

SEPTEMBER 2026

TOP SPANISH CATERING, INC



Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Eggroll **1**
Brown Rice
Broccoli
Bananas

Macaroni & **2**
Cheese with Chicken
Corn
Pears

Turkey Breast **3**
Ham & Cheese Sandwich
Coleslaw
100% Grape Juice
Mayo

Cheese Pizza **4**
Carrots
Orange

NO SCHOOL
LABOR DAY

Chicken Patty **8**
WG Roll
Green Beans & Corn
100% Grape Juice

Ground Beef **9**
Spanish Rice
Pinto Beans
Apple

Turkey **10**
Hot Dog
Sweet Potatoes
Bananas

Turkey Bologna **11**
& Cheese Sandwich
Romaine,
Tomatoes/Carrots,
Peach

Chicken Nuggets **14**
WG Roll
Green Beans
100% Grape Juice

Turkey Sausage **15**
Jambalaya
Baked Beans
Bananas

Beef Taco **16**
Soft WG Flour Tortilla
Corn
Orange

Grilled Chicken & **17**
Green Salad
Corn Chips
Apple
Ranch

Cheeseburger **18**
Sweet Potatoes
Pears
Ketchup & Mayo

Chicken Patty **21**
WG Roll
Carrots
Apples
Ketchup

Spanish Rice with **22**
Chicken
Corn
Pears

Meatloaf with Gravy **23**
WG Roll
Mashed Potatoes & Green
Beans
Bananas

Cheese Ravioli **24**
Marinara Sauce
WG Roll
Broccoli
100% Apple Juice

Chicken & Cheese **25**
Quesadilla
Black Beans
Orange

BBQ Chicken **28**
Drumstick
WG Roll
Mixed Vegetables
Apples

Chicken Alfredo **29**
Broccoli
Bananas

Arroz con Queso **30**
(Rice and Beans with
Cheese)
Corn
Pears

- 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

TOP SPANISH CATERING, INC



Monday

Tuesday

Wednesday

Thursday

Friday

Rice With
Vegetarian Meat
Broccoli
Bananas

1

Macaroni &
Cheese
Corn
Pears

2

Tofu & Vegetable
Sandwich
Coleslaw
100% Grape Juice
Mayo

3

Cheese Pizza
Carrots
Orange

4

NO SCHOOL
LABOR DAY

7

Vegetarian Patty
WG Roll
Green Beans & Corn
100% Grape Juice

8

Spanish Rice with
Vegetarian Meat
Pinto Beans
Apple

9

Black Bean Patty
Hot Dog Roll
Sweet Potatoes
Bananas

10

SunButter & Jelly
Sandwich
Romaine,
Tomatoes/Carrots,
Peach

11

Black Bean Patty
WG Roll
Green Beans
100% Grape Juice

14

Vegetarian Meat
Jambalaya
Baked Beans
Bananas

15

Vegetarian Meat Taco
Soft WG Flour Tortilla
Corn
Orange

16

Grilled Tofu &
Green Salad
Corn Chips
Apple
Ranch

17

Vegetarian Patty
Burger
Sweet Potatoes
Pear
Ketchup & Mayo

18

Vegetarian Patty
WG Roll
Carrots
Apples
Ketchup

21

Rice and Vegetarian
Meat
Chicken
Corn
Pears

22

Black Bean Patty
WG Roll
Mashed Potatoes & Green
Beans
Bananas

23

Cheese Ravioli
Marinara Sauce
Broccoli
100% Apple Juice

24

Cheese
Quesadilla
Black Beans
Orange

25

Vegetarian
Chick'N Nuggets
WG Roll
Mixed Vegetables
Apples

28

Vegetarian Meat
Spaghetti
Broccoli
Bananas

29

Arroz con Queso
(Rice and Beans with
Cheese)
Corn
Pears

30

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- Menu subject to change.
- Daily fruit offered might change depending on availability.

