

# Top Spanish Cafe & Catering

Jul 22, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

MS Breakfast

Portion Values - Detailed

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	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 <sup>1</sup> (g)
Mon - 07/22/2024															
MS Breakfast	Total														
Cer/Cinnamon Toast Cruch 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
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		366	7	438	11.21	3.72	444.6	1561	99.18	36	10.95	74.66	6.30	0.73	0.00
% of Calories										39.6%	12.0%	81.6%	15.5%	1.8%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 07/23/2024															
MS Breakfast	Total														
Whole Grain Blueberry Muffin 3	3.1 oz	250	35	140	2.00	2.00	23.0	0	0.0	20	5.01	42.06	7.01	1.00	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
Weighted Daily Average		437	41	260	7.44	2.24	299.2	639	8.79	48	13.04	79.80	8.15	1.71	0.00
% of Calories										44.0%	12.0%	73.1%	16.8%	3.5%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Wed - 07/24/2024															
MS Breakfast	Total														
Whole Grain Waffles 2.6oz	2 oz	180	8	270	2.00	2.00	24.0	0	0.0	4	4.0	28.0	6.0	0.00	0.00
Turkey Bacon.2s	0.25 oz	42	12	219	0.00	0.13	0.0	0	0.0	0	3.54	0.35	2.83	0.71	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, 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
SYRUP. (A)	43grams	120	0	0	0.00	0.00	0.0	0	0.0	19	0.0	31.0	0.0	0.00	0.00
Weighted Daily Average		485	27	626	3.36	2.41	298.9	5869	58.40	47	16.26	83.79	10.10	1.48	0.00
% of Calories										38.7%	13.4%	69.1%	18.7%	2.8%	0.0%
Nutrient Guideline		400-550		600										<10.00	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	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 <sup>1</sup> (g)
Thu - 07/25/2024															
MS 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
FRUIT SALAD: 1C (MAG)	1 C	160	0	20	2.00	0.80	0.0	0	0.0	40	0.0	42.0	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		452	27	488	3.95	2.36	620.2	594	1.13	56	13.49	81.76	7.67	4.71	0.00
% of Calories										49.9%	11.9%	72.4%	15.3%	9.4%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Fri - 07/26/2024															
MS Breakfast	Total														
Fat Free Yogurt	4 oz	100	5	70	0.00	0.00	100.4	502	0.0	13	4.01	17.06	2.01	1.00	0.00
Apples.	1 cup	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	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
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
Weighted Daily Average		352	12	248	4.23	0.65	475.8	1160	7.37	44	13.86	66.47	4.86	1.73	0.00
% of Calories										50.2%	15.7%	75.5%	12.4%	4.4%	0.0%
Nutrient Guideline		400-550		600										<10.00	

Weighted Average		418	23	412	6.04	2.28	427.8	1965	34.97	46	13.52	77.29	7.42	2.07	0.00
										99.6%	12.9%	73.9%	16.0%	4.5%	0.0%

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Nutrient	Menu AVG	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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	418		400 - 550	100%													
Cholesterol (mg)	23																
Sodium 1 (mg)	412		600														
Sodium 2 (mg)	412		535														
Fiber (g)	6.04																
Iron (mg)	2.28																
Calcium (mg)	427.8																
Vitamin A (IU)	1965																
Sugars (g)	46	44.28%															
Vitamin C (mg)	34.97																
Protein (g)	13.52	12.92%															
Carbohydrate (g)	77.29	73.90%															
Total Fat (g)	7.42	15.95%															
Saturated Fat (g)	2.07	4.46%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%															

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