TOP SPANISH CATERING, INC

NOVEMBER 2026

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
2 WG Cinnamon Toast Crunch Cereal Mozzarella String Cheese Pears	3 WG Blueberry Muffin Granola Cantaloupe Melon	4 WG French Toast Turkey Sausage Breakfast Link 100% Orange Juice Syrup	5 WG Bagels Cream Cheese Jelly Apples	6 WG Waffle Turkey Sausage Link Tangerines Syrup
9 WG Cinnamon Toast Crunch Cereal Mozzarella String Cheese Pears	10 WG Pancake Turkey Sausage Patty Orange Syrup	11 **NO SCHOOL** *Veteran's Day*	12 WG Grape Filled Crescents Nonfat Yogurt Apples	13 WG Apple Muffin Granola 100% Grape Juice
16 WG Cinnamon Toast Crunch Cereal Mozzarella String Cheese Pears	17 WG Waffles Turkey Sausage Breakfast Link Mixed Fruit Cup Syrup	18 WG Banana Bread Loaf Mozzarella String Cheese 100% Orange Juice	19 WG Bagel Cream Cheese Jelly Orange	20 WG Grape Filled Crescent Rolls Apples
23 **NO SCHOOL**	24 **NO SCHOOL**	25 **NO SCHOOL**	26 **NO SCHOOL**	27 **NO SCHOOL**
30 WG Cinnamon Toast Crunch Cereal Mozzarella String Cheese 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

TOP SPANISH CATERING, INC

NOVEMBER 2026
VEGETARIAN

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
2 WG Cinnamon Toast Crunch Cereal Mozzarella String Cheese Pears	3 WG Blueberry Muffin Granola Cantaloupe Melon	4 WG French Toast 100% Orange Juice Syrup	5 WG Bagels Cream Cheese Jelly Apples	6 WG Waffle Tangerines Syrup
9 WG Cinnamon Toast Crunch Cereal Mozzarella String Cheese Pears	10 WG Pancake Orange Syrup	11 **NO SCHOOL** *Veteran's Day*	12 WG Grape Filled Crescents Nonfat Yogurt Apples	13 WG Apple Muffin Granola 100% Grape Juice
16 WG Cinnamon Toast Crunch Cereal Mozzarella String Cheese Pears	17 WG Waffles Mixed Fruit Cup Syrup	18 WG Banana Bread Loaf Mozzarella String Cheese 100% Orange Juice	19 WG Bagel Cream Cheese Jelly Orange	20 WG Grape Filled Crescent Rolls Apples
23 **NO SCHOOL**	24 **NO SCHOOL**	25 **NO SCHOOL**	26 **NO SCHOOL**	27 **NO SCHOOL**
30 WG Cinnamon Toast Crunch Cereal Mozzarella String Cheese 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.

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Top Spanish Cafe & Catering

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Generated on: 10/30/2026 7:13:22 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 - 11/02/2026															
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 - 11/03/2026															
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
Cantaloupe Melon BF 1C	1 cup	53	0	25	1.40	0.33	14.0	5276	57.25	12	1.31	12.73	0.3	0.08	0.00
MILK, 1%, Unflavored.	8 oz	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5	130	0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Lactose Free Milk.	8 oz	110	10	130	0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Soy Milk	8 oz	110	0	115	2.00	1.30	450.0	750	0.0	5	8.0	8.0	4.5	0.50	0.00
Weighted Daily Average		493	43	350	4.40	2.83	422.0	5901	58.45	50	16.31	86.73	10.05	1.83	0.00
% of Calories										40.8%	13.2%	70.4%	18.3%	3.3%	0.0%
Nutrient Guideline		450-600		640										<10.00	
Wed - 11/04/2026															
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

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient**

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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)
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	
Thu - 11/05/2026															
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
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
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		416	28	482	7.35	1.87	648.4	745	11.46	40	14.58	71.80	8.13	4.81	0.00
% of Calories										38.6%	14.0%	69.0%	17.6%	10.4%	0.0%
Nutrient Guideline		450-600		640										<10.00	
Fri - 11/06/2026															
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
TANGERINES,FRESH	1 C	47	0	2	1.58	0.13	32.6	599	23.5	9	0.71	11.74	0.27	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
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		490	44	452	1.58	1.92	353.7	1194	24.63	46	18.12	77.09	11.33	2.71	0.00
% of Calories										37.3%	14.8%	63.0%	20.8%	5.0%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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Top Spanish Cafe & Catering

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

Generated on: 10/30/2026 7:13:22 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 - 11/09/2026															
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 - 11/10/2026															
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 Sausage Patty	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
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
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
Weighted Daily Average		424	44	412	2.02	1.85	338.0	603	1.55	43	17.49	71.53	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	
Wed - 11/11/2026															
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	

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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)
Thu - 11/12/2026															
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
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		495	12	434	7.25	2.16	388.4	745	11.46	54	17.32	90.98	7.32	1.76	0.00
% of Calories										43.4%	14.0%	73.6%	13.3%	3.2%	0.0%
Nutrient Guideline		450-600		640										<10.00	
Fri - 11/13/2026															
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
100% Grape Juice 8oz	8 oz	160	0	30	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	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		600	42	365	3.00	2.50	448.0	*625	*1.20	73	15.00	111.00	9.75	1.75	0.00
% of Calories										48.7%	10.0%	74.0%	14.6%	2.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	
Mon - 11/16/2026															
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

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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)
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 - 11/17/2026															
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	
Wed - 11/18/2026															
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
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		434	27	558	2.01	0.01	456.2	601	1.52	37	18.49	59.49	15.02	6.09	0.00
% of Calories										33.7%	17.0%	54.8%	31.2%	12.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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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)
Thu - 11/19/2026															
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
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
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	
Fri - 11/20/2026															
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	
Mon - 11/23/2026															
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 - 11/24/2026															
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

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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)
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	
Wed - 11/25/2026															
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	
Thu - 11/26/2026															
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	
Fri - 11/27/2026															
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	
Mon - 11/30/2026															
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

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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)
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	
Weighted Average		468	27	453	6.01	2.62	435.1	*1096	*29.14	47	15.84	82.78	9.26	2.43	0.00
										90.7%	13.5%	70.7%	17.8%	4.7%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	468		450 - 600	100%				
Cholesterol (mg)	27							
Sodium 1 (mg)	453		640	71%				
Fiber (g)	6.01							
Iron (mg)	2.62							
Calcium (mg)	435.1							
Vitamin A (IU)	1096				Missing			
Sugars (g)	47	40.31%						
Vitamin C (mg)	29.14				Missing			
Protein (g)	15.84	13.53%						
Carbohydrate (g)	82.78	70.70%						
Total Fat (g)	9.26	17.80%						
Saturated Fat (g)	2.43	4.66%	<10.00%					
Trans Fat[1] (g)	0.00	0.00%						

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