 | 533.5 | 1149 | 47.20 | *41    | 35.38 | 107.41 | 35.17 | 13.44  | 0.49 |
| % of Calories            |          |         |    |      |       |      |       |      |       | *18.8% | 16.4% | 49.7%  | 36.6% | 14.0%  | 0.5% |
| 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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|                            | 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 - 03/10/2026           |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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 - 03/11/2026               |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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 - 03/12/2026          |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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                    |

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Top Spanish Cafe & Catering

Mar 2, 2026 thru Mar 31, 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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 - 03/13/2026       |               |         |        |      |       |      |      |       |       |        |       |      |       |        |                     |
|------------------------|---------------|---------|--------|------|-------|------|------|-------|-------|--------|-------|------|-------|--------|---------------------|
|                        | Total SERVING | Cals    | Cholst | Sodm | Fiber | Iron | Calc | Vit-A | Vit-C | Sugars | Protn | Carb | T-Fat | S-Fat  | Tr-Fat <sup>1</sup> |
| HS Lunch               |               |         |        |      |       |      |      |       |       |        |       |      |       |        |                     |
| NO SCHOOL TODAY        |               | 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 - 03/16/2026           |        |         |        |      |       |      |       |       |       |        |       |        |       |        |                     |
|----------------------------|--------|---------|--------|------|-------|------|-------|-------|-------|--------|-------|--------|-------|--------|---------------------|
|                            | Total  | Cals    | Cholst | Sodm | Fiber | Iron | Calc  | Vit-A | Vit-C | Sugars | Protn | Carb   | T-Fat | S-Fat  | Tr-Fat <sup>1</sup> |
| HS Lunch                   |        |         |        |      |       |      |       |       |       |        |       |        |       |        |                     |
| 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                |
| Weighted Daily Average     |        | 768     | 32     | 939  | 11.60 | 4.77 | 421.0 | 39061 | 40.40 | 53     | 30.08 | 123.18 | 16.38 | 3.32   | 0.00                |
| % of Calories              |        |         |        |      |       |      |       |       |       | 27.6%  | 15.7% | 64.2%  | 19.2% | 3.9%   | 0.0%                |
| Nutrient Guideline         |        | 750-850 |        |      |       |      |       |       |       |        |       |        |       | <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

Mar 2, 2026 thru Mar 31, 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) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/17/2026              |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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    |                         |

|                              |          |         |    |      |       |      |       |      |        |        |       |        |       |        |       |
|------------------------------|----------|---------|----|------|-------|------|-------|------|--------|--------|-------|--------|-------|--------|-------|
| Wed - 03/18/2026             |          |         |    |      |       |      |       |      |        |        |       |        |       |        |       |
| 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 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  |
| 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 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       |          | 630     | 94 | 1953 | 11.63 | 6.47 | 412.8 | 1933 | 130.17 | *27    | 50.16 | 96.85  | 6.72  | 2.16   | *0.00 |
| % of Calories                |          |         |    |      |       |      |       |      |        | *17.3% | 31.8% | 61.5%  | 9.6%  | 3.1%   | *0.0% |
| Nutrient Guideline           |          | 750-850 |    |      |       |      |       |      |        |        |       |        |       | <10.00 |       |

|                             |          |     |     |  |      |      |       |      |       |    |      |       |      |       |      |
|-----------------------------|----------|-----|-----|--|------|------|-------|------|-------|----|------|-------|------|-------|------|
| Thu - 03/19/2026            |          |     |     |  |      |      |       |      |       |    |      |       |      |       |      |
| 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 |

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# Top Spanish Cafe & Catering

Mar 2, 2026 thru Mar 31, 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) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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 - 03/20/2026             |        |         |    |     |       |      |       |      |       |       |       |       |       |        |      |
|------------------------------|--------|---------|----|-----|-------|------|-------|------|-------|-------|-------|-------|-------|--------|------|
| 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  | 118     | 0  |     | 8.01  | 1.49 | 45.5  | 7784 | 5.82  | 6     | 5.21  | 23.82 | 0.27  | 0.06   | 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 |
| Weighted Daily Average       |        | 605     | 52 | 726 | 15.43 | 4.82 | 341.8 | 8494 | 13.32 | 35    | 33.17 | 98.07 | 10.47 | 1.85   | 0.00 |
| % of Calories                |        |         |    |     |       |      |       |      |       | 23.2% | 21.9% | 64.9% | 15.6% | 2.8%   | 0.0% |
| Nutrient Guideline           |        | 750-850 |    |     |       |      |       |      |       |       |       |       |       | <10.00 |      |

| Mon - 03/23/2026               |             |         |    |     |       |      |       |      |       |       |       |       |       |        |      |
|--------------------------------|-------------|---------|----|-----|-------|------|-------|------|-------|-------|-------|-------|-------|--------|------|
| 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       | 118     | 0  |     | 8.01  | 1.49 | 45.5  | 7784 | 5.82  | 6     | 5.21  | 23.82 | 0.27  | 0.06   | 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 |
| 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 |
| Weighted Daily Average         |             | 570     | 94 | 813 | 13.45 | 3.82 | 371.3 | 8488 | 13.33 | 34    | 34.32 | 83.53 | 10.70 | 2.78   | 0.00 |
| % of Calories                  |             |         |    |     |       |      |       |      |       | 23.9% | 24.1% | 58.6% | 16.9% | 4.4%   | 0.0% |
| Nutrient Guideline             |             | 750-850 |    |     |       |      |       |      |       |       |       |       |       | <10.00 |      |

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# Top Spanish Cafe & Catering

