

Top Spanish Cafe & Catering

Jul 15, 2024 thru Jul 19, 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)	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 - 07/15/2024															
MS Lunch	Total														
Beef Hot Dog	2 oz	150	30	480	0.00	1.00	0.0	0	2.0	0	7.0	1.0	13.0	6.00	0.50
Hot Dog Bun-Ultra	2oz Bun	140	0	220	4.00	1.80	20.0	15	0.0	3	5.0	28.0	1.5	0.00	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
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
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
Black Bean Patty	2.9 oz	150	0	320	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	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
Weighted Daily Average		586	36	1117	9.36	4.22	307.7	605	87.09	44	25.66	88.29	15.49	6.59	0.49
% of Calories										30.2%	17.5%	60.2%	23.8%	10.1%	0.7%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 07/16/2024															
MS Lunch	Total														
Turkey Sausage Jambalaya HS	10 oz	418	52	707	3.31	1.99	26.7	140	22.13	*5	14.89	56.56	14.59	3.27	*0.00
Mixed Vegetables. 1C.	1 CUP	118	0	64	8.01	1.49	45.5	7784	5.82	6	5.21	23.82	0.27	0.06	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, 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 Jambalaya	6 oz	583	0	235	14.37	8.79	169.5	864	125.46	*5	18.61	114.29	8.47	1.61	*0.00
Weighted Daily Average		740	58	883	14.67	3.96	341.4	8609	41.93	*36	29.04	121.07	16.28	4.12	*0.00
% of Calories										*19.6%	15.7%	65.5%	19.8%	5.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Wed - 07/17/2024															
MS Lunch	Total														
Chicken and Bean Wrap	5 oz	267	54	595	4.28	2.06	136.5	0	0.0	0	16.81	32.51	8.28	2.63	0.00
CORN: frozen, yellow	1 CUP	134	0	2	3.96	0.78	5.0	328	5.78	5	4.21	31.85	1.11	0.17	0.00
Apple Sauce	4 oz	50	0	0	1.00	0.00	0.0	0	6.0	11	0.0	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
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
Cheese and Bean Wrap	5 oz	354	30	678	4.28	1.80	541.5	202	0.0	0	20.27	31.08	16.14	9.30	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		553	60	729	9.24	2.83	426.6	958	12.97	28	29.11	90.31	10.83	3.71	0.00
% of Calories										20.5%	21.1%	65.3%	17.6%	6.0%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Thu - 07/18/2024															
MS Lunch	Total														
Pizza Cheese K-5.	1 Slices	412	30	1164	2.00	1.80	445.0	952	21.0	10	21.17	39.0	18.65	8.60	0.00
GREEN BEANS: frozen,boiled 1C	1 CUP	38	0	1	4.05	0.89	56.7	566	5.54	3	2.01	8.71	0.23	0.06	0.00
Mandarin Fruit Cup (L)	1/2 C	70	0	0	1.00	0.00	30.0	0	0.0	14	1.0	16.0	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		614	37	1288	7.05	2.69	791.4	2109	27.66	38	31.75	75.99	20.05	9.36	0.00
% of Calories										24.7%	20.7%	49.5%	29.4%	13.7%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 07/19/2024															
MS Lunch	Total														
Chicken Salad.	3 oz	142	43	206	0.69	0.44	11.6	2757	1.41	*1	14.29	5.22	6.75	1.47	*0.00
Whole Grain Bun 2oz.	2 oz	130	0	250	3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
Romaine Lettuce K-5.*	1 C	8	0	4	0.99	0.46	15.5	4094	1.88	1	0.58	1.55	0.14	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
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
Sunflower & Jelly Sandwich	2.8 oz	310	0	300	4.00	5.00	27.0	0	0.0	11	9.0	33.0	15.0	2.00	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		537	49	635	8.99	3.63	416.3	7448	10.73	*35	28.56	83.15	11.47	2.25	*0.00
% of Calories										*26.2%	21.3%	61.9%	19.2%	3.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		606	48	930	9.86	3.47	456.7	3946	36.08	*36	28.82	91.76	14.82	5.21	*0.10
										*54.0%	19.0%	60.6%	22.0%	7.7%	*0.1%

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Portion Values - Detailed

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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)	Error Messages (if any)
Calories	606		600 - 700		100%												
Cholesterol (mg)	48																
Sodium 1 (mg)	930		1360														
Sodium 2 (mg)	930		1035														
Fiber (g)	9.86																
Iron (mg)	3.47																
Calcium (mg)	456.7																
Vitamin A (IU)	3946																
Sugars (g)	36	24.00%				Missing											
Vitamin C (mg)	36.08																
Protein (g)	28.82	19.02%															
Carbohydrate (g)	91.76	60.56%															
Total Fat (g)	14.82	22.01%															
Saturated Fat (g)	5.21	7.73%	<10.00%														
Trans Fat ¹ (g)	0.10	0.14%				Missing											

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