



Monday	Tuesday	Wednesday	Thursday	Friday
3 SUMMER BREAK	4 SUMMER BREAK	5 SUMMER BREAK	6 SUMMER BREAK	7 SUMMER BREAK
10 SUMMER BREAK	11 SUMMER BREAK	12 SUMMER BREAK	13 SUMMER BREAK	14 SUMMER BREAK
17 SUMMER BREAK	18 SUMMER BREAK	19 Apple Cinnamon Cheerios Orange	20 Apple Muffin Apples	21 WG Grape Crescent Rolls Bananas
24 Golden Graham Cereal Pears	25 WG French Toast Turkey Breakfast Sausage 100% Orange Juice Syrup	26 WG Grape Crescent Roll Mixed Fruit Cup	27 WG Waffles Turkey Breakfast Sausage Apples Syrup	28 WG Bagels Cream Cheese Jelly Watermelon
31 Apple Cinnamon Cheerios 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.

AUGUST 2026 VEGETARIAN



Monday	Tuesday	Wednesday	Thursday	Friday
SUMMER BREAK 3	SUMMER BREAK 4	SUMMER BREAK 5	SUMMER BREAK 6	SUMMER BREAK 7
SUMMER BREAK 10	SUMMER BREAK 11	SUMMER BREAK 12	SUMMER BREAK 13	SUMMER BREAK 14
SUMMER BREAK 17	SUMMER BREAK 18	Apple Cinnamon Cheerios Orange 19	Apple Muffin Apples 20	WG Grape Crescent Rolls Bananas 21
Golden Graham Cereal Pears 24	WG French Toast 100% Orange Juice Syrup 25	WG Grape Crescent Roll Mixed Fruit Cup 26	WG Waffles Apples Syrup 27	WG Bagels Cream Cheese Jelly Watermelon 28
Apple Cinnamon Cheerios Pears 31	     			

- 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

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 24, 2026 thru Aug 28, 2026

HS Breakfast

Generated on: 8/13/2026 8:41:43 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 - 08/24/2026															
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
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		421	8	612	9.52	3.92	471.0	669	8.85	41	12.64	86.11	3.50	0.79	0.00
% of Calories										39.2%	12.0%	81.7%	7.5%	1.7%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 08/25/2026															
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 - 08/26/2026															
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
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
Weighted Daily Average		433	7	358	3.80	1.80	261.1	594	55.13	48	14.10	75.87	6.59	1.61	0.00
% of Calories										43.9%	13.0%	70.1%	13.7%	3.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

Aug 24, 2026 thru Aug 28, 2026

HS Breakfast

Generated on: 8/13/2026 8:41:43 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)
Thu - 08/27/2026															
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
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
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		515	44	452	3.31	1.95	329.4	669	7.48	51	17.77	84.41	11.29	2.72	0.00
% of Calories										39.4%	13.8%	65.6%	19.7%	4.7%	0.0%
Nutrient Guideline		450-600		640										<10.00	
Fri - 08/28/2026															
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
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
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
Cereal Apple Cinnamon Cheerios	1 oz	100	0	130	2.00	2.70	90.0	0	0.0	6	3.0	22.0	2.0	0.00	0.00
Weighted Daily Average		346	28	482	2.62	1.98	646.1	1490	13.51	26	14.94	52.59	7.99	4.77	0.00
% of Calories										30.6%	17.3%	60.8%	20.8%	12.4%	0.0%
Nutrient Guideline		450-600		640										<10.00	
Weighted Average															
		465	27	487	4.25	2.13	400.7	810	34.04	46	16.29	80.60	8.32	2.53	0.00
										89.4%	14.0%	69.3%	16.1%	4.9%	0.0%

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Top Spanish Cafe & Catering

Base Menu Spreadsheet

Portion Values - Detailed

Aug 24, 2026 thru Aug 28, 2026

HS Breakfast

Generated on: 8/13/2026 8:41:44 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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	465		450 - 600	100%												
Cholesterol (mg)	27															
Sodium 1 (mg)	487		640	76%												
Fiber (g)	4.25															
Iron (mg)	2.13															
Calcium (mg)	400.7															
Vitamin A (IU)	810															
Sugars (g)	46	39.74%														
Vitamin C (mg)	34.04															
Protein (g)	16.29	14.01%														
Carbohydrate (g)	80.60	69.32%														
Total Fat (g)	8.32	16.10%														
Saturated Fat (g)	2.53	4.89%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Aug 31, 2026 thru Sep 4, 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 ¹ (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

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Top Spanish Cafe & Catering

Aug 31, 2026 thru Sep 4, 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 ¹ (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%

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Top Spanish Cafe & Catering

Aug 31, 2026 thru Sep 4, 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 ¹ (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 ¹ (g)	0.00	0.00%			Missing											

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