

# Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/01/2026															
HS Breakfast	Total														
Whole Grain Blueberry Muffin 3	3.1 oz	250	35	140	2.00	2.00	23.0	0	0.0	20	5.0	42.0	7.0	1.00	0.00
Apples	1 cup	116	0	2	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	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		451	41	260	7.27	2.19	296.6	715	11.39	54	12.97	83.43	8.27	1.73	0.00
% of Calories										47.7%	11.5%	74.0%	16.5%	3.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 05/04/2026															
HS Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	220	0	320	8.00	3.60	120.0	600	7.2	12	4.0	44.0	5.0	0.00	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		382	7	438	11.13	3.68	386.7	1255	14.52	37	11.87	74.41	6.30	0.75	0.00
% of Calories										39.3%	12.4%	78.0%	14.9%	1.8%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 05/05/2026															
HS Breakfast	Total														
WG Banana Bread Loaf	3.4 oz	260	0	240	2.00	0.00	0.0	0	0.0	24	5.0	45.0	8.0	1.50	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		442	7	382	1.90	0.00	261.1	594	85.14	54	14.35	79.10	8.78	2.13	0.00
% of Calories										49.1%	13.0%	71.6%	17.9%	4.3%	0.0%
Nutrient Guideline		450-600		640										<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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Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/06/2026															
HS Breakfast	Total														
Whole Grain Bagel 1.9oz (BC)	1.9 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
TANGERINES,FRESH	1 C	47	0	2	1.58	0.13	32.6	599	23.5	9	0.71	11.74	0.27	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		339	26	472	3.58	1.73	643.5	1194	24.63	26	14.28	52.03	7.76	4.62	0.00
% of Calories										30.2%	16.8%	61.3%	20.6%	12.2%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 05/07/2026															
HS Breakfast	Total														
Whole Grain Waffles 2.6oz	2 oz	180	8	220	0.00	1.40	60.0	0	0.0	4	4.0	24.0	6.0	1.00	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
SYRUP. (A)	43grams	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		555	44	432	5.52	2.11	337.2	639	8.79	52	18.05	94.46	11.30	2.72	0.00
% of Calories										37.3%	13.0%	68.1%	18.3%	4.4%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 05/08/2026															
HS Breakfast	Total														
NONFAT YOGURT	4 oz	70	5	55	0.00	0.00	100.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Granola.	1.78 oz	180	0	110	2.00	1.00	220.0	0	0.0	12	4.0	38.0	3.0	0.00	0.00
Weighted Daily Average		414	12	287	5.29	1.18	640.3	968	90.49	46	16.83	82.37	4.35	0.73	0.00
% of Calories										44.2%	16.2%	79.5%	9.5%	1.6%	0.0%
Nutrient Guideline		450-600		640										<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 Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/11/2026															
HS Breakfast	Total														
Cer/Cinnamon Toast Crunch 2oz	2 oz	220	0	320	8.00	3.60	120.0	600	7.2	12	4.0	44.0	5.0	0.00	0.00
PEARS, FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		411	7	438	13.34	3.84	394.4	1225	15.82	40	12.15	82.46	6.32	0.75	0.00
% of Calories										39.4%	11.8%	80.2%	13.8%	1.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 05/12/2026															
HS Breakfast	Total														
Whole Grain Bagel (BCW)	2 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		393	26	500	2.00	1.60	611.0	594	85.14	36	15.57	64.29	7.49	4.58	0.00
% of Calories										37.0%	15.9%	65.5%	17.2%	10.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 05/13/2026															
HS Breakfast	Total														
Whole Grain Blueberry Muffin 3	3.1 oz	250	35	140	2.00	2.00	23.0	0	0.0	20	5.0	42.0	7.0	1.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		410	41	259	5.31	2.12	349.4	975	92.15	44	13.80	71.94	8.13	1.69	0.00
% of Calories										42.6%	13.5%	70.2%	17.8%	3.7%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/14/2026															
HS Breakfast	Total														
WG Mini Cinnis Cinnamon Rolls	2.29 oz	240	0	270	3.00	1.70	30.0	0	0.0	14	4.0	40.0	8.0	1.50	0.00
Apples	1 cup	116	0	2	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	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		439	7	382	8.20	1.88	303.0	715	11.39	48	11.98	81.15	9.16	2.20	0.00
% of Calories										43.6%	10.9%	74.0%	18.8%	4.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 05/15/2026															
HS Breakfast	Total														
Boiled potatoes and onions	1/2 cup	92	0	27	2.04	0.85	12.9	8	10.25	2	2.22	18.65	1.29	0.20	*0.00
Hard boiled eggs	2 oz	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Mixed Fruit Cup (1C)	1 C	140	0	0	2.00	0.00	0.0	0	54.0	28	2.0	32.0	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0	270	2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
Lactose Free Milk.	8 oz	110	10	130	0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		538	189	487	6.04	2.93	353.6	892	65.39	43	22.33	89.20	8.77	2.58	*0.00
% of Calories										32.2%	16.6%	66.3%	14.7%	4.3%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 05/18/2026															
HS Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	220	0	320	8.00	3.60	120.0	600	7.2	12	4.0	44.0	5.0	0.00	0.00
PEARS,FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		411	7	438	13.34	3.84	394.4	1225	15.82	40	12.15	82.46	6.32	0.75	0.00