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Top Spanish Cafe & Catering

Aug 31, 2026 thru Sep 4, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/31/2026															
HS Lunch	Total														
Baked Glazed Chicken Drumstick	3.2 oz	150	90		0.00	0.60	0.0	0	0.0	1	17.0	2.0	8.0	2.00	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0		2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
Baked Beans. (F) 1C	1 C	122	0		6.98	1.88	34.9	0	0.0	10	5.23	26.17	0.0	0.00	0.00
Apples	1 cup	116	0		5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Vegetarian Chick'N Nuggets	3oz (4piece)	170	0		3.00	2.20	40.0	0	0.0	2	12.0	18.0	8.0	1.00	0.00
Gluten Free Bread	2 oz	140	0		4.00	0.48	0.0	0	0.0	2	2.0	26.0	3.33	1.67	0.00
Barbecue Sauce.	1 oz	45	0		0.00	0.00	0.0	50	2.4	8	0.0	10.0	0.5	0.00	0.00
Weighted Daily Average		664	94	1366	14.44	4.31	364.7	795	13.86	56	34.63	107.54	11.13	2.78	0.00
% of Calories										33.5%	20.9%	64.8%	15.1%	3.8%	0.0%
Nutrient Guideline		750-850												<10.00	

Tue - 09/01/2026															
HS Lunch	Total														
WG Chicken Egg Roll HS	6 oz	320	60		6.00	3.60	80.0	800	9.6	4	18.0	40.0	10.0	3.00	0.00
BROWN RICE 1C.	8 oz	160	0		1.88	0.68	2.5	0	0.0	0	0.0	32.9	1.41	0.00	0.00
BROCCOLI: fresh, boiled HS	1 CUP	55	0		5.15	1.05	62.4	2415	101.24	2	3.71	11.2	0.64	0.12	0.00
Banana2	1 C	210	0		6.14	0.61	11.8	151	20.53	29	2.57	53.9	0.78	0.26	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
SPANISH RICE With VG Meat HS	10 Oz	318	0		9.25	2.97	49.9	412	12.82	*2	14.8	59.97	2.89	0.26	*0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Granola.	1.78 oz	180	0		2.00	1.00	220.0	0	0.0	12	4.0	38.0	3.0	0.00	0.00
Weighted Daily Average		1024	67	1087	21.19	6.91	656.1	3997	132.63	*59	36.36	189.00	16.98	4.12	*0.00
% of Calories										*23.1%	14.2%	73.9%	14.9%	3.6%	*0.0%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Aug 31, 2026 thru Sep 4, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/02/2026															
HS Lunch	Total														
Mac&Cheese with Chicken.HS	7 oz	433	58		4.62	1.26	379.3	*493	*1.0	9	25.94	51.3	13.78	7.20	0.00
CORN: frozen, yellow	1 CUP	134	0		3.96	0.78	5.0	328	5.78	5	4.21	31.85	1.11	0.17	0.00
PEARS,FRESH	1 cup	101	0		5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Macaroni and CheeseHS	12 oz	580	60		4.00	2.16	840.0	1600	0.0	12	34.0	62.0	22.0	12.00	0.00
Weighted Daily Average		770	66	965	14.09	2.38	683.2	*1510	*15.61	43	38.92	123.44	16.52	8.25	0.00
% of Calories										22.5%	20.2%	64.1%	19.3%	9.6%	0.0%
Nutrient Guideline		750-850												<10.00	

Thu - 09/03/2026															
HS Lunch	Total														
Turkey Breast HS	3 oz	110	45		0.00	0.36	0.0	0	0.0	0	17.0	0.0	4.5	1.50	0.00
Whole Grain Bun 2oz.	2 oz	130	0		3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
100% Grape Juice 8oz	8 oz	160	0		0.00	0.00	40.0	0	0.0	36	0.0	36.0	0.0	0.00	0.00
Creamy Cole Slaw HS.	1 cup	132	12		3.99	1.20	76.0	4020	44.4	0	2.39	18.07	6.51	1.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Tofu and Vegetable Sandwich	2.2 oz	59	0		0.73	1.06	44.0	0	0.0	0	6.6	2.2	2.93	0.37	0.00
Lactose Free Milk.	8 oz	110	10		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		0.00	0.00	200.0	400	0.0	0	8.0	1.8	12.0	7.00	0.00
Mayonnaise	12.4 GRA	90	0		0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
Weighted Daily Average		768	93	1524	6.94	3.52	602.8	5045	45.60	50	39.03	94.27	25.74	10.26	0.00
% of Calories										26.0%	20.3%	49.1%	30.2%	12.0%	0.0%
Nutrient Guideline		750-850												<10.00	

