

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

NONFAT YOGURT **1**  
Granola  
Apples

WG Pancakes **2**  
Hard Boiled Egg  
100% Orange Juice  
Syrup

WG Banana Bread **3**  
Watermelon

WG Bagels **4**  
Cream Cheese  
Mixed Fruit Cup

**NO SCHOOL**  
**LABOR DAY**

Cinnamon Toast **8**  
Crunch Cereal  
Apples

WG Blueberry Muffin **9**  
100% Orange Juice

WG French Toast **10**  
Turkey Breakfast Sausage  
Pear  
Syrup

WG Grape Crescent Rolls **11**  
Cantaloupe

Cinnamon Toast **14**  
Crunch Cereal  
Apples

WG Bagels **15**  
Cream Cheese  
Pear

WG Waffles **16**  
Turkey Breakfast Sausage  
Mixed Fruit Cup  
Syrup

WG Banana Bread **17**  
100% Orange Juice

Turkey Ham & Cheese **18**  
English Muffin  
Orange

Golden Graham **21**  
Cereal  
Orange

WG French Toast **22**  
Turkey Breakfast Sausage  
100% Orange Juice  
Syrup

WG Apple Muffin **23**  
Apples

Hard Boiled Egg **24**  
Home Potatoes  
WG Roll  
Mixed Fruit Cup

NONFAT Yogurt **25**  
Granola  
Pear

Golden Graham **28**  
Cereal  
Pear

WG Bagels **29**  
Cream Cheese  
Orange

WG Mini Cinnamon Rolls **30**  
100% Apple Juice

- All menus served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
- Daily fruit offered might change depending on availability.

*This institution is an equal opportunity provider*

# SEPTEMBER 2026

## VEGETARIAN

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

NONFAT YOGURT  
Granola  
Apples

**1**

WG Pancakes  
Hard Boiled Egg  
100% Orange Juice  
Syrup

**2**

WG Banana Bread  
Watermelon

**3**

WG Bagels  
Cream Cheese  
Mixed Fruit Cup

**4**

**NO SCHOOL**  
**LABOR DAY**

**7**

Cinnamon Toast  
Crunch Cereal  
Apples

**8**

WG Blueberry Muffin  
100% Orange Juice

**9**

WG French Toast  
Pear  
Syrup

**10**

WG Grape Crescent Rolls  
Cantaloupe

**11**

Cinnamon Toast  
Crunch Cereal  
Apples

**14**

WG Bagels  
Cream Cheese  
Pear

**15**

WG Waffles  
Mixed Fruit Cup  
Syrup

**16**

WG Banana Bread  
100% Orange Juice

**17**

Cheese  
English Muffin  
Orange

**18**

Golden Graham  
Cereal  
Orange

**21**

WG French Toast  
100% Orange Juice  
Syrup

**22**

WG Apple Muffin  
Apples

**23**

Hard Boiled Egg  
Home Potatoes  
WG Roll  
Mixed Fruit Cup

**24**

NONFAT Yogurt  
Granola  
Pear

**25**

Golden Graham  
Cereal  
Pear

**28**

WG Bagels  
Cream Cheese  
Orange

**29**

WG Mini Cinnamon Rolls  
100% Apple Juice

**30**

- All menus served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
- Daily fruit offered might change depending on availability.

*This institution is an equal opportunity provider*

Top Spanish Cafe & Catering

Aug 31, 2026 thru Sep 4, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

|                                | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|--------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 08/31/2026               |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| HS Breakfast                   | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Cer/ Apple Cinnamon Cheerios 2 | 2 oz            | 200            | 0              | 260          | 4.00         | 5.40         | 180.0         | 0             | 0.0           | 12            | 6.0          | 44.0        | 4.0          | 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                       |
| 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                       |
| Soy Milk                       | 8 oz            | 110            | 0              | 115          | 2.00         | 1.30         | 450.0         | 750           | 0.0           | 5             | 8.0          | 8.0         | 4.5          | 0.50         | 0.00                       |
| Weighted Daily Average         |                 | 402            | 8              | 393          | 9.52         | 5.72         | 473.5         | 674           | 8.85          | 41            | 14.69        | 84.18       | 5.52         | 0.80         | 0.00                       |
| % of Calories                  |                 |                |                |              |              |              |               |               |               | 41.2%         | 14.6%        | 83.7%       | 12.4%        | 1.8%         | 0.0%                       |
| Nutrient Guideline             |                 | 450-600        |                | 640          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                         |         |         |    |     |      |      |       |     |       |       |       |       |      |        |      |
|-------------------------|---------|---------|----|-----|------|------|-------|-----|-------|-------|-------|-------|------|--------|------|
| Tue - 09/01/2026        |         |         |    |     |      |      |       |     |       |       |       |       |      |        |      |
| 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 |
| 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 |
| 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 |
| Soy Milk                | 8 oz    | 110     | 0  | 115 | 2.00 | 1.30 | 450.0 | 750 | 0.0   | 5     | 8.0   | 8.0   | 4.5  | 0.50   | 0.00 |
| Weighted Daily Average  |         | 456     | 12 | 288 | 7.30 | 1.24 | 590.9 | 722 | 11.39 | 56    | 16.12 | 94.03 | 4.50 | 0.78   | 0.00 |
| % of Calories           |         |         |    |     |      |      |       |     |       | 49.3% | 14.1% | 82.5% | 8.9% | 1.5%   | 0.0% |
| Nutrient Guideline      |         | 450-600 |    | 640 |      |      |       |     |       |       |       |       |      | <10.00 |      |

