

Fall/ Early winter 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
11/28/2022 NO BREAKFAST	11/29/2022 NO BREAKFAST	11/30/2022 NO BREAKFAST	12/01/2022 WG English Muffin (V/VG) & Chicken Patty English Muffin w/ Meatless Patty (V/VG) Fresh Pears Choice of Milk	12/02/2022 Egg & Cheese Breakfast WW Quesadilla (V) Yoplait Yogurt Fresh Apples Choice of Milk
12/05/2022 WG Banana Muffin (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk	12/06/2022 One-Pan Breakfast Potato, Egg Scramble & Roll (V) Fresh Tangerines Choice of Milk	12/07/2022 Cinn. Raisin WG Bagel(VG) Cream Cheese (ss) Cranberry Juice Choice of Milk	12/08/2022 WG Choc. Chip Pancakes(V) Syrup Maple (ss) Fresh Apples Choice of Milk	12/09/2022 Pumpkin- Carrot WW Breakfast Bar(V) Bananas Choice of Milk
12/12/2022 WG Banana Muffin (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk	12/13/2022 Apple Caramel WW Bread Pudding (V) Fruit Punch Juice Choice of Milk	12/14/2022 WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fresh Apples Choice of Milk	12/15/2022 NO SCHOOL TODAY	12/16/2022 NO SCHOOL TODAY
12/19/2022 NO SCHOOL TODAY	12/20/2022 NO SCHOOL TODAY	12/21/2022 NO SCHOOL TODAY	12/22/2022 NO SCHOOL TODAY	12/23/2022 NO SCHOOL TODAY
12/26/2022 NO SCHOOL TODAY	12/27/2022 NO SCHOOL TODAY	12/28/2022 NO SCHOOL TODAY	12/29/2022 NO SCHOOL TODAY	12/30/2022 NO SCHOOL TODAY

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

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

Dairy - Free (DF), Gluten Free (GF), Vegan (VG), *Vegetarian (V) options available daily upon request.

WG = Whole Grain WW = Whole Wheat

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Nutrient Breakdown Summary Report

From Dec 1, 2022 to Dec 9, 2022

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	446		450-600				
Saturated Fat	3.45 g	6.96%	<10.000%				
Sodium	526 mg		640				
Sugars	*43 g	*38.6%					*
Total Fat	9.60 g	19.4%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	68 mg						
Carbohydrate	75.36 g	67.6%					
Fiber	7.04 g						
Protein	18.40 g	16.5%					
Vitamin A	*702 IU						*
Calcium	*47.6 mg						*
Vitamin C	*18.88 mg						*
Iron	*5.83 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

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

7 Day Week	Thu 12/01/22	Fri 12/02/22	Mon 12/05/22	Tue 12/06/22	Wed 12/07/22	Thu 12/08/22	Fri 12/09/22	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	1	1	7	7	Yes		7	1	14.29%	Yes
Vegetables: Minimum (cups)	0	0	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	0	0	N/A	N/A					
-Red/Orange	0	0	0	0	0	0	0	0	N/A	N/A					
-Beans & Peas (Legumes)	0	0	0	0	0	0	0	0	N/A	N/A					
-Starchy	0	0	0	0	0	0	0	0	N/A	N/A					
-Other	0	0	0	0	0	0	0	0	N/A	N/A					
Meat/Meat Alt: Minimum (oz eq)	0	0	0	0	0	0	0	0	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	0	0	0	0	0	N/A	N/A					
Grain: Minimum (oz eq)	3	3.5	2	3	2	2	1.75	17.25	12.5	Yes					
Grain: Maximum (oz eq)	3	3.5	2	3	2	2	1.75	17.25	14	OVER					
Grain Based Dessert Total for all weekly meals								1.75	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	10.75	Weekly Whole Grain Rich Total	9.75	% of Whole Grain Rich	90.7%			80% Whole Grain Rich	Yes					
	Thu 12/01/22	Fri 12/02/22	Mon 12/05/22	Tue 12/06/22	Wed 12/07/22	Thu 12/08/22	Fri 12/09/22	Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	2	2	2	2	2	2	2	14	7	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	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 Dec 12, 2022 to Dec 14, 2022

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	465		450-600	100%			
Saturated Fat	4.38 g	8.48%	<10.000%				
Sodium	438 mg		640	68%			
Sugars	*48 g	*41.3%					*
Total Fat	11.42 g	22.1%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	104 mg						
Carbohydrate	70.93 g	61.0%					
Fiber	4.86 g						
Protein	*19.77 g	*17.0%					*
Vitamin A	*396 IU						*
Calcium	*113.0 mg						*
Vitamin C	*7.40 mg						*
Iron	*4.57 mg						*

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

3 Day Week	Mon	Tue	Wed					Weekly	Weekly	Weekly	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
	12/12/22	12/13/22	12/14/22					Total	Rqmt.	Rqmt. Check					
Fruit: Minimum (cups)	1	1	1					3	3	Yes		3	1	33.33%	Yes
Vegetables: Minimum (cups)	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	N/A	N/A					
-Red/Orange	0	0	0					0	N/A	N/A					
-Beans & Peas (Legumes)	0	0	0					0	N/A	N/A					
-Starchy	0	0	0					0	N/A	N/A					
-Other	0	0	0					0	N/A	N/A					
Meat/Meat Alt: Minimum (oz eq)	0	0	0					0	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0					0	N/A	N/A					
Grain: Minimum (oz eq)	2	1.5	2.5					6	5.5	Yes					
Grain: Maximum (oz eq)	2	1.5	2.5					6	6	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	3.25	Weekly Whole Grain Rich Total	3.25	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon	Tue	Wed					Weekly	Weekly	Weekly					
	12/12/22	12/13/22	12/14/22					Total	Rqmt.	Rqmt. Check					
Milk: Minimum (cups)	2	2	2					6	3	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												
Reduced fat(2%) or whole, unflavored and flavored															

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