Mar 2, 2026 thru Mar 31, 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 - 03/24/2026         |              |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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                    |
| 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 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   |              | 874         | 60          | 460       | 18.71     | 4.58      | 393.7      | 1148       | 24.19      | *44        | 39.18     | 128.81   | 23.02     | 6.48      | *0.67                   |
| % of Calories            |              |             |             |           |           |           |            |            |            | *20.3%     | 17.9%     | 58.9%    | 23.7%     | 6.7%      | *0.7%                   |
| Nutrient Guideline       |              | 750-850     |             |           |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                                |       |         |    |     |       |      |       |      |       |        |       |        |       |        |       |
|--------------------------------|-------|---------|----|-----|-------|------|-------|------|-------|--------|-------|--------|-------|--------|-------|
| Wed - 03/25/2026               |       |         |    |     |       |      |       |      |       |        |       |        |       |        |       |
| 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 |
| 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, 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         |       | 923     | 98 | 499 | 14.17 | 6.55 | 355.9 | 1557 | 32.01 | *37    | 41.55 | 132.60 | 25.28 | 8.65   | *1.15 |
| % of Calories                  |       |         |    |     |       |      |       |      |       | *16.1% | 18.0% | 57.5%  | 24.7% | 8.4%   | *1.1% |
| Nutrient Guideline             |       | 750-850 |    |     |       |      |       |      |       |        |       |        |       | <10.00 |       |

|                               |       |     |    |  |      |      |       |      |        |    |       |       |       |      |       |
|-------------------------------|-------|-----|----|--|------|------|-------|------|--------|----|-------|-------|-------|------|-------|
| Thu - 03/26/2026              |       |     |    |  |      |      |       |      |        |    |       |       |       |      |       |
| 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  |
| 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  |
| BROCCOLI: fresh, boiled HS    | 1 CUP | 55  | 0  |  | 5.15 | 1.05 | 62.4  | 2415 | 101.24 | 2  | 3.71  | 11.2  | 0.64  | 0.12 | 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  |

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# Top Spanish Cafe & Catering

Mar 2, 2026 thru Mar 31, 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 |              | 533         | 82          | 505       | 11.74     | 3.34      | 481.1     | 3336       | 193.16     | *26        | 37.51     | 73.78    | 13.21     | 6.94      | *0.00                   |
| % of Calories          |              |             |             |           |           |           |           |            |            | *19.8%     | 28.2%     | 55.4%    | 22.3%     | 11.7%     | *0.0%                   |
| Nutrient Guideline     |              | 750-850     |             |           |           |           |           |            |            |            |           |          |           | <10.00    |                         |

| Fri - 03/27/2026          |        |         |    |      |      |      |       |       |      |       |       |        |       |        |      |
|---------------------------|--------|---------|----|------|------|------|-------|-------|------|-------|-------|--------|-------|--------|------|
| 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 |
| CARROT STICKS HS          | 1 CUP  | 50      | 0  |      | 3.42 | 0.37 | 40.3  | 20381 | 7.2  | 6     | 1.13  | 11.69  | 0.29  | 0.04   | 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    |        | 698     | 37 | 1050 | 7.48 | 3.85 | 438.8 | 21006 | 8.41 | 55    | 30.08 | 100.71 | 16.37 | 3.26   | 0.00 |
| % of Calories             |        |         |    |      |      |      |       |       |      | 31.4% | 17.2% | 57.7%  | 21.1% | 4.2%   | 0.0% |
| Nutrient Guideline        |        | 750-850 |    |      |      |      |       |       |      |       |       |        |       | <10.00 |      |

| Mon - 03/30/2026         |          |         |    |      |       |      |       |      |        |        |       |       |       |        |      |
|--------------------------|----------|---------|----|------|-------|------|-------|------|--------|--------|-------|-------|-------|--------|------|
| 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 |      |

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# Top Spanish Cafe & Catering

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

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Generated on: 3/9/2026 2:45:57 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 <sup>1</sup> (g) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/31/2026              |              |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| 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    |                         |

|                  |  |     |    |  |       |      |       |        |        |        |       |        |       |      |       |
|------------------|--|-----|----|--|-------|------|-------|--------|--------|--------|-------|--------|-------|------|-------|
| Weighted Average |  | 770 | 68 |  | 12.89 | 4.77 | 490.2 | *10315 | *56.81 | *44    | 36.30 | 113.10 | 19.79 | 6.64 | *0.23 |
|                  |  |     |    |  |       |      |       |        |        | *51.6% | 18.8% | 58.7%  | 23.1% | 7.8% | *0.3% |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 770      |           | 750 - 850     | 100%        |           |           |         |                         |
| Cholesterol (mg)           | 68       |           |               |             |           |           |         |                         |
| Sodium 1a (mg)             | 1078     |           | 1280          | 84%         |           |           |         |                         |
| Fiber (g)                  | 12.89    |           |               |             |           |           |         |                         |
| Iron (mg)                  | 4.77     |           |               |             |           |           |         |                         |
| Calcium (mg)               | 490.2    |           |               |             |           |           |         |                         |
| Vitamin A (IU)             | 10315    |           |               |             | Missing   |           |         |                         |
| Sugars (g)                 | 44       | 22.94%    |               |             | Missing   |           |         |                         |
| Vitamin C (mg)             | 56.81    |           |               |             | Missing   |           |         |                         |
| Protein (g)                | 36.30    | 18.85%    |               |             |           |           |         |                         |
| Carbohydrate (g)           | 113.10   | 58.73%    |               |             |           |           |         |                         |
| Total Fat (g)              | 19.79    | 23.12%    |               |             |           |           |         |                         |
| Saturated Fat (g)          | 6.64     | 7.76%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.23     | 0.27%     |               |             | Missing   |           |         |                         |

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