Fri - 09/04/2026															
HS Lunch	Total														
Pizza Cheese K-5.	1 Slices	402	40		2.00	2.58	450.9	750	21.0	12	21.17	42.05	18.65	6.57	0.00
CARROT STICKS HS	1 CUP	50	0		3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.04	0.00
Orange Navel	1 Cup	75	0		3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00

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Top Spanish Cafe & Catering

Aug 31, 2026 thru Sep 4, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		622	48	1453	8.80	3.15	817.2	22103	120.34	42	31.27	85.33	20.35	7.34	0.00
% of Calories										27.2%	20.1%	54.9%	29.4%	10.6%	0.0%
Nutrient Guideline		750-850												<10.00	

Weighted Average		770	74		13.09	4.05	624.8	*6690	*65.61	*50 *58.6%	36.05 18.7%	119.92 62.3%	18.14 21.2%	6.55 7.7%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	770		750 - 850	100%				
Cholesterol (mg)	74							
Sodium 1a (mg)	1279		1280	100%				
Fiber (g)	13.09							
Iron (mg)	4.05							
Calcium (mg)	624.8							
Vitamin A (IU)	6690							
Sugars (g)	50	26.02%			Missing			
Vitamin C (mg)	65.61				Missing			
Protein (g)	36.05	18.74%			Missing			
Carbohydrate (g)	119.92	62.33%						
Total Fat (g)	18.14	21.22%						
Saturated Fat (g)	6.55	7.66%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Top Spanish Cafe & Catering

Sep 7, 2026 thru Sep 11, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Page 1

Generated on: 8/13/2026 6:18:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/07/2026															
HS Lunch	Total														
NO SCHOOL TODAY	SERVING	0	0		0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		750-850												<10.00	

Tue - 09/08/2026															
HS Lunch	Total														
*Chicken Patty-3.15	3.15 OZ	240	45		1.00	1.00	14.0	0	0.0	1	19.0	10.0	13.0	3.00	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0		2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
GREEN BEANS: frozen,boiled 1C	1 CUP	38	0		4.05	0.89	56.7	566	5.54	3	2.01	8.71	0.23	0.06	0.00
CORN: canned, yellow-K-5	1/2 CUP	55	0		1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
100% Grape Juice 8oz	8 oz	160	0		0.00	0.00	40.0	0	0.0	36	0.0	36.0	0.0	0.00	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Vegetarian Patty.	2.5 oz	140	0		3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
Weighted Daily Average		720	51	871	8.74	3.63	428.6	1228	8.21	56	34.81	104.37	16.33	3.96	0.00
% of Calories										31.2%	19.3%	58.0%	20.4%	4.9%	0.0%
Nutrient Guideline		750-850												<10.00	

Wed - 09/09/2026															
HS Lunch	Total														
GROUND BEEF &SPANISH RICE 9-12	10 oz	604	93		4.82	5.59	60.2	566	17.9	*3	29.44	62.26	23.34	7.94	*1.18
Pinto Beans 1C	1 C	209	0		8.72	3.49	73.3	0	0.0	2	12.21	36.64	0.0	0.00	0.00
Apples	1 cup	116	0		5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
SPANISH RICE With VG Meat	6 Oz	388	0		6.93	3.74	60.9	340	11.14	*2	21.75	51.43	10.39	1.26	*0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		1021	97	1144	18.97	9.28	422.7	1308	29.05	*40	49.94	142.28	24.52	8.52	*1.14
% of Calories										*15.5%	19.6%	55.7%	21.6%	7.5%	*1.0%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Sep 7, 2026 thru Sep 11, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/10/2026															
HS Lunch	Total														
HOT DOG ON A BUN:Turkey Frank	4oz Hotdog	249	45		2.98	1.79	105.9	0	0.0	4	12.97	27.86	11.99	2.50	0.00
Hot Dog Bun-Ultra	2oz Bun	130	0		3.00	1.08	26.0	0	0.0	3	6.0	26.0	2.0	0.00	0.00
Banana.	1 Cup	105	0		3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
Sweet potatoes HS	1 cup	180	0		6.60	1.38	76.0	38436	39.2	13	4.02	41.42	0.3	0.10	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Black Bean Patty	2.9 oz	150	0		5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	1.00	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		761	51	1339	15.74	4.54	487.9	39141	50.62	46	32.32	134.74	15.69	3.45	0.00
% of Calories										24.3%	17.0%	70.9%	18.6%	4.1%	0.0%
Nutrient Guideline		750-850												<10.00	

