

Top Spanish Cafe & Catering

Jul 1, 2024 thru Jul 5, 2024

Base Menu Spreadsheet

MS 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 - 07/01/2024															
MS Lunch	Total														
Spaghetti-4 oz	4 oz	141	0	3	5.18	1.20	16.2	3	0.0	*N/A*	6.04	30.1	0.61	0.11	0.00
Beef Meatballs	2.5 oz	180	30	200	1.00	1.40	30.0	0	0.0	1	13.0	4.0	12.0	5.00	0.00
Marinara Sauce 1/2C (F)	1/2 C	50	0	90	2.00	1.44	20.0	500	0.0	6	1.0	10.0	1.0	0.00	0.00
Mixed Vegetables. 3/4C.	3/4 CUP	89	0	48	6.01	1.12	34.1	5838	4.37	4	3.9	17.87	0.2	0.04	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
Vegetarian Spaghetti K-8..	6 oz	519	0	430	18.14	8.34	67.9	500	0.0	10	23.96	98.61	6.43	0.00	0.00
Weighted Daily Average		667	36	478	20.10	5.65	390.4	7016	13.17	*41	32.75	104.25	14.98	5.71	0.00
% of Calories										*24.4%	19.6%	62.6%	20.2%	7.7%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 07/02/2024															
MS Lunch	Total														
Barbecue Chicken	6 oz	298	111	474	0.29	2.24	21.3	186	2.86	0	36.77	10.94	10.19	3.05	0.00
Whole Grain Roll 2oz (BC)	2 oz	130	0	270	2.00	1.50	40.0	0	0.0	1	4.0	25.0	1.0	0.00	0.00
Baked Beans. (F) 3/4C	3/4 C	92	0	183	5.23	1.41	26.2	0	0.0	8	3.93	19.63	0.0	0.00	0.00
BANANAS MS Lunch	1/2 Cup	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	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
Vegetarian Patty.	2.5 oz	160	0	580	6.00	1.40	90.0	0	0.0	2	17.0	14.0	7.0	1.00	0.00
Weighted Daily Average		865	114	1596	16.34	6.71	452.9	884	14.16	37	68.83	108.52	19.10	4.74	0.00
% of Calories										17.2%	31.8%	50.2%	19.9%	4.9%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Wed - 07/03/2024															
MS Lunch	Total														
Green Salad with Grilled Chick	1 Salad Bo	201	60	708	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	170	1.00	0.20	30.0	0	0.0	0	2.0	16.0	10.0	1.50	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
Green Salad with Tofu	1 Salad Bo	171	0	143	4.20	2.89	103.8	5039	23.29	*1	12.41	20.39	5.34	0.78	*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.

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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 ¹ (g)
Weighted Daily Average		559	65	1015	4.24	1.71	355.9	5669	108.44	*34	33.04	72.43	14.62	2.52	*0.00
% of Calories										*24.1%	23.6%	51.8%	23.5%	4.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Thu - 07/04/2024															
	Total SERVING	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-C	Sugars	Protn	Carb	T-Fat	S-Fat	Tr-Fat ¹
MS Lunch															
NO SCHOOL TODAY		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		600-700		1360										<10.00	

Fri - 07/05/2024															
	Total SERVING	Cals	Cholst	Sodm	Fiber	Iron	Calc	Vit-A	Vit-C	Sugars	Protn	Carb	T-Fat	S-Fat	Tr-Fat ¹
MS Lunch															
NO SCHOOL TODAY		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		600-700		1360										<10.00	

Weighted Average		697	72	1030	13.56	4.69	399.8	4523	45.26	*37 *48.0%	44.87 25.8%	95.07 54.6%	16.23 21.0%	4.32 5.6%	*0.00 *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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	697		600 - 700	100%												
Cholesterol (mg)	72															
Sodium 1 (mg)	1030		1360													
Sodium 2 (mg)	1030		1035													
Fiber (g)	13.56															
Iron (mg)	4.69															
Calcium (mg)	399.8															
Vitamin A (IU)	4523															
Sugars (g)	37	21.34%				Missing										
Vitamin C (mg)	45.26															
Protein (g)	44.87	25.75%														
Carbohydrate (g)	95.07	54.55%														
Total Fat (g)	16.23	20.96%														
Saturated Fat (g)	4.32	5.58%	<10.00%													
Trans Fat ¹ (g)	0.00	0.00%				Missing										

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