

Top Spanish Cafe & Catering

Jul 8, 2024 thru Jul 12, 2024

Base Menu Spreadsheet

MS Lunch

Portion Values - Detailed

Page 1

Generated on: 7/2/2024 12:02:43 PM

	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 - 07/08/2024															
MS Lunch	Total														
Beef Patty 2.25 Oz	2.25 oz	130	35	95	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	250	3.00	2.00	11.0	0	0.0	2	4.0	26.0	1.5	0.00	0.00
Sweet potatoes	3/4 cup	154	0	62	5.66	1.18	65.1	32945	33.6	11	3.45	35.5	0.26	0.09	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
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		581	41	543	12.12	4.36	358.1	33611	41.08	39	26.51	94.17	12.12	4.76	0.49
% of Calories										26.7%	18.2%	64.8%	18.8%	7.4%	0.8%
Nutrient Guideline		600-700		1360										<10.00	

Tue - 07/09/2024															
MS Lunch	Total														
Chicken for TACOs 4oz.	4 oz	199	71	190	1.17	1.55	15.8	506	4.02	*2	25.87	6.43	7.38	1.82	*0.00
CORN: frozen, yellow	3/4 CUP	107	0	1	3.17	0.62	4.0	263	4.62	4	3.37	25.48	0.88	0.14	0.00
Taco Shell-7" HS/Mission	2.25 oz	210	0	0	3.00	1.08	20.0	5	0.0	1	3.0	29.0	9.0	2.50	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 Meat Taco.	3 oz	186	0	792	8.26	1.99	95.7	4062	7.67	6	15.13	24.57	5.79	0.74	0.00
Weighted Daily Average		715	76	330	10.58	3.57	307.4	1529	20.13	*33	40.81	100.60	18.79	5.27	*0.00
% of Calories										*18.5%	22.8%	56.3%	23.7%	6.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Wed - 07/10/2024															
MS Lunch	Total														
Spaghetti-4 oz.	4 oz	400	0	20	12.00	5.40	0.0	0	0.0	4	14.0	82.0	3.0	0.00	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 1/4C (F)	1/4 C	25	0	45	1.00	0.72	10.0	250	0.0	3	0.5	5.0	0.5	0.00	0.00
GREEN BEANS: fresh,boiled	1/2 cup	44	0	1	4.00	0.81	55.0	791	12.13	5	2.36	9.85	0.35	0.08	0.00
Orange Navel K-8	1/2 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
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

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Base Menu Spreadsheet

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Portion Values - Detailed

Page 2

Generated on: 7/2/2024 12:02:43 PM

	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		817	36	395	21.49	8.55	421.7	2019	104.27	37	38.73	132.64	17.03	5.69	0.00
% of Calories										18.1%	19.0%	65.0%	18.8%	6.3%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Thu - 07/11/2024															
MS Lunch	Total														
SPANISH RICE With Chicken	6 Oz	284	79	219	1.53	3.57	34.2	340	11.14	*2	30.86	32.5	4.01	1.12	*0.00
Black beans 1/2C	1/2 C	113	0	122	5.23	1.74	41.9	0	0.0	1	6.98	20.06	0.44	0.00	0.00
100% Grape Juice 4oz	4 oz	80	0	20	0.00	0.00	20.0	0	1.2	18	0.0	19.0	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
Rice and Vegetarian Meat	6 oz	591	0	415	14.35	4.78	137.1	687	123.19	*5	22.14	108.96	10.59	1.39	*0.00
Weighted Daily Average		580	84	489	7.08	5.34	358.6	939	16.28	*32	45.18	85.75	5.80	1.84	*0.00
% of Calories										*22.1%	31.2%	59.2%	9.0%	2.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

Fri - 07/12/2024															
MS Lunch	Total														
Baked BBQ Glazed Chicken Drum	3.2 oz	190	90	840	0.00	0.60	0.0	0	0.0	9	17.0	12.0	8.0	2.00	0.00
Whole Grain Roll	1.3 oz	90	0	140	2.00	0.72	100.0	0	0.0	2	4.0	16.0	1.0	0.00	0.00
BROCCOLI: frozen, boiled MS	3/4 CUP	39	0	15	4.14	0.84	45.5	1395	55.34	2	4.28	7.38	0.17	0.02	0.00
Diced Pear Cup	4 oz	70	0	0	3.00	1.00	0.0	0	0.0	14	1.0	18.0	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
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		483	94	1107	9.37	3.19	413.6	1996	56.50	38	33.92	65.92	10.31	2.70	0.00
% of Calories										31.7%	28.1%	54.6%	19.2%	5.0%	0.0%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		635	66	573	12.13	5.00	371.9	8019	47.65	*36 *50.8%	37.03 23.3%	95.82 60.4%	12.81 18.2%	4.05 5.7%	*0.10 *0.1%
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MS Lunch

Portion Values - Detailed

Page 3

Generated on: 7/2/2024 12:02:43 PM

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	635		600 - 700	100%												
Cholesterol (mg)	66															
Sodium 1 (mg)	573		1360													
Sodium 2 (mg)	573		1035													
Fiber (g)	12.13															
Iron (mg)	5.00															
Calcium (mg)	371.9															
Vitamin A (IU)	8019															
Sugars (g)	36	22.59%				Missing										
Vitamin C (mg)	47.65															
Protein (g)	37.03	23.32%														
Carbohydrate (g)	95.82	60.35%														
Total Fat (g)	12.81	18.15%														
Saturated Fat (g)	4.05	5.74%	<10.00%													
Trans Fat ¹ (g)	0.10	0.14%				Missing										

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