Fri - 09/11/2026															
HS Lunch	Total														
Turkey Bologna 3oz (FF)	2 oz	130	40		0.00	0.72	60.0	0	0.0	0	6.0	1.0	11.0	2.50	0.00
Whole Grain Bun 2oz.	2 oz	130	0		3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
PEACHES,FRESH K-5 B	1 cup	59	0		2.25	0.38	9.0	489	9.9	13	1.37	14.31	0.38	0.03	0.00
Romaine Lettuce K-5.*	1 C	8	0		0.99	0.46	15.5	4094	1.88	1	0.58	1.55	0.14	0.02	0.00
tomatoes salad 9-12	1 cup	32	0		2.16	0.49	18.0	1499	24.66	5	1.58	7.0	0.36	0.05	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Sunflower & Jelly Sandwich	2.8 oz	310	0		4.00	5.00	27.0	0	0.0	11	9.0	33.0	15.0	2.00	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
American Cheese Pullman	1 oz	40	10		0.00	0.00	75.0	0	0.0	1	2.0	1.0	3.0	1.75	0.00
Mayonnaise	12.4 GRA	90	0		0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
Weighted Daily Average		501	57	1062	8.42	4.09	462.4	6707	37.64	33	23.50	64.01	17.74	5.09	0.00
% of Calories										26.1%	18.8%	51.1%	31.9%	9.2%	0.0%
Nutrient Guideline		750-850												<10.00	

Weighted Average		751	64		12.97	5.39	450.4	12096	31.38	*44 *52.3%	35.14 18.7%	111.35 59.3%	18.57 22.3%	5.26 6.3%	*0.28 *0.3%
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Top Spanish Cafe & Catering

Sep 7, 2026 thru Sep 11, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

		Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	751		750 - 850	100%												
Cholesterol (mg)	64															
Sodium 1a (mg)	1104		1280	86%												
Fiber (g)	12.97															
Iron (mg)	5.39															
Calcium (mg)	450.4															
Vitamin A (IU)	12096															
Sugars (g)	44	23.26%			Missing											
Vitamin C (mg)	31.38															
Protein (g)	35.14	18.72%														
Carbohydrate (g)	111.35	59.33%														
Total Fat (g)	18.57	22.26%														
Saturated Fat (g)	5.26	6.30%	<10.00%													
Trans Fat ¹ (g)	0.28	0.34%			Missing											

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Top Spanish Cafe & Catering

Sep 14, 2026 thru Sep 18, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/14/2026															
HS Lunch	Total														
Chicken Nuggets	3 oz	260	30		2.00	2.00	43.0	0	0.0	0	17.0	15.0	14.0	2.50	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0		2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
GREEN BEANS: frozen,boiled 1C	1 CUP	38	0		4.05	0.89	56.7	566	5.54	3	2.01	8.71	0.23	0.06	0.00
100% Grape Juice 8oz	8 oz	160	0		0.00	0.00	40.0	0	0.0	36	0.0	36.0	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Black Bean Patty	2.9 oz	150	0		5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	1.00	0.00
Barbecue Sauce.	1 oz	45	0		0.00	0.00	0.0	50	2.4	8	0.0	10.0	0.5	0.00	0.00
Weighted Daily Average		730	37	1336	8.13	4.37	455.1	1241	9.13	60	30.94	107.73	16.75	3.27	0.00
% of Calories										32.6%	16.9%	59.0%	20.7%	4.0%	0.0%
Nutrient Guideline		750-850												<10.00	

