

OCTOBER 2026

TOP SPANISH CATERING, INC



Monday

Tuesday

Wednesday

Thursday

Friday

5
Meatloaf with Gravy
WG Roll
Mashed Potatoes
Green Beans
Orange

6
Chicken Patty
Sandwich
Sweet Potatoes
Apples
Ketchup

7
Spanish Rice with
Chicken
Pinto Beans
Bananas

1
Chicken Nuggets
WG Roll
Carrots
100% Grape Juice

2
Beef Taco
Taco Shell
Black Beans
Orange

12
NO SCHOOL

13
Chicken Corndog
Nuggets, WG Roll
Baked Beans
Pears
Ketchup

14
Beef Stew with Gravy
Mixed Vegetables
Brown Rice
Bananas

15
Macaroni & Cheese
Chicken Patty
Corn
Orange

16
Turkey Bologna &
Cheese Sandwich
Romaine Lettuce &
Tomato Salad
100% Apple Juice

19
Turkey Hot Dogs
Sweet Potatoes
Apples

20
Chicken Taco
WG Flour Tortilla
Pinto Beans
Oranges

21
Cheeseburger
Potatoes
Bananas
Ketchup

22
Chicken Parmesan
WG Roll
Mixed Vegetables
100% Grape Juice

23
Chicken Eggroll
Brown Rice
Broccoli
Pears

26
Chicken Nuggets
WG Roll
Baked Beans
Apples

27
Meatloaf with Gravy
Mashed Potatoes
Green Beans
WG Roll
Bananas

28
Chicken Teriyaki with
Stir Fry Vegetables
Brown Rice
Pears

29
Pepperoni &
Cheese Pizza
Broccoli
Oranges
Ranch

30
NO SCHOOL

- 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

5
Vegetarian Patty
WG Roll
Mashed Potatoes
Green Beans
Orange

6
Black Bean Patty
Sandwich
Sweet Potatoes
Apples
Ketchup

7
Spanish Rice with
Vegetarian Meat
Pinto Beans
Bananas

1
Vegetarian Patty
WG Roll
Carrots
100% Grape Juice

2
Vegetarian Meat Ta
Taco Shell
Black Beans
Orange

8
Cheese Pizza
Broccoli
Oranges

9
Green Salad with
Grilled Tofu
Corn Chips
100% Grape Juice
Ranch

12
NO SCHOOL

13
Black Bean Patty
, WG Roll
Baked Beans
Pears
Ketchup

14
Vegetarian Meat
Stew and
Mixed Vegetables
Brown Rice
Bananas

15
Macaroni & Cheese
Corn
Orange

16
SunButter & Jelly
Sandwich
Romaine Lettuce &
Tomato Salad
100% Apple Juice

19
Black Bean Patty
Hot Dog Roll
Sweet Potatoes
Apples

20
Vegetarian Meat Ta
WG Flour Tortilla
Pinto Beans
Oranges

21
Vegetarian Patty
Burger
Potatoes
Bananas
Ketchup

22
Black Bean Patty
WG Roll
Mixed Vegetables
100% Grape Juice

23
Rice with
Vegetarian Meat
Broccoli
Pears

26
Black Bean Patty
WG Roll
Baked Beans
Apples

27
Vegetarian Patty
Mashed Potatoes
Green Beans
WG Roll
Bananas

28
Vegetarian Teriyaki w
Stir Fry Vegetables
Brown Rice
Pears

29
Cheese Pizza
Broccoli
Oranges
Ranch

30
NO SCHOOL

- 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.