|                             |         |     |     |     |      |      |       |     |      |    |      |      |      |      |       |
|-----------------------------|---------|-----|-----|-----|------|------|-------|-----|------|----|------|------|------|------|-------|
| Wed - 09/02/2026            |         |     |     |     |      |      |       |     |      |    |      |      |      |      |       |
| 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  |
| 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* |
| 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 SMUCKERS2             | 92grams | 220 | 0   | 40  | 0.00 | 0.00 | 0.0   | 0   | 0.0  | 42 | 0.0  | 58.0 | 0.0  | 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  |
| Soy Milk                    | 8 oz    | 110 | 0   | 115 | 2.00 | 1.30 | 450.0 | 750 | 0.0  | 5  | 8.0  | 8.0  | 4.5  | 0.50 | 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

Aug 31, 2026 thru Sep 4, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

|                        | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Weighted Daily Average |                 | 551            | 196            | 405          | 2.01         | 2.04         | 361.9         | 853           | 1.52          | 64            | 17.77        | 101.10      | 9.35         | 2.30         | *0.00                      |
| % of Calories          |                 |                |                |              |              |              |               |               |               | 46.5%         | 12.9%        | 73.3%       | 15.3%        | 3.8%         | *0.0%                      |
| Nutrient Guideline     |                 | 450-600        |                | 640          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                         |        |         |    |     |      |      |       |     |       |       |       |       |       |        |      |
|-------------------------|--------|---------|----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|--------|------|
| Thu - 09/03/2026        |        |         |    |     |      |      |       |     |       |       |       |       |       |        |      |
| 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 |
| Mozarella String Cheese | 1 oz   | 80      | 20 | 200 | 0.00 | 0.00 | 198.0 | 0   | 0.0   | 1     | 6.0   | 2.0   | 6.0   | 4.00   | 0.00 |
| WATERMELON,CHUNKS       | 1 CUP  | 46      | 0  | 2   | 0.61 | 0.36 | 10.6  | 865 | 12.31 | 9     | 0.93  | 11.48 | 0.23  | 0.02   | 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 |
| 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 |
| Soy Milk                | 8 oz   | 110     | 0  | 115 | 2.00 | 1.30 | 450.0 | 750 | 0.0   | 5     | 8.0   | 8.0   | 4.5   | 0.50   | 0.00 |
| Weighted Daily Average  |        | 434     | 27 | 558 | 2.01 | 0.01 | 456.3 | 605 | 1.19  | 36    | 18.48 | 59.43 | 15.02 | 6.09   | 0.00 |
| % of Calories           |        |         |    |     |      |      |       |     |       | 33.7% | 17.1% | 54.8% | 31.2% | 12.6%  | 0.0% |
| Nutrient Guideline      |        | 450-600 |    | 640 |      |      |       |     |       |       |       |       |       | <10.00 |      |

|                         |          |         |    |     |      |      |       |     |       |       |       |       |       |        |      |
|-------------------------|----------|---------|----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|--------|------|
| Fri - 09/04/2026        |          |         |    |     |      |      |       |     |       |       |       |       |       |        |      |
| 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 |
| 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 |
| JELLY.                  | 10 GRAMS | 0       | 0  | 0   | 0.00 | 0.00 | 0.0   | 0   | 0.0   | 0     | 0.0   | 0.0   | 0.0   | 0.00   | 0.00 |
| Soy Milk                | 8 oz     | 110     | 0  | 115 | 2.00 | 1.30 | 450.0 | 750 | 0.0   | 5     | 8.0   | 8.0   | 4.5   | 0.50   | 0.00 |
| Weighted Daily Average  |          | 440     | 28 | 480 | 4.00 | 1.60 | 635.0 | 625 | 55.20 | 45    | 16.00 | 73.00 | 7.75  | 4.75   | 0.00 |
| % of Calories           |          |         |    |     |      |      |       |     |       | 40.9% | 14.5% | 66.4% | 15.9% | 9.7%   | 0.0% |
| Nutrient Guideline      |          | 450-600 |    | 640 |      |      |       |     |       |       |       |       |       | <10.00 |      |

|                  |  |     |    |     |      |      |       |     |       |       |       |       |       |      |       |
|------------------|--|-----|----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|------|-------|
| Weighted Average |  | 457 | 54 | 425 | 4.97 | 2.12 | 503.5 | 696 | 15.63 | 49    | 16.61 | 82.35 | 8.43  | 2.94 | *0.00 |
|                  |  |     |    |     |      |      |       |     |       | 95.9% | 14.6% | 72.1% | 16.6% | 5.8% | *0.0% |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Top Spanish Cafe & Catering