Tue - 09/15/2026															
HS Lunch	Total														
Turkey Sausage Jambalaya HS	10 oz	418	52		3.31	1.99	26.7	140	22.13	*5	14.89	56.56	14.59	3.27	*0.00
Baked Beans 1C	1 C	280	0		10.00	3.40	100.0	0	0.0	22	14.0	58.0	1.0	0.00	0.00
Banana2	1 C	210	0		6.14	0.61	11.8	151	20.53	29	2.57	53.9	0.78	0.26	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Vegetarian Jambalaya	10 oz	296	0		6.51	1.70	41.5	197	20.29	*2	11.46	52.37	5.86	0.97	*0.00
Weighted Daily Average		1005	59	1608	19.53	6.00	413.9	917	43.82	*68	39.38	181.36	17.41	4.23	*0.00
% of Calories										*26.9%	15.7%	72.2%	15.6%	3.8%	*0.0%
Nutrient Guideline		750-850												<10.00	

Wed - 09/16/2026															
HS Lunch	Total														
BEEF for TACOs 4oz.*	4 oz	185	54		0.70	2.21	21.4	312	2.4	*1	15.49	2.77	12.18	4.60	*0.69
CORN: frozen, yellow	1 CUP	134	0		3.96	0.78	5.0	328	5.78	5	4.21	31.85	1.11	0.17	0.00
Whole Wheat Tortilla	2 oz	160	0		3.19	1.58	127.8	0	0.0	0	4.79	27.15	3.99	1.20	0.00
Orange Navel	1 Cup	75	0		3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Vegetarian Meat Taco.	3 oz	213	0		7.00	2.59	61.8	4062	7.67	5	19.06	20.63	7.82	1.03	0.00

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Top Spanish Cafe & Catering

Sep 14, 2026 thru Sep 18, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		649	60	556	11.40	4.78	481.1	1706	100.44	*31	33.54	93.81	18.57	6.61	*0.67
% of Calories										*19.1%	20.7%	57.8%	25.8%	9.2%	*0.9%
Nutrient Guideline		750-850												<10.00	

Thu - 09/17/2026															
HS Lunch	Total														
Green Salad with Grilled Chick	1 Salad Bo	201	60		3.20	1.45	49.8	5039	23.29	*2	21.41	19.39	3.34	0.28	*0.00
Corn Chips	2 oz	160	0		1.00	0.20	30.0	0	0.0	0	2.0	16.0	10.0	1.50	0.00
Ranch Dressing.	24Grams	20	0		0.00	0.00	40.0	0	0.0	2	0.0	6.0	0.0	0.00	0.00
Apples	1 cup	116	0		5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Green Salad with Tofu	1 Salad Bo	171	0		4.20	2.89	103.8	5039	23.29	*1	12.41	20.39	5.34	0.78	*0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		595	66	1249	9.57	1.94	406.4	5779	34.72	*39	31.75	85.07	14.99	2.59	*0.00
% of Calories										*26.0%	21.3%	57.2%	22.7%	3.9%	*0.0%
Nutrient Guideline		750-850												<10.00	

Fri - 09/18/2026															
HS Lunch	Total														
Beef Patty 2.25 Oz	2.25 oz	130	35		0.00	1.00	12.0	0	0.0	0	11.0	1.0	9.0	4.00	0.50
Whole Grain Bun 2oz.	2 oz	130	0		3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
Sweet potatoes HS	1 cup	180	0		6.60	1.38	76.0	38436	39.2	13	4.02	41.42	0.3	0.10	0.00
PEARS,FRESH	1 cup	101	0		5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Vegetarian Patty.	2.5 oz	140	0		3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
KETCHUP: individual (WC)	9 grams	10	0		0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
American Cheese.	2 oz	140	30		0.00	0.00	200.0	400	0.0	0	8.0	1.8	12.0	7.00	0.00
Mayonnaise	12.4 GRA	90	0		0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
Weighted Daily Average		882	72	1183	15.17	4.71	590.3	39506	48.05	46	35.74	113.41	34.27	13.34	0.49
% of Calories										21.0%	16.2%	51.5%	35.0%	13.6%	0.5%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Sep 14, 2026 thru Sep 18, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average		772	59		12.76	4.36	469.4	9830	47.23	*49 *56.7%	34.27 17.8%	116.28 60.2%	20.40 23.8%	6.01 7.0%	*0.23 *0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	772		750 - 850	100%				
Cholesterol (mg)	59							
Sodium 1a (mg)	1186		1280	93%				
Fiber (g)	12.76							
Iron (mg)	4.36							
Calcium (mg)	469.4							
Vitamin A (IU)	9830							
Sugars (g)	49	25.18%			Missing			
Vitamin C (mg)	47.23							
Protein (g)	34.27	17.75%						
Carbohydrate (g)	116.28	60.24%						
Total Fat (g)	20.40	23.78%						
Saturated Fat (g)	6.01	7.00%	<10.00%					
Trans Fat ¹ (g)	0.23	0.27%			Missing			