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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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Top Spanish Cafe & Catering

Oct 5, 2026 thru Oct 9, 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 - 10/05/2026															
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
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
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		728	71	1315	12.18	4.72	530.8	2141	121.66	37	31.30	97.20	24.42	12.00	0.86
% of Calories										20.4%	17.2%	53.4%	30.2%	14.8%	1.1%
Nutrient Guideline		750-850												<10.00	

Tue - 10/06/2026															
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
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
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		863	51	895	15.00	4.16	418.8	39181	50.66	52	35.52	123.12	25.78	5.37	0.00
% of Calories										24.1%	16.5%	57.0%	26.9%	5.6%	0.0%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Oct 5, 2026 thru Oct 9, 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 - 10/07/2026															
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
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
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
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		843	94	1010	16.79	8.13	400.2	1164	36.10	*45	57.29	141.30	6.64	2.27	*0.00
% of Calories										*21.2%	27.2%	67.0%	7.1%	2.4%	*0.0%
Nutrient Guideline		750-850												<10.00	

Thu - 10/08/2026															
HS Lunch	Total														
Pizza Cheese HS	1 slice	760	100		4.00	4.08	860.0	1550	21.0	12	36.0	64.0	38.0	19.00	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
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
Weighted Daily Average		968	105	1839	12.81	5.30	1240.4	4377	186.47	39	50.20	104.56	38.75	19.33	0.00
% of Calories										16.3%	20.7%	43.2%	36.0%	18.0%	0.0%
Nutrient Guideline		750-850												<10.00	

Fri - 10/09/2026															
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
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
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		639	66	1277	4.22	1.68	433.0	5659	24.46	*52	31.17	90.28	14.61	2.53	*0.00
% of Calories										*32.2%	19.5%	56.5%	20.6%	3.6%	*0.0%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Oct 5, 2026 thru Oct 9, 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		808	78		12.20	4.80	604.6	10504	83.87	*45 *50.1%	41.10 20.3%	111.29 55.1%	22.04 24.5%	8.30 9.2%	*0.17 *0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	808		750 - 850	100%				
Cholesterol (mg)	78							
Sodium 1a (mg)	1267		1280	99%				
Fiber (g)	12.20							
Iron (mg)	4.80							
Calcium (mg)	604.6							
Vitamin A (IU)	10504							
Sugars (g)	45	22.25%			Missing			
Vitamin C (mg)	83.87							
Protein (g)	41.10	20.33%						
Carbohydrate (g)	111.29	55.06%						
Total Fat (g)	22.04	24.54%						
Saturated Fat (g)	8.30	9.24%	<10.00%					
Trans Fat ¹ (g)	0.17	0.19%			Missing			

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Top Spanish Cafe & Catering

Oct 12, 2026 thru Oct 16, 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 - 10/12/2026															
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 - 10/13/2026															
HS Lunch	Total														
Chicken Corn Dog Nuggets	4.04 oz	310	50		3.00	1.60	20.0	0	0.0	6	14.0	26.0	16.0	3.50	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
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
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
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
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
Weighted Daily Average		927	56	1753	20.57	6.81	452.0	669	8.85	60	40.64	151.86	19.22	4.23	0.00
% of Calories										26.0%	17.5%	65.5%	18.7%	4.1%	0.0%
Nutrient Guideline		750-850												<10.00	

Wed - 10/14/2026															
HS Lunch	Total														
BEEF STEW	4 oz	382	18		12.37	5.57	252.4	33134	30.5	*12	13.03	58.11	12.24	2.74	*0.00
BROWN RICE-HS 1 Cup.	8 OZ	209	0		1.92	0.86	8.2	0	0.0	*0	5.7	40.98	2.21	0.46	*0.00
Mixed Vegetables. 1C.	1 CUP	118	0		8.01	1.49	45.5	7784	5.82	6	5.21	23.82	0.27	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, 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 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
Weighted Daily Average		1012	25	1376	28.30	8.45	587.6	40876	57.61	*59	34.41	188.83	16.46	4.19	*0.00
% of Calories										*23.2%	13.6%	74.6%	14.6%	3.7%	*0.0%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Oct 12, 2026 thru Oct 16, 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 - 10/15/2026															
HS Lunch	Total														
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
Chicken Patty-3oz *	3 oz	240	25		3.00	1.90	30.0	0	0.0	1	14.01	16.01	14.01	2.50	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
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
Weighted Daily Average		555	33	600	10.37	2.88	390.2	1361	97.99	31	27.96	80.96	16.73	3.61	0.00
% of Calories										22.6%	20.1%	58.3%	27.1%	5.9%	0.0%
Nutrient Guideline		750-850												<10.00	
Fri - 10/16/2026															
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
100% Apple Juice (Ardmore)	1 C	120	0		0.00	0.00	0.0	0	0.0	26	0.0	28.0	0.0	0.00	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		562	57	1092	6.17	3.72	453.4	6218	27.74	46	22.14	77.70	17.36	5.06	0.00
% of Calories										32.7%	15.8%	55.3%	27.8%	8.1%	0.0%
Nutrient Guideline		750-850												<10.00	
Weighted Average		764	43		16.35	5.47	470.8	12281	48.05	*49 *57.8%	31.29 16.4%	124.84 65.3%	17.45 20.5%	4.27 5.0%	*0.00 *0.0%

