

**Spring/ Early Fall Cycle - Breakfast HHFKA 9-12 (age 14-18)**

Menu subject to change. For any questions or comments please contact us directly at menu@luncherasdisi.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">04/03/2023</p> <p>WG Emoji Waffles (V) Syrup Maple (ss) Cranberry Juice Choice of Milk</p>	<p align="right">04/04/2023</p> <p>Blueberry WW Bread Pudding (V) Bananas Choice of Milk</p>	<p align="right">04/05/2023</p> <p>Cinnamon Toast Crunch Cup (V/VG) Fresh Tangerines Choice of Milk</p>	<p align="right">04/06/2023</p> <p>WG Pancakes &amp; Turkey Sausage on a Stick** Veggie Patty &amp; WG Pancakes (V) Maple Syrup (ss) Fresh Apples Choice of Milk</p>	<p align="right">04/07/2023</p> <p>NO SCHOOL TODAY</p>
<p align="right">04/10/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">04/11/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">04/12/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">04/13/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">04/14/2023</p> <p>NO SCHOOL TODAY</p>
<p align="right">04/17/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">04/18/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">04/19/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">04/20/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">04/21/2023</p> <p>NO SCHOOL TODAY</p>
<p align="right">04/24/2023</p> <p>Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Bananas Choice of Milk</p>	<p align="right">04/25/2023</p> <p>WG Blueberry Muffin (V) Fresh Tangerines Choice of Milk</p>	<p align="right">04/26/2023</p> <p>One-Pan Breakfast Potato, Egg Scramble &amp; Roll (V) Fresh Apples Choice of Milk</p>	<p align="right">04/27/2023</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Orange Juice Choice of Milk</p>	<p align="right">04/28/2023</p> <p>Homemade WW Choco Chip Banana Bread (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p>

**Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy (upon request)**

**Locally Grown Components Daily Served: Milk (PA). According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (VA) / Strawberries (VA)**

**Dairy - Free (DF), Gluten Free (GF), Vegan (VG), \*Vegetarian (V) options available daily upon request.  
WG = Whole Grain WW = Whole Wheat**

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Apr 3, 2023 to Apr 6, 2023

85 - HHFKA Breakfast 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	487		450-600	100%			
Saturated Fat	2.64 g	4.88%	<10.000%				
Sodium	518 mg		640	81%			
Sugars	*51 g	*41.9%					*
Total Fat	7.66 g	14.2%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	46 mg						
Carbohydrate	87.78 g	72.1%					
Fiber	6.33 g						
Protein	17.10 g	14.0%					
Vitamin A	*534 IU						*
Calcium	*50.2 mg						*
Vitamin C	*28.15 mg						*
Iron	*16.35 mg						*

<sup>1</sup>- Data comparisons are not available for date ranges outside of a valid menu week.

**\*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

**NOTICE:** The data contained within this report and the MOSAIC® 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.

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## Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

4 Day Week	Mon 04/03/23	Tue 04/04/23	Wed 04/05/23	Thu 04/06/23				Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check (no more than half of Total Fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
Fruit: Minimum (cups)	1	1	1	1				4	4	Yes		4	1	25%	Yes
Vegetables: Minimum (cups)	0	0	0	0				0	N/A	N/A	Weekly Veg. Juice Limit Check (no more than half of Total Veg.)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0	0	0			0	N/A	N/A						
-Red/Orange	0	0	0	0			0	N/A	N/A						
-Beans & Peas (Legumes)	0	0	0	0			0	N/A	N/A						
-Starchy	0	0	0	0			0	N/A	N/A						
-Other	0	0	0	0			0	N/A	N/A						
												0	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	0	0	0	0				0	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	0				0	N/A	N/A					
Grain: Minimum (oz eq)	2	2	2	2				8	7	Yes					
Grain: Maximum (oz eq)	2	2	2	2				8	8	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	7	Weekly Whole Grain Rich Total	7	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 04/03/23	Tue 04/04/23	Wed 04/05/23	Thu 04/06/23				Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	2	2	2	2				8	4	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored, Low-fat(1% or less), flavored	Yes	Yes	Yes	Yes											
Reduced fat(2%) or whole, unflavored and flavored															

\*\* Cells with this background color signify Requirements not being met!

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### Nutrient Breakdown Summary Report

From Apr 24, 2023 to Apr 28, 2023

85 - HHFKA Breakfast 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	472		450-600	100%			
Saturated Fat	2.73 g	5.21%	<10.000%				
Sodium	449 mg		640	70%			
Sugars	*48 g	*40.7%					*
Total Fat	8.99 g	17.1%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	55 mg						
Carbohydrate	84.24 g	71.4%					
Fiber	6.90 g						
Protein	17.31 g	14.7%					
Vitamin A	*543 IU						*
Calcium	*76.8 mg						*
Vitamin C	*25.28 mg						*
Iron	*19.81 mg						*

<sup>1</sup>- Data comparisons are not available for date ranges outside of a valid menu week.

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## Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 4/24/2023

5 Day Week	Mon 04/24/23	Tue 04/25/23	Wed 04/26/23	Thu 04/27/23	Fri 04/28/23			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check (no more than half of Total Fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
Fruit: Minimum (cups)	1	1	1	1	1			5	5	Yes		5	1	20%	Yes
Vegetables: Minimum (cups)	0	0	0	0	0			0	N/A	N/A	Weekly Veg. Juice Limit Check (no more than half of Total Veg.)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0	0	0	0			0	N/A	N/A					
-Red/Orange	0	0	0	0	0			0	N/A	N/A					
-Beans & Peas (Legumes)	0	0	0	0	0			0	N/A	N/A					
-Starchy	0	0	0	0	0			0	N/A	N/A					
-Other	0	0	0	0	0			0	N/A	N/A					
Meat/Meat Alt: Minimum (oz eq)	0	0	0	0	0			0	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	0	0			0	N/A	N/A					
Grain: Minimum (oz eq)	2	1	3	2.25	2			10.25	9	Yes					
Grain: Maximum (oz eq)	2	1	3	2.25	2			10.25	10	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	6.25	Weekly Whole Grain Rich Total	6.25	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 04/24/23	Tue 04/25/23	Wed 04/26/23	Thu 04/27/23	Fri 04/28/23			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	2	2	2	2	2			10	5	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored, Low-fat(1% or less), flavored	Yes	Yes	Yes	Yes	Yes										
Reduced fat(2%) or whole, unflavored and flavored															

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