Aug 31, 2026 thru Sep 4, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

|                            |          | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg)           | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|----------------------------|----------|-----------------|----------------|----------------|--------------|--------------|--------------|-------------------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Nutrient                   | Menu AVG | % of Cals       | Weekly Target  | % of Target    | Miss Data    | Shortfall    | Overage      | Error Messages (if any) |               |               |               |              |             |              |              |                            |
| Calories                   | 457      |                 | 450 - 600      | 100%           |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Cholesterol (mg)           | 54       |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sodium 1 (mg)              | 425      |                 | 640            | 66%            |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Fiber (g)                  | 4.97     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Iron (mg)                  | 2.12     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Calcium (mg)               | 503.5    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin A (IU)             | 696      |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sugars (g)                 | 49       | 42.62%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin C (mg)             | 15.63    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Protein (g)                | 16.61    | 14.55%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Carbohydrate (g)           | 82.35    | 72.13%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Total Fat (g)              | 8.43     | 16.61%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Saturated Fat (g)          | 2.94     | 5.80%           | <10.00%        |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%           |                |                | Missing      |              |              |                         |               |               |               |              |             |              |              |                            |

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*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
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Top Spanish Cafe & Catering

Sep 7, 2026 thru Sep 11, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

|                        | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 09/07/2026       |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| 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 - 09/08/2026              |       |         |    |     |       |      |       |     |       |       |       |       |       |        |      |
| HS Breakfast                  | Total |         |    |     |       |      |       |     |       |       |       |       |       |        |      |
| Cer/Cinnamon Toast Crunch 2oz | 2 oz  | 220     | 0  | 340 | 6.00  | 4.40 | 180.0 | 120 | 12.0  | 12    | 4.0   | 44.0  | 6.0   | 0.00   | 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 |
| 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 |
| Soy Milk                      | 8 oz  | 110     | 0  | 115 | 2.00  | 1.30 | 450.0 | 750 | 0.0   | 5     | 8.0   | 8.0   | 4.5   | 0.50   | 0.00 |
| Weighted Daily Average        |       | 436     | 8  | 472 | 11.35 | 4.67 | 468.4 | 865 | 23.46 | 47    | 12.58 | 87.80 | 7.63  | 0.81   | 0.00 |
| % of Calories                 |       |         |    |     |       |      |       |     |       | 43.3% | 11.5% | 80.6% | 15.7% | 1.7%   | 0.0% |
| Nutrient Guideline            |       | 450-600 |    | 640 |       |      |       |     |       |       |       |       |       | <10.00 |      |

|                                |        |         |    |     |      |      |       |     |       |       |       |       |       |        |      |
|--------------------------------|--------|---------|----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|--------|------|
| Wed - 09/09/2026               |        |         |    |     |      |      |       |     |       |       |       |       |       |        |      |
| 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 |
| 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 |
| 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 |
| Soy Milk                       | 8 oz   | 110     | 0  | 115 | 2.00 | 1.30 | 450.0 | 750 | 0.0   | 5     | 8.0   | 8.0   | 4.5   | 0.50   | 0.00 |
| Weighted Daily Average         |        | 450     | 43 | 300 | 2.00 | 2.00 | 298.0 | 625 | 85.20 | 52    | 15.00 | 79.00 | 8.25  | 1.75   | 0.00 |
| % of Calories                  |        |         |    |     |      |      |       |     |       | 46.2% | 13.3% | 70.2% | 16.5% | 3.5%   | 0.0% |
| Nutrient Guideline             |        | 450-600 |    | 640 |      |      |       |     |       |       |       |       |       | <10.00 |      |

