NOVEMBER 2026

TOP SPANISH CATERING, INC

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Glazed Drumstick WG Roll; Mixed Vegetables Apples	3 Chicken Taco WG Flour Tortilla Pinto Bean Orange	4 Turkey Hot Dog Sweet Potatoes Bananas	5 Chicken Alfredo Pasta Broccoli 100% Apple Juice	6 Salisbury Steak Brown Rice Corn Pears
9 Chicken Patty Sandwich Green Beans & Carrots Apples	10 Spanish Rice with Chicken Pinto Beans Bananas	11 **NO SCHOOL** *Veteran's Day*	12 Chicken Nuggets WG Roll Corn Pears	13 Ground Beef Macaroni Broccoli Orange
16 Hamburger Potatoes Apples	17 Chicken Corndog Nuggets Baked Beans Orange	18 Cheese Pizza Broccoli Bananas	19 Grilled Chicken Green Salad Corn Chips 100% Apple Juice; Ranch	20 Beef Stew With Mixed Vegetables Brown Rice Pears
23 **NO SCHOOL**	24 **NO SCHOOL**	25 **NO SCHOOL**	26 **NO SCHOOL**	27 **NO SCHOOL**
30 Baked Glazed Drumstick WG Roll; Mixed Vegetables Apples				



- 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

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 Morning Star Vegetarian Chick'N Nuggets WG Roll; Mixed Vegetables; Apples	3 Vegetarian Meat Taco WG Flour Tortilla Pinto Bean Orange	4 Black Bean Patty Hot Dog Roll Sweet Potatoes Bananas	5 Vegetarian Meat Spaghetti with Tomato Sauce Broccoli 100% Apple Juice	6 Rice and Beans Corn Pears
9 Vegetarian Patty Sandwich Green Beans & Carrots Apples	10 Spanish Rice with Vegetarian Meat Pinto Beans Bananas	11 **NO SCHOOL** *Veteran's Day*	12 Black Bean Patty WG Roll Corn Pears	13 Macaroni & Cheese Broccoli Orange
16 Vegetarian Patty Sandwich Potatoes Apples	17 Black Bean Patty WG Roll Baked Beans Orange	18 Cheese Pizza Broccoli Bananas	19 Grilled Tofu Green Salad Corn Chips 100% Apple Juice; Ranch	20 Mixed Vegetables Brown Rice with Vegetarian Meat Pears
23 **NO SCHOOL**	24 **NO SCHOOL**	25 **NO SCHOOL**	26 **NO SCHOOL**	27 **NO SCHOOL**
30 Morning Star Vegetarian Chick'N Nuggets WG Roll; Mixed Vegetables; Apples				



- 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

Nov 2, 2026 thru Nov 30, 2026

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

Generated on: 10/30/2026 7:23:08 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 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	

	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)
Tue - 11/03/2026															
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	

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)
Wed - 11/04/2026															
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
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
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		866	51	1340	18.80	4.85	493.8	39216	60.89	61	33.60	161.69	16.08	3.59	0.00
% of Calories										28.1%	15.5%	74.7%	16.7%	3.7%	0.0%
Nutrient Guideline		750-850												<10.00	

Thu - 11/05/2026															
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
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
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		678	86	669	9.62	4.02	473.9	2500	75.04	*43	42.03	97.28	14.77	7.26	*0.00
% of Calories										*25.5%	24.8%	57.4%	19.6%	9.6%	*0.0%
Nutrient Guideline		750-850												<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)
Fri - 11/06/2026															
HS Lunch	Total														
Salisbury Steak (AP)	2.14 oz	140	30		1.00	1.08	20.0	0	1.16	1	10.0	3.0	10.0	4.00	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
CORN: frozen, yellow	1 CUP	134	0		3.96	0.78	5.0	328	5.78	5	4.21	31.85	1.11	0.17	0.00
PEARS,FRESH	1 cup	101	0		5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Rice and 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
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		635	37	382	12.64	2.90	321.4	1008	16.89	*35	22.88	108.44	13.78	4.88	*0.00
% of Calories										*22.4%	14.4%	68.3%	19.5%	6.9%	*0.0%
Nutrient Guideline		750-850												<10.00	

