

OCTOBER 2026

TOP SPANISH CATERING, INC

BREAKFAST

Monday

Tuesday

Wednesday

Thursday

Friday

Cinnamon Toast **5**
Crunch Cereal
Mozzarella String Cheese
Pears

WG Bagels **6**
Cream Cheese
Jelly
100% Orange Juice

WG French Toast **7**
Turkey Breakfast Sausage
Link
Cantaloupe Melon
Syrup

WG Pancake **1**
Turkey Sausage Link
Mixed Fruit Cup
Syrup

WG Filled **2**
Crescent Rolls
Apples

NO SCHOOL **12**

Cinnamon Toast Crun **13**
Cereal
Mozzarella String Cheese
Apples

WG Blueberry **14**
Muffin
Granola
100% Orange Juice

WG Waffles **15**
Turkey Breakfast Sausage
Mixed Fruit Cup
Syrup

WG Bagels **16**
Cream Cheese
JELLY
Orange

Cinnamon Toast Crun **19**
Cereal
Mozzarella String Cheese
Pears

WG French Toast **20**
Turkey Breakfast Sausage
Cantaloupe Melon
Syrup

WG Banana Bread **21**
Mozzarella String Cheese
100% Orange Juice

Mini Cinnis **22**
Cinnamon Rolls
Yogurt
Apples

Hard Boiled Egg **23**
Home Potatoes
Wg Roll
Orange

Cinnamon Toast Crun **26**
Cereal
Mozzarella String Cheese
Orange

WG Bagels **27**
Cream Cheese
JELLY
100% Orange Juice

WG Pancakes **28**
Turkey Sausage Patty
Apples
Syrup

WG Banana Bread **29**
Loaf
Strawberry Oatmeal Bar
Pears

NO SCHOOL **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

OCTOBER 2026 VEGETARIAN

TOP SPANISH CATERING, INC



Monday

Tuesday

Wednesday

Thursday

Friday

Cinnamon Toast **5**
Crunch Cereal
Mozzarella String Cheese
Pears

WG Bagels **6**
Cream Cheese
Jelly
100% Orange Juice

WG French Toast **7**
Cantaloupe Melon
Syrup

WG Pancake **1**
Mixed Fruit Cup
Syrup

WG Filled **2**
Crescent Rolls
Apples

NO SCHOOL **12**

Cinnamon Toast Crun **13**
Cereal
Mozzarella String Cheese
Apples

WG Blueberry **14**
Muffin
Granola
100% Orange Juice

WG Waffles **15**
Mixed Fruit Cup
Syrup

WG Bagels **16**
Cream Cheese
JELLY
Orange

Cinnamon Toast Crun **19**
Cereal
Mozzarella String Cheese
Pears

WG French Toast **20**
Cantaloupe Melon
Syrup

WG Banana Bread **21**
Mozzarella String Cheese
100% Orange Juice

Mini Cinnis **22**
Cinnamon Rolls
Yogurt
Apples

Hard Boiled Egg **23**
Home Potatoes
Wg Roll
Orange

Cinnamon Toast Crun **26**
Cereal
Mozzarella String Cheese
Orange

WG Bagels **27**
Cream Cheese
JELLY
100% Orange Juice

WG Pancakes **28**
Apples
Syrup

WG Banana Bread **29**
Loaf
Strawberry Oatmeal Bar
Pears

NO SCHOOL **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

Sep 28, 2026 thru Oct 2, 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 - 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 Blueberry Muffin 3.6oz	3.6 oz	280	30	160	2.00	1.80	20.0	*N/A*	*N/A*	24	5.0	48.0	8.0	1.00	0.00
Orange Navel	1 Cup	75	0	2	3.39	0.20	66.2	380	91.01	13	1.4	19.31	0.23	0.03	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		436	36	277	5.29	1.91	346.4	*975	*92.15	47	13.75	77.26	9.01	1.68	0.00
% of Calories										43.3%	12.6%	70.8%	18.6%	3.5%	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 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 - 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														
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
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		425	8	379	7.25	2.16	288.4	745	11.46	44	13.32	76.98	7.32	1.76	0.00
% of Calories										41.2%	12.5%	72.5%	15.5%	3.7%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		453	34	620	6.10	2.46	471.4	*880	*51.97	41	18.52	73.80	9.53	3.65	0.00
										80.6%	16.4%	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 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	453		450 - 600	100%												
Cholesterol (mg)	34															
Sodium 1 (mg)	620		640	97%												
Fiber (g)	6.10															
Iron (mg)	2.46															
Calcium (mg)	471.4															
Vitamin A (IU)	880				Missing											
Sugars (g)	41	35.81%														
Vitamin C (mg)	51.97				Missing											
Protein (g)	18.52	16.36%														
Carbohydrate (g)	73.80	65.19%														
Total Fat (g)	9.53	18.94%														
Saturated Fat (g)	3.65	7.26%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Oct 5, 2026 thru Oct 9, 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 - 10/05/2026															
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
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
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
Weighted Daily Average		420	8	476	11.46	4.86	466.2	765	20.72	41	12.54	83.61	7.66	0.95	0.00
% of Calories										38.8%	11.9%	79.6%	16.4%	2.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 10/06/2026															
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
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
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		400	28	510	2.00	1.60	635.0	625	85.20	37	16.00	65.00	7.75	4.75	0.00
% of Calories										37.0%	16.0%	65.0%	17.4%	10.7%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 10/07/2026															
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
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
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