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Top Spanish Cafe & Catering

Sep 7, 2026 thru Sep 11, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

|                              | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Thu - 09/10/2026             |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| 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 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                       |
| 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                       |
| SYRUP SMUCKERS               | 43grams         | 110            | 0              | 20           | 0.00         | 0.00         | 0.0           | 0             | 0.0           | 21            | 0.0          | 29.0        | 0.0          | 0.00         | 0.00                       |
| Weighted Daily Average       |                 | 611            | 48             | 502          | 7.52         | 1.32         | 312.0         | 669           | 8.85          | 62            | 20.64        | 107.11      | 12.50        | 2.79         | 0.00                       |
| % of Calories                |                 |                |                |              |              |              |               |               |               | 40.8%         | 13.5%        | 70.1%       | 18.4%        | 4.1%         | 0.0%                       |
| Nutrient Guideline           |                 | 450-600        |                | 640          |              |              |               |               |               |               |              |             |              | <10.00       |                            |
| Fri - 09/11/2026             |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| HS Breakfast                 | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| WG Filled Crescent Rolls     | 2.29 oz         | 209            | 0              | 246          | 1.90         | 1.90         | 0.0           | 0             | 0.0           | 9             | 4.74         | 33.18       | 5.69         | 0.95         | 0.00                       |
| Cantaloupe Melon BF 1C       | 1 cup           | 53             | 0              | 25           | 1.40         | 0.33         | 14.0          | 5276          | 57.25         | 12            | 1.31         | 12.73       | 0.3          | 0.08         | 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                       |
| 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                       |
| Soy Milk                     | 8 oz            | 110            | 0              | 115          | 2.00         | 1.30         | 450.0         | 750           | 0.0           | 5             | 8.0          | 8.0         | 4.5          | 0.50         | 0.00                       |
| Weighted Daily Average       |                 | 362            | 8              | 401          | 3.30         | 2.22         | 289.0         | 5901          | 58.45         | 33            | 14.05        | 58.91       | 7.23         | 1.78         | 0.00                       |
| % of Calories                |                 |                |                |              |              |              |               |               |               | 36.3%         | 15.5%        | 65.2%       | 18.0%        | 4.4%         | 0.0%                       |
| Nutrient Guideline           |                 | 450-600        |                | 640          |              |              |               |               |               |               |              |             |              | <10.00       |                            |
| Weighted Average             |                 | 465            | 26             | 419          | 6.04         | 2.55         | 341.9         | 2015          | 43.99         | 49            | 15.57        | 83.20       | 8.90         | 1.78         | 0.00                       |
|                              |                 |                |                |              |              |              |               |               |               | 94.1%         | 13.4%        | 71.6%       | 17.2%        | 3.5%         | 0.0%                       |

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Top Spanish Cafe & Catering

Sep 7, 2026 thru Sep 11, 2026

Base Menu Spreadsheet

HS Breakfast

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) |
|----------------------------|----------|--------------|---------------|-------------|-----------|-----------|-----------|-------------------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Nutrient                   | Menu AVG | % of Cals    | Weekly Target | % of Target | Miss Data | Shortfall | Overage   | Error Messages (if any) |            |            |            |           |          |           |           |                         |
| Calories                   | 465      |              | 450 - 600     | 100%        |           |           |           |                         |            |            |            |           |          |           |           |                         |
| Cholesterol (mg)           | 26       |              |               |             |           |           |           |                         |            |            |            |           |          |           |           |                         |
| Sodium 1 (mg)              | 419      |              | 640           | 65%         |           |           |           |                         |            |            |            |           |          |           |           |                         |
| Fiber (g)                  | 6.04     |              |               |             |           |           |           |                         |            |            |            |           |          |           |           |                         |
| Iron (mg)                  | 2.55     |              |               |             |           |           |           |                         |            |            |            |           |          |           |           |                         |
| Calcium (mg)               | 341.9    |              |               |             |           |           |           |                         |            |            |            |           |          |           |           |                         |
| Vitamin A (IU)             | 2015     |              |               |             |           |           |           |                         |            |            |            |           |          |           |           |                         |
| Sugars (g)                 | 49       | 41.81%       |               |             |           |           |           |                         |            |            |            |           |          |           |           |                         |
| Vitamin C (mg)             | 43.99    |              |               |             |           |           |           |                         |            |            |            |           |          |           |           |                         |
| Protein (g)                | 15.57    | 13.40%       |               |             |           |           |           |                         |            |            |            |           |          |           |           |                         |
| Carbohydrate (g)           | 83.20    | 71.61%       |               |             |           |           |           |                         |            |            |            |           |          |           |           |                         |
| Total Fat (g)              | 8.90     | 17.24%       |               |             |           |           |           |                         |            |            |            |           |          |           |           |                         |
| Saturated Fat (g)          | 1.78     | 3.45%        | <10.00%       |             |           |           |           |                         |            |            |            |           |          |           |           |                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%        |               |             |           |           |           |                         |            |            |            |           |          |           |           |                         |