	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 Lunch	Total														
*Chicken Patty-3.15	3.15 OZ	240	45		1.00	1.00	14.0	0	0.0	1	19.0	10.0	13.0	3.00	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0		2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
Green Beans & CARROTS: HS	1 Cup	46	0		4.33	0.86	56.3	13594	5.6	*3	1.6	10.73	0.25	0.05	0.00
KETCHUP: individual (WC)	9 grams	10	0		0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
Apples	1 cup	116	0		5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	0.00
Lactose Free Milk.	8 oz	110	10		0.00	0.00	300.0	750	0.0	12	8.0	13.0	2.5	1.50	0.00
Vegetarian Patty.	2.5 oz	140	0		3.00	1.60	30.0	0	0.0	0	16.0	6.0	7.0	1.00	0.00
Mayonnaise	12.4 GRA	90	0		0.00	0.00	0.0	0	0.0	0	0.0	0.0	10.0	1.50	0.00
Weighted Daily Average		730	51	874	12.73	3.64	399.1	14339	17.05	*42	33.11	92.43	25.73	5.31	0.00
% of Calories										*22.9%	18.2%	50.7%	31.7%	6.6%	0.0%
Nutrient Guideline		750-850												<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)
Tue - 11/10/2026															
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	
Wed - 11/11/2026															
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	
Thu - 11/12/2026															
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
CORN: frozen, yellow	1 CUP	134	0		3.96	0.78	5.0	328	5.78	5	4.21	31.85	1.11	0.17	0.00
PEARS,FRESH	1 cup	101	0		5.52	0.32	16.0	45	7.65	17	0.64	27.11	0.25	0.04	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
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		732	37	1023	13.55	4.58	379.4	998	14.63	37	33.77	114.98	17.38	3.42	0.00
% of Calories										20.5%	18.4%	62.8%	21.4%	4.2%	0.0%
Nutrient Guideline		750-850												<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)
Fri - 11/13/2026															
HS Lunch	Total														
GROUND BEEF & MACARONI . 1 cup	1 CUP	317	58		2.44	3.75	52.5	741	9.05	*3	21.37	27.09	13.57	5.01	*0.73
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
Macaroni and CheeseHS	12 oz	580	60		4.00	2.16	840.0	1600	0.0	12	34.0	62.0	22.0	12.00	0.00
Weighted Daily Average		551	66	800	11.39	5.04	474.1	3628	174.82	*31	36.79	70.12	15.48	6.00	*0.72
% of Calories										*22.7%	26.7%	50.9%	25.3%	9.8%	*1.2%
Nutrient Guideline		750-850												<10.00	

	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 - 11/16/2026															
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
Apples	1 cup	116	0		5.35	0.27	13.4	120	10.26	23	0.58	30.8	0.38	0.06	0.00
MILK, 1%, Unflavored.	8 oz	110	10		0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
MILK, Skim, Unflavored.	8 oz	90	5		0.00	0.00	250.0	750	0.0	12	8.0	13.0	0.0	0.00	0.00
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		936	72	1171	10.40	4.00	511.7	1145	11.46	39	33.66	109.68	42.10	14.26	0.49
% of Calories										16.7%	14.4%	46.9%	40.5%	13.7%	0.5%
Nutrient Guideline		750-850												<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)
Tue - 11/17/2026															
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
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
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		901	56	1752	18.44	6.69	502.2	1005	92.21	56	41.40	144.06	19.21	4.21	0.00
% of Calories										24.8%	18.4%	63.9%	19.2%	4.2%	0.0%
Nutrient Guideline		750-850												<10.00	
Wed - 11/18/2026															
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
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
Weighted Daily Average		1103	105	1839	15.56	5.71	1186.0	4148	115.99	55	51.37	139.15	39.30	19.57	0.00
% of Calories										20.1%	18.6%	50.5%	32.1%	16.0%	0.0%
Nutrient Guideline		750-850												<10.00	
Thu - 11/19/2026															
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% 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
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

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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		599	66	1277	4.22	1.68	393.0	5659	24.46	*42	31.17	82.28	14.61	2.53	*0.00
% of Calories										*27.7%	20.8%	54.9%	22.0%	3.8%	*0.0%
Nutrient Guideline		750-850												<10.00	
Fri - 11/20/2026															
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
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
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		904	25	1375	27.69	8.16	591.9	40770	44.73	*47	32.48	162.04	15.93	3.97	*0.00
% of Calories										*20.9%	14.4%	71.7%	15.9%	4.0%	*0.0%
Nutrient Guideline		750-850												<10.00	
Mon - 11/23/2026															
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 - 11/24/2026															
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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	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 - 11/25/2026															
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	
Thu - 11/26/2026															
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	
Fri - 11/27/2026															
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	
Mon - 11/30/2026															
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

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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		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	
Weighted Average		781	71		14.44	4.94	527.0	11514	58.12	*45	38.83	116.61	19.29	6.22	*0.08
										*51.6%	19.9%	59.7%	22.2%	7.2%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	781		750 - 850	100%				
Cholesterol (mg)	71							
Sodium 1a (mg)	1254		1280	98%				
Fiber (g)	14.44							
Iron (mg)	4.94							
Calcium (mg)	527.0							
Vitamin A (IU)	11514							
Sugars (g)	45	22.95%			Missing			
Vitamin C (mg)	58.12							
Protein (g)	38.83	19.89%						
Carbohydrate (g)	116.61	59.74%						
Total Fat (g)	19.29	22.23%						
Saturated Fat (g)	6.22	7.17%	<10.00%					
Trans Fat[1] (g)	0.08	0.09%			Missing			

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