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Top Spanish Cafe & Catering

Oct 5, 2026 thru Oct 9, 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		563	48	525	3.40	1.33	310.0	5901	58.45	57	21.31	92.73	12.55	2.83	0.00
% of Calories										40.7%	15.1%	65.9%	20.1%	4.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 10/08/2026															
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
Granola Bar.	0.89 oz	90	0	55	1.00	0.50	110.0	0	0.0	6	2.0	19.0	1.5	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		556	42	337	8.35	2.77	421.4	*745	*11.46	60	15.58	105.80	10.13	1.81	0.00
% of Calories										43.3%	11.2%	76.1%	16.4%	2.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 10/09/2026															
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
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		384	8	378	5.28	2.10	341.2	1005	92.21	34	14.14	65.49	7.17	1.72	0.00
% of Calories										35.0%	14.7%	68.2%	16.8%	4.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		465	27	445	6.10	2.53	434.8	*1808	*53.61	46	15.91	82.53	9.05	2.41	0.00
										88.6%	13.7%	71.0%	17.5%	4.7%	0.0%

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Top Spanish Cafe & Catering

Oct 5, 2026 thru Oct 9, 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	465		450 - 600	100%												
Cholesterol (mg)	27															
Sodium 1 (mg)	445		640	70%												
Fiber (g)	6.10															
Iron (mg)	2.53															
Calcium (mg)	434.8															
Vitamin A (IU)	1808				Missing											
Sugars (g)	46	39.39%														
Vitamin C (mg)	53.61				Missing											
Protein (g)	15.91	13.70%														
Carbohydrate (g)	82.53	71.05%														
Total Fat (g)	9.05	17.53%														
Saturated Fat (g)	2.41	4.67%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Oct 12, 2026 thru Oct 16, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Page 1

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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 - 10/12/2026															
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 - 10/13/2026															
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
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
Weighted Daily Average		435	8	477	11.30	4.80	463.6	841	23.33	47	12.48	87.30	7.79	0.97	0.00
% of Calories										42.8%	11.5%	80.3%	16.1%	2.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 10/14/2026															
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
Granola Bar.	0.89 oz	90	0	55	1.00	0.50	110.0	0	0.0	6	2.0	19.0	1.5	0.00	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		540	43	355	3.00	2.50	408.0	625	85.20	58	17.00	98.00	9.75	1.75	0.00
% of Calories										43.0%	12.6%	72.6%	16.3%	2.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Top Spanish Cafe & Catering

Oct 12, 2026 thru Oct 16, 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)
Thu - 10/15/2026															
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	
Fri - 10/16/2026															
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
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		375	28	482	5.39	1.80	701.2	1005	92.21	30	15.40	60.31	7.98	4.78	0.00
% of Calories										32.1%	16.4%	64.3%	19.1%	11.4%	0.0%
Nutrient Guideline		450-600		640										<10.00	
Weighted Average															
		483	31	441	5.42	2.72	473.5	766	63.97	50	16.07	85.74	9.14	2.54	0.00
										92.7%	13.3%	71.0%	17.0%	4.7%	0.0%

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Top Spanish Cafe & Catering

Oct 12, 2026 thru Oct 16, 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	483		450 - 600	100%												
Cholesterol (mg)	31															
Sodium 1 (mg)	441		640	69%												
Fiber (g)	5.42															
Iron (mg)	2.72															
Calcium (mg)	473.5															
Vitamin A (IU)	766															
Sugars (g)	50	41.18%														
Vitamin C (mg)	63.97															
Protein (g)	16.07	13.30%														
Carbohydrate (g)	85.74	70.96%														
Total Fat (g)	9.14	17.03%														
Saturated Fat (g)	2.54	4.74%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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Top Spanish Cafe & Catering

