

Top Spanish Cafe & Catering

Jul 1, 2024 thru Jul 5, 2024

Base Menu Spreadsheet

MS Breakfast

Portion Values - Detailed

Page 1

Generated on: 7/2/2024 11:59:41 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 07/01/2024 | | | | | | | | | | | | | | | |
| MS Breakfast | Total | | | | | | | | | | | | | | |
| Cer/Cinnamon Toast Crunch 2oz | 2 oz | 200 | 0 | 320 | 8.00 | 3.60 | 120.0 | 600 | 7.2 | 12 | 2.0 | 44.0 | 5.0 | 0.00 | 0.00 |
| Mandarin Fruit Cup. | 1 C | 140 | 0 | 0 | 2.00 | 0.00 | 60.0 | 0 | 0.0 | 28 | 2.0 | 32.0 | 0.0 | 0.00 | 0.00 |
| MILK, 1%, Unflavored. | 8 oz | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, Skim, Unflavored. | 8 oz | 90 | 5 | 130 | 0.00 | 0.00 | 250.0 | 750 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 430 | 7 | 436 | 9.82 | 3.52 | 438.4 | 1181 | 8.17 | 51 | 11.55 | 87.35 | 6.07 | 0.71 | 0.00 |
| % of Calories | | | | | | | | | | 47.5% | 10.7% | 81.2% | 12.7% | 1.5% | 0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|-------------------------------|--------|---------|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|--------|------|
| Tue - 07/02/2024 | | | | | | | | | | | | | | | |
| MS Breakfast | Total | | | | | | | | | | | | | | |
| Whole Grain Banana Muffin 3.6 | 3.6 oz | 280 | 30 | 180 | 2.00 | 2.00 | 26.0 | 0 | 0.0 | 26 | 5.0 | 51.0 | 7.0 | 1.00 | 0.00 |
| WATERMELON,CHUNKS | 1 CUP | 46 | 0 | 2 | 0.61 | 0.36 | 10.6 | 865 | 12.31 | 9 | 0.93 | 11.48 | 0.23 | 0.02 | 0.00 |
| MILK, 1%, Unflavored. | 8 oz | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| MILK, Skim, Unflavored. | 8 oz | 90 | 5 | 130 | 0.00 | 0.00 | 250.0 | 750 | 0.0 | 12 | 8.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 409 | 36 | 298 | 2.53 | 2.28 | 296.7 | 1459 | 13.45 | 46 | 13.32 | 72.74 | 8.12 | 1.69 | 0.00 |
| % of Calories | | | | | | | | | | 44.7% | 13.0% | 71.1% | 17.9% | 3.7% | 0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------------------|--------|---------|----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|--------|------|
| Wed - 07/03/2024 | | | | | | | | | | | | | | | |
| MS Breakfast | Total | | | | | | | | | | | | | | |
| WG Strawberry Oatmeal Bar HS | 2.4 oz | 280 | 10 | 150 | 2.00 | 2.00 | 20.0 | 0 | 0.0 | 18 | 4.0 | 46.0 | 9.0 | 1.00 | 0.00 |
| Pineapple, Fresh | 1 C | 83 | 0 | 2 | 2.31 | 0.48 | 21.5 | 96 | 78.87 | 16 | 0.89 | 21.65 | 0.2 | 0.01 | 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 | | 443 | 17 | 268 | 4.21 | 2.38 | 301.6 | 690 | 80.00 | 45 | 12.29 | 77.70 | 9.93 | 1.67 | 0.00 |
| % of Calories | | | | | | | | | | 40.4% | 11.1% | 70.1% | 20.2% | 3.4% | 0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|---------|---|---|---|------|------|-----|---|-----|---|-----|-----|-----|------|------|
| Thu - 07/04/2024 | | | | | | | | | | | | | | | |
| MS 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 |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Top Spanish Cafe & Catering

Jul 1, 2024 thru Jul 5, 2024

Base Menu Spreadsheet

MS Breakfast

Portion Values - Detailed

Page 2

Generated on: 7/2/2024 11:59:42 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (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 | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| Fri - 07/05/2024 | | | | | | | | | | | | | | | |
|------------------------|---------|---------|---|-----|------|------|-----|---|------|------|------|------|------|------|--------|
| MS 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 | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|------------------|--|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|------|------|
| Weighted Average | | 428 | 20 | 334 | 5.52 | 2.73 | 345.6 | 1110 | 33.87 | 47 | 12.39 | 79.26 | 8.04 | 1.36 | 0.00 |
| | | | | | | | | | | 99.4% | 11.6% | 74.1% | 16.9% | 2.9% | 0.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 428 | | 400 - 550 | 100% | | | | |
| Cholesterol (mg) | 20 | | | | | | | |
| Sodium 1 (mg) | 334 | | 600 | | | | | |
| Sodium 2 (mg) | 334 | | 535 | | | | | |
| Fiber (g) | 5.52 | | | | | | | |
| Iron (mg) | 2.73 | | | | | | | |
| Calcium (mg) | 345.6 | | | | | | | |
| Vitamin A (IU) | 1110 | | | | | | | |
| Sugars (g) | 47 | 44.16% | | | | | | |
| Vitamin C (mg) | 33.87 | | | | | | | |
| Protein (g) | 12.39 | 11.59% | | | | | | |
| Carbohydrate (g) | 79.26 | 74.14% | | | | | | |
| Total Fat (g) | 8.04 | 16.92% | | | | | | |
| Saturated Fat (g) | 1.36 | 2.86% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | | | | |

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