

LUNCH - Late Fall/ Winter Cycle HHFKA 9-12 (age 14-18)



Monday	Tuesday	Wednesday	Thursday	Friday
<p>11/28/2022</p> <p>NO LUNCH</p>	<p>11/29/2022</p> <p>NO LUNCH</p>	<p>11/30/2022</p> <p>NO LUNCH</p>	<p>12/01/2022</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Sweet Plantains (V/VG) Fresh Pears Choice of Milk</p>	<p>12/02/2022</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Sweet Corn Bananas Choice of Milk</p>
<p>12/05/2022</p> <p>Chicken Stroganoff Pasta w/Pepper,Carrot & Zuchin. Chicken Stroganoff Pasta w/Pepper,Carrot & Zucc.(V) Apple Juice Choice of Milk</p>	<p>12/06/2022</p> <p>Chili Turkey Hot Dog** on a WG Bun Chili Turkey Meatless Hot Dog on a WG Bun Sweet Potato Tater Tots Bananas Choice of Milk</p>	<p>12/07/2022</p> <p>Cranberry Turkey Breast w/ Arugula WW Sandwich Cranberry Toasted Tofu w/ Arugula WW Sandwich (V) Roasted Broccoli Ranch Dip (ss) Fresh Pears Cheez-It (WG Cracker) Choice of Milk</p>	<p>12/08/2022</p> <p>Brown Rice Souffle (V) w/ Cheddar Cheese Roasted Potatoes & Green Beans Medley Fresh Tangerines Choice of Milk</p>	<p>12/09/2022</p> <p>Creamy Cilantro Lime Chicken WW Burrito Creamy Cilantro Lime Meatless WW Burrito (V) Pico w/ Tomatoes & Onions Raisin Strawberry (ss)** Choice of Milk</p>
<p>12/12/2022</p> <p>Cranberry Turkey Chili over Brown Rice Cranberry Veggie Chili over Brown Rice (V/VG) Fresh Apples Choice of Milk</p>	<p>12/13/2022</p> <p>WG Cheese Pizza (V) Green Bean & Corn Medley Fresh Tangerines Choice of Milk</p>	<p>12/14/2022</p> <p>Chicken Caesar WG Pasta Salad Chicken Meatless Caesar WG Pasta Salad (V) Bananas Choice of Milk</p>	<p>12/15/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/16/2022</p> <p>NO SCHOOL TODAY</p>
<p>12/19/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/20/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/21/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/22/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/23/2022</p> <p>NO SCHOOL TODAY</p>
<p>12/26/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/27/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/28/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/29/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/30/2022</p> <p>NO SCHOOL TODAY</p>

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy.

Locally Grown Components Daily Served: According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (MD/PA/VA), Carrots (MD), Tomatoes (PA), Cauliflower (PA), Lettuce (NJ), Spinach (VA/MD), Cucumber (MD), Celery (PA), Potatoes (PA).

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

WG = Whole Grain WW = Whole Wheat

Nov 29, 2022

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Nutrient Breakdown Summary Report

From Dec 1, 2022 to Dec 9, 2022

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	776		750-850				
Saturated Fat	5.88 g	6.82%	<10.000%				
Sodium	942 mg		1420				
Sugars	*51 g	*26.3%					*
Total Fat	19.39 g	22.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	68 mg						
Carbohydrate	117.90 g	60.8%					
Fiber	12.24 g						
Protein	35.88 g	18.5%					
Vitamin A	*1789 IU						*
Calcium	*93.7 mg						*
Vitamin C	*42.64 mg						*
Iron	*15.01 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 9 to 12 - Lunch

Lunch 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)	1	1	1	1	1	1	1	7	7	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	1	0	0	1	0.5	Yes					
-Red/Orange	0	0.125	0.5	0.5	0	0	0.5	1.625	1.25	Yes					
-Beans & Peas (Legumes)	0.5	0	0	0.5	0	0	0	1	0.5	Yes					
-Starchy	0.25	0.875	0	0	0	0.5	0	1.625	0.5	Yes					
-Other	0.25	0	0.5	0	0	0.5	0.5	1.75	0.75	Yes					
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2	2	2	14	14	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2	2	2	14	17	Yes					
Grain: Minimum (oz eq)	2	2	2	2	2	2	2.25	14.25	14	Yes					
Grain: Maximum (oz eq)	2	2	2	2	2	2	2.25	14.25	17	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	14.25	Weekly Whole Grain Rich Total	14.25	% of Whole Grain Rich	100%			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

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	775		750-850	100%			
Saturated Fat	5.00 g	5.81%	<10.000%				
Sodium	731 mg		1420	51%			
Sugars	*51 g	*26.3%					*
Total Fat	22.15 g	25.7%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	64 mg						
Carbohydrate	116.66 g	60.2%					
Fiber	15.10 g						
Protein	34.96 g	18.0%					
Vitamin A	*7812 IU						*
Calcium	*102.4 mg						*
Vitamin C	*43.04 mg						*
Iron	*14.26 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 9 to 12 - Lunch

Lunch 9-12 (age 14-18)

3 Day Week	Mon 12/12/22	Tue 12/13/22	Wed 12/14/22					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					3	3	Yes		3	0	0%	Yes
Vegetables: Minimum (cups)	1	1.125	1					3.125	3	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	0.5					0.5	0.5	Yes					
-Red/Orange	0.5	0.125	0.5					1.125	1	Yes					
-Beans & Peas (Legumes)	0.5	0	0					0.5	0.5	Yes					
-Starchy	0	0.5	0					0.5	0.5	Yes					
-Other	0	0.5	0					0.5	0.5	Yes					
											3.125	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2	2					6	6	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2					6	7	Yes					
Grain: Minimum (oz eq)	2	2	2					6	6	Yes					
Grain: Maximum (oz eq)	2	2	2					6	7	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	6	Weekly Whole Grain Rich Total	6	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 12/12/22	Tue 12/13/22	Wed 12/14/22					Weekly Total	Weekly Rqmt.	Weekly 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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