Oct 19, 2026 thru Oct 23, 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 - 10/19/2026															
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
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
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
Weighted Daily Average		420	8	476	11.46	4.86	466.2	765	20.72	41	12.54	83.61	7.66	0.95	0.00
% of Calories										38.8%	11.9%	79.6%	16.4%	2.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 10/20/2026															
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
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
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		563	48	525	3.40	1.33	310.0	5901	58.45	57	21.31	92.73	12.55	2.83	0.00
% of Calories										40.7%	15.1%	65.9%	20.1%	4.5%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 10/21/2026															
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
Mozarella 1oz	1 Oz	90	25	150	0.00	0.00	200.0	200	0.0	0	6.0	0.0	7.0	4.50	0.00
Weighted Daily Average		442	7	382	1.90	0.00	262.0	595	85.14	54	14.38	79.10	8.81	2.15	0.00
% of Calories										49.0%	13.0%	71.5%	17.9%	4.4%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Top Spanish Cafe & Catering

Oct 19, 2026 thru Oct 23, 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)
Thu - 10/22/2026															
HS Breakfast	Total														
WG Mini Cinnis Cinnamon Rolls	2.29 oz	240	0	270	3.00	1.70	30.0	0	0.0	14	4.0	40.0	8.0	1.50	0.00
Apples	1 cup	116	0	2	5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	0.00
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
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		526	12	457	8.35	1.97	418.4	745	11.46	59	16.58	97.80	9.63	2.31	0.00
% of Calories										45.0%	12.6%	74.4%	16.5%	4.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	
Fri - 10/23/2026															
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*
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, 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		473	189	489	7.43	3.13	419.8	1272	102.40	28	21.74	76.51	9.00	2.60	*0.00
% of Calories										24.0%	18.4%	64.6%	17.1%	4.9%	*0.0%
Nutrient Guideline		450-600		640										<10.00	
Weighted Average															
		485	53	466	6.51	2.26	375.3	1856	55.63	48	17.31	85.95	9.53	2.17	*0.00
										89.0%	14.3%	70.9%	17.7%	4.0%	*0.0%

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Top Spanish Cafe & Catering

Oct 19, 2026 thru Oct 23, 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	485		450 - 600	100%												
Cholesterol (mg)	53															
Sodium 1 (mg)	466		640	73%												
Fiber (g)	6.51															
Iron (mg)	2.26															
Calcium (mg)	375.3															
Vitamin A (IU)	1856															
Sugars (g)	48	39.55%														
Vitamin C (mg)	55.63															
Protein (g)	17.31	14.28%														
Carbohydrate (g)	85.95	70.89%														
Total Fat (g)	9.53	17.69%														
Saturated Fat (g)	2.17	4.03%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			Missing											

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Top Spanish Cafe & Catering

Oct 26, 2026 thru Oct 30, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/26/2026															
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
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 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
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
Weighted Daily Average		394	8	476	9.33	4.74	516.4	1101	104.08	36	13.30	75.82	7.64	0.93	0.00
% of Calories										37.0%	13.5%	76.9%	17.5%	2.1%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 10/27/2026															
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
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
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		400	28	510	2.00	1.60	635.0	625	85.20	37	16.00	65.00	7.75	4.75	0.00
% of Calories										37.0%	16.0%	65.0%	17.4%	10.7%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 10/28/2026															
HS Breakfast	Total														
Whole Grain Pancakes 2.6oz	2 oz	160	8	180	2.00	1.46	73.2	0	0.0	10	4.0	30.0	3.0	0.00	0.00
Turkey Breakfast Sausage	1.025 oz	60	30	90	0.00	0.40	0.0	0	0.0	0	6.0	0.0	4.0	1.00	0.00
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
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
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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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Top Spanish Cafe & Catering

Oct 26, 2026 thru Oct 30, 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		425	44	412	2.03	1.85	337.8	602	1.18	43	17.48	71.59	8.09	1.69	0.00
% of Calories										40.1%	16.5%	67.4%	17.1%	3.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Thu - 10/29/2026															
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
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
WG Strawberry Oatmeal Bar	1.2 oz	140	5	75	1.00	1.00	10.0	0	0.0	9	2.0	23.0	4.5	0.50	0.00
Weighted Daily Average		601	12	447	8.52	1.32	301.0	669	8.85	62	15.64	108.11	14.00	2.79	0.00
% of Calories										41.5%	10.4%	71.9%	20.9%	4.2%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 10/30/2026															
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	

Weighted Average		455	23	461	5.47	2.38	447.6	749	49.83	45	15.61	80.13	9.37	2.54	0.00
										88.2%	13.7%	70.4%	18.5%	5.0%	0.0%

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Top Spanish Cafe & Catering

Oct 26, 2026 thru Oct 30, 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	455		450 - 600	100%												
Cholesterol (mg)	23															
Sodium 1 (mg)	461		640	72%												
Fiber (g)	5.47															
Iron (mg)	2.38															
Calcium (mg)	447.6															
Vitamin A (IU)	749															
Sugars (g)	45	39.20%														
Vitamin C (mg)	49.83															
Protein (g)	15.61	13.72%														
Carbohydrate (g)	80.13	70.44%														
Total Fat (g)	9.37	18.53%														
Saturated Fat (g)	2.54	5.02%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%														

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