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Top Spanish Cafe & Catering

Oct 12, 2026 thru Oct 16, 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	764		750 - 850	100%												
Cholesterol (mg)	43															
Sodium 1a (mg)	1205		1280	94%												
Fiber (g)	16.35															
Iron (mg)	5.47															
Calcium (mg)	470.8															
Vitamin A (IU)	12281															
Sugars (g)	49	25.69%			Missing											
Vitamin C (mg)	48.05															
Protein (g)	31.29	16.38%														
Carbohydrate (g)	124.84	65.34%														
Total Fat (g)	17.45	20.55%														
Saturated Fat (g)	4.27	5.03%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%			Missing											

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Top Spanish Cafe & Catering

Oct 19, 2026 thru Oct 23, 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 - 10/19/2026															
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
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
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		772	51	1340	18.02	4.50	495.4	39186	50.62	55	31.61	138.59	15.68	3.38	0.00
% of Calories										28.5%	16.4%	71.8%	18.3%	3.9%	0.0%
Nutrient Guideline		750-850												<10.00	

Tue - 10/20/2026															
HS Lunch	Total														
Chicken for TACOs 4oz.	4 oz	200	76		1.17	1.73	15.8	506	4.02	*2	25.82	6.03	7.17	2.11	*0.00
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
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
Weighted Daily Average		740	81	1311	16.62	7.03	544.0	1566	96.26	*28	51.62	101.78	12.58	4.01	*0.00
% of Calories										*15.4%	27.9%	55.0%	15.3%	4.9%	*0.0%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Oct 19, 2026 thru Oct 23, 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 - 10/21/2026															
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
Potato Fries HS	1 C	220	0		2.00	0.72	0.0	0	0.0	0	2.0	34.0	8.0	1.00	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 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		1030	72	1171	11.19	4.34	510.1	1176	21.73	45	35.66	132.79	42.50	14.46	0.49
% of Calories										17.4%	13.8%	51.6%	37.1%	12.6%	0.4%
Nutrient Guideline		750-850												<10.00	

Thu - 10/22/2026															
HS Lunch	Total														
Chicken Patty-3oz *	3 oz	240	25		3.00	1.90	30.0	0	0.0	1	14.01	16.01	14.01	2.50	0.00
Marinara Sauce 1/4C (F)	1/4 C	25	0		1.00	0.72	10.0	250	0.0	3	0.5	5.0	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
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 Vegetables.	1 CUP	118	0		8.01	1.49	45.5	7784	5.82	6	5.21	23.82	0.27	0.06	0.00
GREEN BEANS.	3/4 CUP	30	0		3.24	0.71	45.4	453	4.43	2	1.61	6.97	0.18	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
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		853	52	1169	14.02	5.61	642.0	8666	6.99	60	38.84	120.71	23.03	6.34	0.00
% of Calories										28.0%	18.2%	56.6%	24.3%	6.7%	0.0%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Oct 19, 2026 thru Oct 23, 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 - 10/23/2026															
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
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
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
Weighted Daily Average		735	67	977	18.57	5.62	440.4	3890	119.75	*36	30.43	124.21	13.45	3.89	*0.00
% of Calories										*19.4%	16.6%	67.6%	16.5%	4.8%	*0.0%
Nutrient Guideline		750-850												<10.00	