% of Calories										39.4%	11.8%	80.2%	13.8%	1.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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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 - 05/19/2026															
HS Breakfast	Total														
Whole Grain Bagel 1.9oz (BC)	1.9 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
Apples	1 cup	116	0	2	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	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		409	26	473	7.35	1.87	624.3	715	11.39	40	14.15	71.08	7.87	4.64	0.00
% of Calories										38.7%	13.8%	69.6%	17.3%	10.2%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 05/20/2026															
HS Breakfast	Total														
Whole Grain Apple Muffin 3.1	2 oz	250	35	150	2.00	2.00	23.0	*N/A*	*N/A*	19	5.0	43.0	7.0	1.00	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Gluten Free Cheerios.	2 oz	140	0	190	4.00	10.80	80.0	400	4.8	0	4.0	28.0	3.0	0.00	0.00
Lactose Free Milk.	8 oz	110	10	130	0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		444	41	310	2.06	2.34	301.3	*648	*85.33	50	14.91	78.99	8.08	1.73	0.00
% of Calories										45.1%	13.4%	71.2%	16.4%	3.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 05/21/2026															
HS Breakfast	Total														
NONFAT YOGURT	4 oz	70	5	55	0.00	0.00	100.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Granola.	1.78 oz	180	0	110	2.00	1.00	220.0	0	0.0	12	4.0	38.0	3.0	0.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		412	12	284	5.32	1.17	636.3	975	92.15	46	16.71	81.88	4.32	0.73	0.00
% of Calories										44.4%	16.2%	79.5%	9.4%	1.6%	0.0%
Nutrient Guideline		450-600		640										<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 - 05/22/2026															
HS Breakfast	Total														
Whole Grain Pancakes 2.6oz	2 oz	160	8	180	2.00	1.46	73.2	0	0.0	10	4.0	30.0	3.0	0.00	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
Mixed Fruit Cup (1C)	1 C	140	0	0	2.00	0.00	0.0	0	54.0	28	2.0	32.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
SYRUP. (A)	43grams	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		573	44	391	4.00	1.85	334.3	594	55.13	68	19.41	105.35	8.05	1.68	0.00
% of Calories										47.7%	13.5%	73.5%	12.6%	2.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 05/25/2026															
HS Breakfast	Total														
NO SCHOOL TODAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 05/26/2026															
HS Breakfast	Total														
Cer/Cinnamon Toast Cruch 2oz	2 oz	220	0	320	8.00	3.60	120.0	600	7.2	12	4.0	44.0	5.0	0.00	0.00
PEARS, FRESH	1 cup	101	0	2	5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		411	7	438	13.34	3.84	394.4	1225	15.82	40	12.15	82.46	6.32	0.75	0.00
% of Calories										39.4%	11.8%	80.2%	13.8%	1.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/27/2026															
HS Breakfast	Total														
Whole Grain French Toast 3oz	3 oz	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Turkey Bacon.	5.6 slices	119	35	612	0.00	0.40	0.0	0	0.0	1	9.88	0.99	7.9	1.98	0.00
100% Orange Juice (Ardmore)	1 Cup	100	0	30	0.00	0.00	0.0	0	84.0	20	2.0	24.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
SYRUP. (A)..	43grams	240	0	0	0.00	0.00	0.0	0	0.0	38	0.0	62.0	0.0	0.00	0.00
Weighted Daily Average		780	50	996	1.92	0.96	281.3	594	85.14	82	24.92	135.75	15.54	3.58	0.00
% of Calories										42.0%	12.8%	69.6%	17.9%	4.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 05/28/2026															
HS Breakfast	Total														
Whole Grain Bagel 1.9oz (BC)	1.9 oz	130	0	250	2.00	1.60	40.0	0	0.0	3	5.0	26.0	0.5	0.00	0.00
Cream Cheese.	28 GRAMS	70	20	100	0.00	0.00	320.0	0	0.0	2	1.0	2.0	6.0	4.00	0.00
Apples	1 cup	116	0	2	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	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		409	26	473	7.35	1.87	624.3	715	11.39	40	14.15	71.08	7.87	4.64	0.00
% of Calories										38.7%	13.8%	69.6%	17.3%	10.2%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 05/29/2026															
HS Breakfast	Total														
Whole Grain Blueberry Muffin 3	3.1 oz	250	35	140	2.00	2.00	23.0	0	0.0	20	5.0	42.0	7.0	1.00	0.00
TANGERINES,FRESH	1 C	47	0	2	1.58	0.13	32.6	599	23.5	9	0.71	11.74	0.27	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		381	41	260	3.50	2.05	315.8	1194	24.63	40	13.11	64.37	8.17	1.70	0.00
% of Calories										41.8%	13.7%	67.5%	19.3%	4.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		450	33	420	6.39	2.15	424.2	*883	*45.08	46	15.29	81.41	7.96	2.23	*0.00
										92.6%	13.6%	72.3%	15.9%	4.5%	*0.0%

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# Top Spanish Cafe & Catering

May 1, 2026 thru May 31, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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Portion Size    Cals (kcal)    Cholst (mg)    Sodm (mg)    Fiber (g)    Iron (mg)    Calcm (mg)    Vit-A (IU)    Vit-C (mg)    Sugars (g)    Protn (g)    Carb (g)    T-Fat (g)    S-Fat (g)    Tr-Fat<sup>1</sup> (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	450		450 - 600	100%				
Cholesterol (mg)	33							
Sodium 1 (mg)	420		640	66%				
Fiber (g)	6.39							
Iron (mg)	2.15							
Calcium (mg)	424.2							
Vitamin A (IU)	883				Missing			
Sugars (g)	46	41.15%						
Vitamin C (mg)	45.08				Missing			
Protein (g)	15.29	13.59%						
Carbohydrate (g)	81.41	72.34%						
Total Fat (g)	7.96	15.91%						
Saturated Fat (g)	2.23	4.47%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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