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Top Spanish Cafe & Catering

Sep 21, 2026 thru Sep 25, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/21/2026															
HS Lunch	Total														
*Chicken Patty-3.15	3.15 OZ	240	45		1.00	1.00	14.0	0	0.0	1	19.0	10.0	13.0	3.00	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0		2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
CARROTS: fresh, boiled-HS	1 CUP	55	0		4.68	0.53	46.8	26571	5.62	5	1.19	12.82	0.28	0.05	0.00
KETCHUP: individual (WC)	9 grams	10	0		0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Apples	1 cup	116	0		5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Vegetarian Patty.	2.5 oz	140	0		3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
Mayonnaise	12.4 GRA	90	0		0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
Weighted Daily Average		738	51	914	13.08	3.31	389.6	27317	17.07	45	32.69	94.52	25.76	5.31	0.00
% of Calories										24.1%	17.7%	51.2%	31.4%	6.5%	0.0%
Nutrient Guideline		750-850												<10.00	

Tue - 09/22/2026															
HS Lunch	Total														
SPANISH RICE With Chicken HS	10 Oz	319	88		1.72	4.01	38.4	383	12.53	*2	34.71	36.56	4.51	1.26	*0.00
CORN: frozen, yellow	1 CUP	134	0		3.96	0.78	5.0	328	5.78	5	4.21	31.85	1.11	0.17	0.00
PEARS,FRESH	1 cup	101	0		5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Rice and Vegetarian Meat	6 oz	591	0		14.35	4.78	137.1	687	123.19	*5	22.14	108.96	10.59	1.39	*0.00
Weighted Daily Average		659	94	383	11.41	5.12	336.1	1386	29.00	*36	47.35	109.72	7.22	2.22	*0.00
% of Calories										*22.1%	28.7%	66.6%	9.9%	3.0%	*0.0%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Sep 21, 2026 thru Sep 25, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/23/2026															
HS Lunch	Total														
Meatloaf 3oz	2 oz	180	35		1.00	1.80	20.0	200	3.6	5	12.0	8.0	11.0	4.50	0.50
Whole Grain Roll 2oz (BC)	2 oz	130	0		2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
MASHED POTATOES,mlk+but-9-1	1 CUP	204	29		1.68	0.34	67.2	361	20.37	3	3.72	22.83	10.77	6.70	0.37
GREEN BEANS: frozen,boiled 1C	1 CUP	38	0		4.05	0.89	56.7	566	5.54	3	2.01	8.71	0.23	0.06	0.00
Banana2	1 C	210	0		6.14	0.61	11.8	151	20.53	29	2.57	53.9	0.78	0.26	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Black Bean Patty	2.9 oz	150	0		5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	1.00	0.00
Weighted Daily Average		863	71	1316	14.93	5.13	476.4	1912	51.18	53	32.47	131.79	24.97	12.24	0.86
% of Calories										24.5%	15.1%	61.1%	26.0%	12.8%	0.9%
Nutrient Guideline		750-850												<10.00	