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Top Spanish Cafe & Catering

Sep 14, 2026 thru Sep 18, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

|                               | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 09/14/2026              |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| HS Breakfast                  | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Cer/Cinnamon Toast Crunch 2oz | 2 oz            | 220            | 0              | 340          | 6.00         | 4.40         | 180.0         | 120           | 12.0          | 12            | 4.0          | 44.0        | 6.0          | 0.00         | 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                       |
| Gluten Free Corn Chex.        | 2 oz            | 200            | 0              | 400          | 2.00         | 14.40        | 120.0         | 600           | 7.2           | 6             | 4.0          | 48.0        | 1.0          | 0.00         | 0.00                       |
| Weighted Daily Average        |                 | 431            | 7              | 467          | 11.30        | 4.80         | 453.7         | 841           | 23.33         | 46            | 12.18        | 87.20       | 7.49         | 0.77         | 0.00                       |
| % of Calories                 |                 |                |                |              |              |              |               |               |               | 43.2%         | 11.3%        | 81.0%       | 15.7%        | 1.6%         | 0.0%                       |
| Nutrient Guideline            |                 | 450-600        |                | 640          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                         |          |         |    |     |      |      |       |     |      |       |       |       |       |        |      |
|-------------------------|----------|---------|----|-----|------|------|-------|-----|------|-------|-------|-------|-------|--------|------|
| Tue - 09/15/2026        |          |         |    |     |      |      |       |     |      |       |       |       |       |        |      |
| 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 |
| 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 |
| JELLY.                  | 10 GRAMS | 0       | 0  | 0   | 0.00 | 0.00 | 0.0   | 0   | 0.0  | 0     | 0.0   | 0.0   | 0.0   | 0.00   | 0.00 |
| Soy Milk                | 8 oz     | 110     | 0  | 115 | 2.00 | 1.30 | 450.0 | 750 | 0.0  | 5     | 8.0   | 8.0   | 4.5   | 0.50   | 0.00 |
| Weighted Daily Average  |          | 401     | 28 | 482 | 7.52 | 1.92 | 651.0 | 669 | 8.85 | 34    | 14.64 | 68.11 | 8.00  | 4.79   | 0.00 |
| % of Calories           |          |         |    |     |      |      |       |     |      | 34.2% | 14.6% | 67.9% | 17.9% | 10.7%  | 0.0% |
| Nutrient Guideline      |          | 450-600 |    | 640 |      |      |       |     |      |       |       |       |       | <10.00 |      |

|                           |          |         |    |     |      |      |       |     |       |       |       |       |       |        |      |
|---------------------------|----------|---------|----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|--------|------|
| Wed - 09/16/2026          |          |         |    |     |      |      |       |     |       |       |       |       |       |        |      |
| 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 |
| 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 SMUCKERS            | 43grams  | 110     | 0  | 20  | 0.00 | 0.00 | 0.0   | 0   | 0.0   | 21    | 0.0   | 29.0  | 0.0   | 0.00   | 0.00 |
| Weighted Daily Average    |          | 583     | 44 | 451 | 2.00 | 1.79 | 321.1 | 594 | 55.13 | 64    | 19.41 | 97.35 | 11.05 | 2.68   | 0.00 |
| % of Calories             |          |         |    |     |      |      |       |     |       | 44.2% | 13.3% | 66.8% | 17.1% | 4.1%   | 0.0% |
| Nutrient Guideline        |          | 450-600 |    | 640 |      |      |       |     |       |       |       |       |       | <10.00 |      |

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Top Spanish Cafe & Catering

Sep 14, 2026 thru Sep 18, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

|                             | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Thu - 09/17/2026            |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| 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       |                            |
| Fri - 09/18/2026            |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| HS Breakfast                | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Whole Grain English Muffin  | 2 oz            | 120            | 0              | 270          | 1.00         | 1.60         | 90.0          | 0             | 0.0           | 1             | 6.0          | 21.0        | 1.5          | 0.00         | 0.00                       |
| Turkey Ham 3oz (JO).        | 3.01 oz         | 110            | 55             | 480          | 0.00         | 0.70         | 0.0           | 0             | 0.0           | 0             | 14.0         | 1.0         | 5.0          | 1.50         | 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                       |
| Gluten Free Waffles         | 2.6 oz          | 200            | 0              | 220          | 5.00         | 1.00         | 50.0          | 0             | 0.0           | 3             | 2.0          | 34.0        | 7.0          | 0.50         | 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                       |
| American Cheese.            | 2 oz            | 140            | 30             | 480          | 0.00         | 0.00         | 200.0         | 400           | 0.0           | 0             | 8.0          | 1.8         | 12.0         | 7.00         | 0.00                       |
| Weighted Daily Average      |                 | 554            | 93             | 1371         | 4.48         | 2.52         | 644.9         | 1437          | 92.21         | 27            | 37.78        | 57.32       | 20.22        | 9.35         | 0.00                       |
| % of Calories               |                 |                |                |              |              |              |               |               |               | 19.2%         | 27.3%        | 41.4%       | 32.9%        | 15.2%        | 0.0%                       |
| Nutrient Guideline          |                 | 450-600        |                | 640          |              |              |               |               |               |               |              |             |              | <10.00       |                            |
| Weighted Average            |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
|                             |                 | 482            | 36             | 630          | 5.44         | 2.21         | 466.4         | 827           | 52.93         | 45            | 19.67        | 77.82       | 11.11        | 3.94         | 0.00                       |
|                             |                 |                |                |              |              |              |               |               |               | 84.4%         | 16.3%        | 64.5%       | 20.7%        | 7.4%         | 0.0%                       |

