

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

Menu subject to change. For any questions or comments please contact us directly.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>04/03/2023</p> <p>Beef Meatballs w/ Brown Rice & Bl. Beans Veggie Meatballs w/ Brown Rice & Beans(V/VG) Fresh Apples Choice of Milk</p>	<p>04/04/2023</p> <p>Spaghetti and Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Tangerines Choice of Milk</p>	<p>04/05/2023</p> <p>Spring Picnic Sandwich w/Tk. Breast & Provolone Spring Picnic Sandwich w/Provolone Cheese (V) Celery Sticks Ranch Dressing (ss) Bananas Choice of Milk</p>	<p>04/06/2023</p> <p>Jerk Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice (V/VG) Roasted Broccoli & Potato Medley Cranberry Dried(ss)** Choice of Milk</p>	<p>04/07/2023</p> <p>NO SCHOOL TODAY</p>
<p>04/10/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/11/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/12/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/13/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/14/2023</p> <p>NO SCHOOL TODAY</p>
<p>04/17/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/18/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/19/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/20/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/21/2023</p> <p>NO SCHOOL TODAY</p>
<p>04/24/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Fresh Apples Choice of Milk</p>	<p>04/25/2023</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget(VG) Roasted Potatoes WG Roll Ranch Dressing (ss) Fruit Punch Juice Choice of Milk</p>	<p>04/26/2023</p> <p>Butter Chicken Butter Chicken Meatless-V Salvadorian Carrot Rice Fresh Pears Choice of Milk</p>	<p>04/27/2023</p> <p>One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Tangerines Choice of Milk</p>	<p>04/28/2023</p> <p>WG Cheese Pizza (V) Broccoli Ranch Dressing (ss) Bananas Choice of Milk</p>

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy (Upon Request)

ALL MEALS INCLUDE: 1 cup of FRESH FRUIT or 100% Juice & 1 cup of vegetables daily

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), Potato (PA), Lettuce (PA), Spinach (PA/VA), Broccoli (NC), Tomato (PA), Sweet Potato (NC)

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

Please reach out to us if you have questions or comments at menu@luncherasdisi.com

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Nutrient Breakdown Summary Report

From Apr 3, 2023 to Apr 6, 2023

86 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	761		750-850	100%			
Saturated Fat	4.76 g	5.63%	<10.000%				
Sodium	775 mg		1420	55%			
Sugars	*50 g	*26.3%					*
Total Fat	19.22 g	22.7%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	69 mg						
Carbohydrate	116.22 g	61.1%					
Fiber	12.66 g						
Protein	36.56 g	19.2%					
Vitamin A	*932 IU						*
Calcium	*85.4 mg						*
Vitamin C	*45.80 mg						*
Iron	*13.55 mg						*

¹- 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 9 to 12 - Lunch

Lunch 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	0	0%	Yes	
Vegetables: Minimum (cups)	1	1	1	1				4	4	Yes	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	0.5			0.5	0.5	Yes							
-Red/Orange	0.25	1	0.25	0			1.5	1.25	Yes							
-Beans & Peas (Legumes)	0.75	0	0	0			0.75	0.5	Yes							
-Starchy	0	0	0	0.5			0.5	0.5	Yes							
-Other	0	0	0.75	0			0.75	0.75	Yes							
	4	0	0%	Yes												
Meat/Meat Alt: Minimum (oz eq)	2.25	2	2	2				8.25	8	Yes						
Meat/Meat Alt: Maximum (oz eq)	2.25	2	2	2				8.25	9.5	Yes						
Grain: Minimum (oz eq)	2	2	2	2.5				8.5	8	Yes						
Grain: Maximum (oz eq)	2	2	2	2.5				8.5	9.5	Yes						
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes						
Whole Grain Rich Weekly Amount	Weekly Grains Total	8.5	Weekly Whole Grain Rich Total	8.5	% 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

86 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	765		750-850	100%			
Saturated Fat	6.32 g	7.44%	<10.000%				
Sodium	706 mg		1420	50%			
Sugars	*43 g	*22.5%					*
Total Fat	23.15 g	27.2%					
Trans Fat	*0.04 g	*0.0%					*
Cholesterol	59 mg						
Carbohydrate	108.98 g	57.0%					
Fiber	11.80 g						
Protein	*35.28 g	*18.4%					*
Vitamin A	*2308 IU						*
Calcium	*147.6 mg						*
Vitamin C	*62.21 mg						*
Iron	*14.18 mg						*

¹- 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

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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)	1	1	1	1	1			5	5	Yes	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	0.875		0.875	0.5	Yes						
-Red/Orange	0.5	0	0.5	0.5	0.125		1.625	1.25	Yes						
-Beans & Peas (Legumes)	0.5	0	0	0	0		0.5	0.5	Yes						
-Starchy	0	1	0	0	0		1	0.5	Yes						
-Other	0	0	0.5	0.5	0		1	0.75	Yes						
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2			10	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2			10	12	Yes					
Grain: Minimum (oz eq)	2	2	2	2	2			10	10	Yes					
Grain: Maximum (oz eq)	2	2	2	2	2			10	12	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	10	Weekly Whole Grain Rich Total	10	% 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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