Thu - 09/24/2026															
HS Lunch	Total														
Cheese Ravioli..	7.4 oz	360	110		4.00	3.20	240.0	0	0.0	4	28.0	46.0	7.0	3.00	0.00
Marinara Sauce 1C (F)	1 c	100	0		4.00	2.88	40.0	1000	0.0	12	2.0	20.0	2.0	0.00	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0		2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
BROCCOLI: fresh, boiled HS	1 CUP	55	0		5.15	1.05	62.4	2415	101.24	2	3.71	11.2	0.64	0.12	0.00
100% Grape Juice 8oz	8 oz	160	0		0.00	0.00	40.0	0	0.0	36	0.0	36.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		906	118	1556	15.15	8.63	702.4	4052	102.44	67	45.85	151.42	11.93	3.90	0.00
% of Calories										29.7%	20.2%	66.8%	11.8%	3.9%	0.0%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Sep 21, 2026 thru Sep 25, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/25/2026															
HS Lunch	Total														
Chicken and Cheese Quesadilla	4 oz	382	63		4.00	2.45	360.5	0	0.0	1	27.06	36.8	14.96	5.70	0.00
Black beans HS	1 C	77	0		5.01	1.21	16.5	3	0.08	0	5.09	13.7	0.31	0.08	0.00
Orange Navel	1 Cup	75	0		3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Cheese Quesadilla.	1 Quesadill	89	12		0.80	0.40	152.3	0	0.0	1	5.45	8.01	4.64	2.12	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average		631	70	1620	12.34	3.83	719.7	1021	92.30	27	41.33	82.55	16.62	6.52	0.00
% of Calories										16.8%	26.2%	52.3%	23.7%	9.3%	0.0%
Nutrient Guideline		750-850												<10.00	

Weighted Average		760	81		13.38	5.20	524.8	7138	58.40	*46 *54.0%	39.94 21.0%	114.00 60.0%	17.30 20.5%	6.04 7.2%	*0.17 *0.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	760		750 - 850	100%				
Cholesterol (mg)	81							
Sodium 1a (mg)	1158		1280	90%				
Fiber (g)	13.38							
Iron (mg)	5.20							
Calcium (mg)	524.8							
Vitamin A (IU)	7138							
Sugars (g)	46	23.99%			Missing			
Vitamin C (mg)	58.40							
Protein (g)	39.94	21.03%						
Carbohydrate (g)	114.00	60.03%						
Total Fat (g)	17.30	20.50%						
Saturated Fat (g)	6.04	7.15%	<10.00%					
Trans Fat ¹ (g)	0.17	0.20%			Missing			

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Top Spanish Cafe & Catering

Sep 28, 2026 thru Oct 2, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/28/2026															
HS Lunch	Total														
Baked BBQ Glazed Chicken Drum	3.2 oz	190	90		0.00	0.60	0.0	0	0.0	9	17.0	12.0	8.0	2.00	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0		2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
MIXED VEG. :frozen,boiled 1C	1 CUP	66	0		4.06	1.01	46.0	458	30.03	*2	3.09	14.97	0.53	0.14	0.00
Apples.	1 cup	72	0		3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Vegetarian Chick'N Nuggets	3oz (4piece	170	0		3.00	2.20	40.0	0	0.0	2	12.0	18.0	8.0	1.00	0.00
CARROTS: fresh, boiled-HS	1 CUP	55	0		4.68	0.53	46.8	26571	5.62	5	1.19	12.82	0.28	0.05	0.00
KETCHUP: individual (WC)	9 grams	10	0		0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Barbecue Sauce.	1 oz	45	0		0.00	0.00	0.0	50	2.4	8	0.0	10.0	0.5	0.00	0.00
Mozarella Cheese	1 oz	81	20		0.00	0.00	200.5	0	0.0	1	7.09	2.03	6.08	3.04	0.00
Weighted Daily Average		748	116	1993	14.10	3.83	617.2	27779	45.60	*55	40.64	111.98	17.88	6.00	0.00
% of Calories										*29.4%	21.7%	59.9%	21.5%	7.2%	0.0%
Nutrient Guideline		750-850												<10.00	