\*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

Sep 14, 2026 thru Sep 18, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

|                            |          | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg)           | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|----------------------------|----------|-----------------|----------------|----------------|--------------|--------------|--------------|-------------------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Nutrient                   | Menu AVG | % of Cals       | Weekly Target  | % of Target    | Miss Data    | Shortfall    | Overage      | Error Messages (if any) |               |               |               |              |             |              |              |                            |
| Calories                   | 482      |                 | 450 - 600      | 100%           |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Cholesterol (mg)           | 36       |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sodium 1 (mg)              | 630      |                 | 640            | 98%            |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Fiber (g)                  | 5.44     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Iron (mg)                  | 2.21     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Calcium (mg)               | 466.4    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin A (IU)             | 827      |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sugars (g)                 | 45       | 37.51%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin C (mg)             | 52.93    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Protein (g)                | 19.67    | 16.32%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Carbohydrate (g)           | 77.82    | 64.55%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Total Fat (g)              | 11.11    | 20.73%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Saturated Fat (g)          | 3.94     | 7.36%           | <10.00%        |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Trans Fat <sup>1</sup> (g) | 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

Sep 21, 2026 thru Sep 25, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

|                         | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 09/21/2026        |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| HS Breakfast            | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Cer/GOLDEN GRAHAMS 2oz  | 2 oz            | 220            | 0              | 480          | 4.00         | 3.60         | 180.0         | 0             | 0.0           | 12            | 4.0          | 46.0        | 2.0          | 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                       |
| 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                       |
| Soy Milk                | 8 oz            | 110            | 0              | 115          | 2.00         | 1.30         | 450.0         | 750           | 0.0           | 5             | 8.0          | 8.0         | 4.5          | 0.50         | 0.00                       |
| Weighted Daily Average  |                 | 395            | 8              | 612          | 7.39         | 3.80         | 521.2         | 1005          | 92.21         | 37            | 13.40        | 78.31       | 3.48         | 0.78         | 0.00                       |
| % of Calories           |                 |                |                |              |              |              |               |               |               | 37.5%         | 13.6%        | 79.2%       | 7.9%         | 1.8%         | 0.0%                       |
| Nutrient Guideline      |                 | 450-600        |                | 640          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                              |          |         |    |     |      |      |       |     |       |       |       |        |       |        |      |
|------------------------------|----------|---------|----|-----|------|------|-------|-----|-------|-------|-------|--------|-------|--------|------|
| Tue - 09/22/2026             |          |         |    |     |      |      |       |     |       |       |       |        |       |        |      |
| 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 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 |
| 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 |
| 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 |
| SYRUP SMUCKERS               | 43grams  | 110     | 0  | 20  | 0.00 | 0.00 | 0.0   | 0   | 0.0   | 21    | 0.0   | 29.0   | 0.0   | 0.00   | 0.00 |
| Weighted Daily Average       |          | 610     | 48 | 530 | 2.00 | 1.00 | 296.0 | 625 | 85.20 | 65    | 22.00 | 104.00 | 12.25 | 2.75   | 0.00 |
| % of Calories                |          |         |    |     |      |      |       |     |       | 42.6% | 14.4% | 68.2%  | 18.1% | 4.1%   | 0.0% |
| Nutrient Guideline           |          | 450-600 |    | 640 |      |      |       |     |       |       |       |        |       | <10.00 |      |

|                              |       |         |    |     |      |       |       |       |        |       |       |       |       |        |      |
|------------------------------|-------|---------|----|-----|------|-------|-------|-------|--------|-------|-------|-------|-------|--------|------|
| Wed - 09/23/2026             |       |         |    |     |      |       |       |       |        |       |       |       |       |        |      |
| 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 |
| 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 |
| 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       |       | 460     | 41 | 283 | 7.42 | 2.61  | 314.6 | *769  | *11.59 | 53    | 13.49 | 85.79 | 8.46  | 1.80   | 0.00 |
| % of Calories                |       |         |    |     |      |       |       |       |        | 46.3% | 11.7% | 74.7% | 16.6% | 3.5%   | 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.

Top Spanish Cafe & Catering

Sep 21, 2026 thru Sep 25, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

|                            | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|----------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Thu - 09/24/2026           |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| 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       |                            |
| Fri - 09/25/2026           |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| 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                       |
| 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                       |
| 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                       |
| Soy Milk                   | 8 oz            | 110            | 0              | 115          | 2.00         | 1.30         | 450.0         | 750           | 0.0           | 5             | 8.0          | 8.0         | 4.5          | 0.50         | 0.00                       |
| Weighted Daily Average     |                 | 442            | 12             | 288          | 7.46         | 1.29         | 593.6         | 646           | 8.79          | 50            | 16.18        | 90.35       | 4.37         | 0.76         | 0.00                       |
| % of Calories              |                 |                |                |              |              |              |               |               |               | 45.7%         | 14.7%        | 81.8%       | 8.9%         | 1.5%         | 0.0%                       |
| Nutrient Guideline         |                 | 450-600        |                | 640          |              |              |               |               |               |               |              |             |              | <10.00       |                            |
| Weighted Average           |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
|                            |                 | 489            | 59             | 440          | 6.06         | 2.33         | 415.8         | *787          | *52.64        | 50            | 17.48        | 89.53       | 7.46         | 1.73         | *0.00                      |
|                            |                 |                |                |              |              |              |               |               |               | 91.7%         | 14.3%        | 73.2%       | 13.7%        | 3.2%         | *0.0%                      |