Weighted Average		826	65		15.68	5.42	526.4	10897	59.07	*45	37.63	123.62	21.45	6.42	*0.10
										*48.8%	18.2%	59.9%	23.4%	7.0%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	826		750 - 850	100%				
Cholesterol (mg)	65							
Sodium 1a (mg)	1194		1280	93%				
Fiber (g)	15.68							
Iron (mg)	5.42							
Calcium (mg)	526.4							
Vitamin A (IU)	10897							
Sugars (g)	45	21.67%			Missing			
Vitamin C (mg)	59.07							
Protein (g)	37.63	18.22%						
Carbohydrate (g)	123.62	59.87%						
Total Fat (g)	21.45	23.37%						
Saturated Fat (g)	6.42	7.00%	<10.00%					
Trans Fat ¹ (g)	0.10	0.11%			Missing			

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Top Spanish Cafe & Catering

Oct 26, 2026 thru Oct 30, 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 - 10/26/2026															
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
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
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
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
Weighted Daily Average		735	37	1266	16.41	5.64	406.7	745	11.46	49	34.74	112.99	16.40	3.27	0.00
% of Calories										26.5%	18.9%	61.5%	20.1%	4.0%	0.0%
Nutrient Guideline		750-850												<10.00	

Tue - 10/27/2026															
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
Gravy.	5grams	20	0		0.00	0.40	10.0	*N/A*	*N/A*	0	0.0	3.0	0.0	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
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		883	71	1542	14.93	5.53	486.2	*1912	*51.18	53	32.47	134.74	24.97	12.24	0.86
% of Calories										24.0%	14.7%	61.1%	25.5%	12.5%	0.9%
Nutrient Guideline		750-850												<10.00	

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Top Spanish Cafe & Catering

Oct 26, 2026 thru Oct 30, 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 - 10/28/2026															
HS Lunch	Total														
CHICKEN STIR-FRY.	3 OZ	195	48		1.58	0.88	23.9	148	41.4	*2	16.49	6.46	10.99	2.29	*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
Stir-Fry Vegetables-HS	8 oz	26	0		1.15	0.27	14.6	1216	16.34	*1	0.94	3.46	1.19	0.18	*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
Tofu Stir-Fry Vegetables-HS	8 oz	31	0		1.17	0.36	22.5	1001	16.16	*1	1.3	3.43	1.64	0.25	*0.00
Weighted Daily Average		611	54	456	11.28	2.49	359.2	3044	82.07	*34	27.23	86.46	16.58	3.49	*0.00
% of Calories										*22.0%	17.8%	56.6%	24.4%	5.1%	*0.0%
Nutrient Guideline		750-850												<10.00	

Thu - 10/29/2026															
HS Lunch	Total														
PizzaTurkey Pepperoni HS.	1 Slices	529	58		4.00	4.31	238.6	911	10.44	10	27.12	61.75	19.0	5.56	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
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
Pizza Cheese HS	1 slice	760	100		4.00	4.08	860.0	1550	21.0	12	36.0	64.0	38.0	19.00	0.00
Ranch Dressing.	12Grams	10	0		0.00	0.00	20.0	0	0.0	1	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		771	67	1770	12.91	5.63	676.1	3792	176.70	39	42.45	106.96	21.17	6.70	0.00
% of Calories										20.2%	22.0%	55.5%	24.7%	7.8%	0.0%
Nutrient Guideline		750-850												<10.00	

Fri - 10/30/2026															
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	

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Top Spanish Cafe & Catering

Oct 26, 2026 thru Oct 30, 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		750	57		13.88	4.82	482.0	*2373	*80.35	*44 *52.2%	34.22 18.3%	110.29 58.8%	19.78 23.7%	6.43 7.7%	*0.21 *0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	750		750 - 850	100%				
Cholesterol (mg)	57							
Sodium 1a (mg)	1259		1280	98%				
Fiber (g)	13.88							
Iron (mg)	4.82							
Calcium (mg)	482.0							
Vitamin A (IU)	2373				Missing			
Sugars (g)	44	23.22%			Missing			
Vitamin C (mg)	80.35				Missing			
Protein (g)	34.22	18.25%						
Carbohydrate (g)	110.29	58.82%						
Total Fat (g)	19.78	23.74%						
Saturated Fat (g)	6.43	7.71%	<10.00%					
Trans Fat ¹ (g)	0.21	0.26%			Missing			

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