Tue - 09/29/2026															
HS Lunch	Total														
CHICKEN ALFREDO W/ A TWIST HS	10 OZ	326	80		3.04	2.09	135.3	0	0.02	*1	26.45	31.98	11.92	6.56	0.00
Banana2	1 C	210	0		6.14	0.61	11.8	151	20.53	29	2.57	53.9	0.78	0.26	0.00
BROCCOLI: frozen, boiled HS	1 CUP	52	0		5.52	1.12	60.7	1860	73.78	3	5.7	9.84	0.22	0.03	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Vegetarian Spaghetti HS.	11 OZ	233	0		6.87	2.16	7.7	157	2.06	*1	10.91	46.21	2.24	0.12	*0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Whole Grain Roll	1.1 oz	80	0		1.00	0.80	0.0	0	0.0	1	2.0	14.0	1.5	0.00	0.00
Weighted Daily Average		768	86	641	15.76	4.63	485.7	2651	95.57	*46	44.60	123.18	15.55	7.53	*0.00
% of Calories										*24.0%	23.2%	64.2%	18.2%	8.8%	*0.0%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Sep 28, 2026 thru Oct 2, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/30/2026															
HS Lunch	Total														
Rice and Beans HS.	1 Cup	296	0		11.68	3.16	82.6	190	36.31	*3	11.07	57.33	2.94	0.57	*0.00
CORN: frozen, yellow	1 CUP	134	0		3.96	0.78	5.0	328	5.78	5	4.21	31.85	1.11	0.17	0.00
Mozarella Cheese	1 oz	81	20		0.00	0.00	200.5	0	0.0	1	7.09	2.03	6.08	3.04	0.00
PEARS,FRESH	1 cup	101	0		5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Taco Sauce.	100grams	54	0		1.30	1.03	15.0	536	23.5	*N/A*	1.16	13.08	0.32	0.04	*N/A*
Weighted Daily Average		766	28	1262	22.46	5.28	594.0	1724	74.43	*38	32.16	144.39	11.94	4.61	*0.00
% of Calories										*19.9%	16.8%	75.4%	14.0%	5.4%	*0.0%
Nutrient Guideline		750-850												<10.00	

Thu - 10/01/2026															
HS Lunch	Total														
Chicken Nuggets	3 oz	260	30		2.00	2.00	43.0	0	0.0	0	17.0	15.0	14.0	2.50	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0		2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
CARROTS: fresh, boiled-HS	1 CUP	55	0		4.68	0.53	46.8	26571	5.62	5	1.19	12.82	0.28	0.05	0.00
100% Grape Juice 8oz	8 oz	160	0		0.00	0.00	40.0	0	0.0	36	0.0	36.0	0.0	0.00	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Black Bean Patty	2.9 oz	150	0		5.00	1.30	60.0	0	0.0	2	14.0	16.0	5.0	1.00	0.00
Barbecue Sauce.	1 oz	45	0		0.00	0.00	0.0	50	2.4	8	0.0	10.0	0.5	0.00	0.00
Weighted Daily Average		747	37	1425	8.76	4.01	445.2	27246	9.22	62	30.11	111.85	16.81	3.26	0.00
% of Calories										33.4%	16.1%	59.9%	20.3%	3.9%	0.0%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Sep 28, 2026 thru Oct 2, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/02/2026															
HS Lunch	Total														
BEEF for TACOs 4oz.*	4 oz	185	54		0.70	2.21	21.4	312	2.4	*1	15.49	2.77	12.18	4.60	*0.69
Black beans 1C	1 C	174	0		8.72	1.74	69.8	0	0.0	2	10.47	31.4	0.0	0.00	0.00
Taco Shell-7" HS/Mission	2 shells	210	0		3.00	0.00	30.0	0	0.0	1	3.0	28.0	9.0	1.00	0.00
Orange Navel	1 Cup	75	0		3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Vegetarian Meat Taco.	3 oz	213	0		7.00	2.59	61.8	4062	7.67	5	19.06	20.63	7.82	1.03	0.00
Weighted Daily Average		745	61	466	15.96	4.17	463.4	1411	94.74	*29	38.45	94.93	22.55	6.29	*0.67
% of Calories										*15.7%	20.6%	50.9%	27.2%	7.6%	*0.8%
Nutrient Guideline		750-850												<10.00	

Weighted Average		755	65		15.41	4.39	521.1	12162	63.91	*46	37.19	117.27	16.94	5.54	*0.13
										*55.0%	19.7%	62.1%	20.2%	6.6%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	755		750 - 850	100%				
Cholesterol (mg)	65							
Sodium 1a (mg)	1158		1280	90%				
Fiber (g)	15.41							
Iron (mg)	4.39							
Calcium (mg)	521.1							
Vitamin A (IU)	12162							
Sugars (g)	46	24.45%			Missing			
Vitamin C (mg)	63.91							
Protein (g)	37.19	19.71%						
Carbohydrate (g)	117.27	62.15%						
Total Fat (g)	16.94	20.20%						
Saturated Fat (g)	5.54	6.60%	<10.00%					
Trans Fat ¹ (g)	0.13	0.16%			Missing			

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