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Top Spanish Cafe & Catering

Sep 21, 2026 thru Sep 25, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

|                            |          | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg)           | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|----------------------------|----------|-----------------|----------------|----------------|--------------|--------------|--------------|-------------------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Nutrient                   | Menu AVG | % of Cals       | Weekly Target  | % of Target    | Miss Data    | Shortfall    | Overage      | Error Messages (if any) |               |               |               |              |             |              |              |                            |
| Calories                   | 489      |                 | 450 - 600      | 100%           |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Cholesterol (mg)           | 59       |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sodium 1 (mg)              | 440      |                 | 640            | 69%            |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Fiber (g)                  | 6.06     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Iron (mg)                  | 2.33     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Calcium (mg)               | 415.8    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin A (IU)             | 787      |                 |                |                | Missing      |              |              |                         |               |               |               |              |             |              |              |                            |
| Sugars (g)                 | 50       | 40.75%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin C (mg)             | 52.64    |                 |                |                | Missing      |              |              |                         |               |               |               |              |             |              |              |                            |
| Protein (g)                | 17.48    | 14.30%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Carbohydrate (g)           | 89.53    | 73.24%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Total Fat (g)              | 7.46     | 13.74%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Saturated Fat (g)          | 1.73     | 3.19%           | <10.00%        |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%           |                |                | Missing      |              |              |                         |               |               |               |              |             |              |              |                            |

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Top Spanish Cafe & Catering

Sep 28, 2026 thru Oct 2, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

|                         | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Mon - 09/28/2026        |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| HS Breakfast            | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Cer/GOLDEN GRAHAMS 2oz  | 2 oz            | 220            | 0              | 480          | 4.00         | 3.60         | 180.0         | 0             | 0.0           | 12            | 4.0          | 46.0        | 2.0          | 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                       |
| Gluten Free Corn Chex.  | 2 oz            | 200            | 0              | 400          | 2.00         | 14.40        | 120.0         | 600           | 7.2           | 6             | 4.0          | 48.0        | 1.0          | 0.00         | 0.00                       |
| Weighted Daily Average  |                 | 416            | 7              | 604          | 9.49         | 4.07         | 456.3         | 647           | 8.89          | 41            | 12.24        | 85.49       | 3.42         | 0.75         | 0.00                       |
| % of Calories           |                 |                |                |              |              |              |               |               |               | 39.1%         | 11.8%        | 82.2%       | 7.4%         | 1.6%         | 0.0%                       |
| Nutrient Guideline      |                 | 450-600        |                | 640          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                         |          |         |    |     |      |       |       |     |       |       |       |       |       |        |      |
|-------------------------|----------|---------|----|-----|------|-------|-------|-----|-------|-------|-------|-------|-------|--------|------|
| Tue - 09/29/2026        |          |         |    |     |      |       |       |     |       |       |       |       |       |        |      |
| 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 |
| 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 |
| Cereal, Cheerios        | 2 oz     | 200     | 0  | 280 | 6.00 | 18.00 | 180.0 | 0   | 0.0   | 2     | 8.0   | 42.0  | 4.0   | 0.00   | 0.00 |
| Weighted Daily Average  |          | 368     | 27 | 471 | 5.37 | 1.85  | 687.3 | 975 | 92.15 | 29    | 14.92 | 59.26 | 7.92  | 4.73   | 0.00 |
| % of Calories           |          |         |    |     |      |       |       |     |       | 32.0% | 16.2% | 64.4% | 19.3% | 11.6%  | 0.0% |
| Nutrient Guideline      |          | 450-600 |    | 640 |      |       |       |     |       |       |       |       |       | <10.00 |      |

|                               |         |         |    |     |      |      |       |     |      |       |       |       |       |        |      |
|-------------------------------|---------|---------|----|-----|------|------|-------|-----|------|-------|-------|-------|-------|--------|------|
| Wed - 09/30/2026              |         |         |    |     |      |      |       |     |      |       |       |       |       |        |      |
| 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 |
| 100% Apple Juice (Ardmore)    | 1 C     | 120     | 0  | 30  | 0.00 | 0.00 | 0.0   | 0   | 0.0  | 26    | 0.0   | 28.0  | 0.0   | 0.00   | 0.00 |
| MILK, 1%, Unflavored.         | 8 oz    | 110     | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4  | 12    | 8.0   | 13.0  | 2.5   | 1.50   | 0.00 |
| MILK, Skim, Unflavored.       | 8 oz    | 90      | 5  | 130 | 0.00 | 0.00 | 250.0 | 750 | 0.0  | 12    | 8.0   | 13.0  | 0.0   | 0.00   | 0.00 |
| Weighted Daily Average        |         | 443     | 7  | 410 | 2.85 | 1.61 | 289.6 | 594 | 1.13 | 51    | 11.40 | 78.35 | 8.78  | 2.13   | 0.00 |
| % of Calories                 |         |         |    |     |      |      |       |     |      | 45.8% | 10.3% | 70.8% | 17.8% | 4.3%   | 0.0% |
| Nutrient Guideline            |         | 450-600 |    | 640 |      |      |       |     |      |       |       |       |       | <10.00 |      |

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Top Spanish Cafe & Catering

Sep 28, 2026 thru Oct 2, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

|                                | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|--------------------------------|-----------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Thu - 10/01/2026               |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| HS Breakfast                   | Total           |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| Whole Grain English Muffin     | 2 oz            | 120            | 0              | 270          | 1.00         | 1.60         | 90.0          | 0             | 0.0           | 1             | 6.0          | 21.0        | 1.5          | 0.00         | 0.00                       |
| Turkey Ham 3oz (JO).           | 3.01 oz         | 110            | 55             | 480          | 0.00         | 0.70         | 0.0           | 0             | 0.0           | 0             | 14.0         | 1.0         | 5.0          | 1.50         | 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                       |
| Gluten Free Waffles            | 2.6 oz          | 200            | 0              | 220          | 5.00         | 1.00         | 50.0          | 0             | 0.0           | 3             | 2.0          | 34.0        | 7.0          | 0.50         | 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                       |
| American Cheese.               | 2 oz            | 140            | 30             | 480          | 0.00         | 0.00         | 200.0         | 400           | 0.0           | 0             | 8.0          | 1.8         | 12.0         | 7.00         | 0.00                       |
| Weighted Daily Average         |                 | 618            | 93             | 1370         | 3.10         | 2.32         | 578.7         | 1057          | 55.20         | 42            | 38.38        | 70.01       | 19.99        | 9.32         | 0.00                       |
| % of Calories                  |                 |                |                |              |              |              |               |               |               | 26.9%         | 24.8%        | 45.3%       | 29.1%        | 13.6%        | 0.0%                       |
| Nutrient Guideline             |                 | 450-600        |                | 640          |              |              |               |               |               |               |              |             |              | <10.00       |                            |
| Fri - 10/02/2026               |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| 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                       |
| Apple Sauce                    | 8 oz            | 100            | 0              | 0            | 2.00         | 0.00         | 0.0           | 0             | 12.0          | 22            | 0.0          | 26.0        | 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         |                 | 435            | 41             | 258          | 3.92         | 1.92         | 283.2         | 594           | 13.13         | 53            | 12.39        | 78.63       | 7.90         | 1.67         | 0.00                       |
| % of Calories                  |                 |                |                |              |              |              |               |               |               | 48.4%         | 11.4%        | 72.4%       | 16.3%        | 3.5%         | 0.0%                       |
| Nutrient Guideline             |                 | 450-600        |                | 640          |              |              |               |               |               |               |              |             |              | <10.00       |                            |
| Weighted Average               |                 |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
|                                |                 | 456            | 35             | 622          | 4.95         | 2.35         | 459.0         | 773           | 34.10         | 43            | 17.87        | 74.35       | 9.60         | 3.72         | 0.00                       |
|                                |                 |                |                |              |              |              |               |               |               | 84.8%         | 15.7%        | 65.2%       | 18.9%        | 7.3%         | 0.0%                       |

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Top Spanish Cafe & Catering

Sep 28, 2026 thru Oct 2, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

|                            |          | Portion<br>Size | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg)           | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|----------------------------|----------|-----------------|----------------|----------------|--------------|--------------|--------------|-------------------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Nutrient                   | Menu AVG | % of Cals       | Weekly Target  | % of Target    | Miss Data    | Shortfall    | Overage      | Error Messages (if any) |               |               |               |              |             |              |              |                            |
| Calories                   | 456      |                 | 450 - 600      | 100%           |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Cholesterol (mg)           | 35       |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sodium 1 (mg)              | 622      |                 | 640            | 97%            |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Fiber (g)                  | 4.95     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Iron (mg)                  | 2.35     |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Calcium (mg)               | 459.0    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin A (IU)             | 773      |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Sugars (g)                 | 43       | 37.70%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Vitamin C (mg)             | 34.10    |                 |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Protein (g)                | 17.87    | 15.67%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Carbohydrate (g)           | 74.35    | 65.20%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Total Fat (g)              | 9.60     | 18.94%          |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Saturated Fat (g)          | 3.72     | 7.34%           | <10.00%        |                |              |              |              |                         |               |               |               |              |             |              |              |                            |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%           |                |                |              |              |              |                         |               |               |               |              |             |              |              |                            |

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