

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 |
|---|---|--|--|---|
| <p align="right">02/06/2023</p> <p>WG Banana Muffin (V) Fruit Punch Juice Choice of Milk</p> | <p align="right">02/07/2023</p> <p>WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Bananas Choice of Milk</p> | <p align="right">02/08/2023</p> <p>Pumpkin- Carrot WW Breakfast Bar(V) Fresh Apples Choice of Milk</p> | <p align="right">02/09/2023</p> <p>Cereal WG Cheerios (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk</p> | <p align="right">02/10/2023</p> <p>Apple Caramel WW Bread Pudding (V) Fresh Tangerines Choice of Milk</p> |
| <p align="right">02/13/2023</p> <p>Homemade WW Gingerbread Muffin (V) Fruit Punch Juice Choice of Milk</p> | <p align="right">02/14/2023</p> <p>WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fresh Tangerines Choice of Milk</p> | <p align="right">02/15/2023</p> <p>Cinn. Raisin WG Bagel(VG) Cream Cheese (ss) Fresh Apples Choice of Milk</p> | <p align="right">02/16/2023</p> <p>Homemade WW Sweet Potatoes Waffles (V) Fresh Pears Choice of Milk</p> | <p align="right">02/17/2023</p> <p>WG English Muffin (V/VG) & Chicken Patty Bananas Choice of Milk</p> |
| <p align="right">02/20/2023</p> <p>NO SCHOOL TODAY</p> | <p align="right">02/21/2023</p> <p>NO SCHOOL TODAY</p> | <p align="right">02/22/2023</p> <p>NO SCHOOL TODAY</p> | <p align="right">02/23/2023</p> <p>NO SCHOOL TODAY</p> | <p align="right">02/24/2023</p> <p>NO SCHOOL TODAY</p> |
| <p align="right">02/27/2023</p> <p>Cereal Cheerios Multigrain (V/VG) Assorted Light Yogurt Fresh Pears Choice of Milk</p> | <p align="right">02/28/2023</p> <p>WG Corn Muffin Fruit Punch Juice Choice of Milk</p> | <p align="right">03/01/2023</p> <p>One-Pan Breakfast Potato, Egg Scramble & Roll (V) Fresh Tangerines Choice of Milk</p> | <p align="right">03/02/2023</p> <p>Pumpkin- Carrot WW Breakfast Bar(V) Bananas Choice of Milk</p> | <p align="right">03/03/2023</p> <p>WG Choc. Chip Pancakes(V) Syrup Maple (ss) Fresh Apples Choice of Milk</p> |

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 Feb 6, 2023 to Feb 10, 2023

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

| Nutrient | Average | % of Cals | Weekly Target | % of Target ¹ | Shortfall ¹ | Overage ¹ | Missing Data |
|---------------|-----------|-----------|---------------|--------------------------|------------------------|----------------------|--------------|
| Calories | 459 | | 450-600 | 100% | | | |
| Saturated Fat | 2.69 g | 5.27% | <10.000% | | | | |
| Sodium | 404 mg | | 640 | 63% | | | |
| Sugars | *53 g | *46.2% | | | | | * |
| Total Fat | 7.65 g | 15.0% | | | | | |
| Trans Fat | *0.00 g | *0.0% | | | | | * |
| Cholesterol | 35 mg | | | | | | |
| Carbohydrate | 86.04 g | 75.0% | | | | | |
| Fiber | 7.13 g | | | | | | |
| Protein | *16.81 g | *14.6% | | | | | * |
| Vitamin A | *1056 IU | | | | | | * |
| Calcium | *63.1 mg | | | | | | * |
| Vitamin C | *24.07 mg | | | | | | * |
| Iron | *23.76 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 - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 2/6/2023

| 5 Day Week | Mon 02/06/23 | Tue 02/07/23 | Wed 02/08/23 | Thu 02/09/23 | Fri 02/10/23 | | | 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) | 1 | 2 | 1.75 | 3 | 1.5 | | | 9.25 | 9 | Yes | | | | | |
| Grain: Maximum (oz eq) | 1 | 2 | 1.75 | 3 | 1.5 | | | 9.25 | 10 | Yes | | | | | |
| Grain Based Dessert Total for all weekly meals | | | | | | | | 0 | No more than 2 oz | Yes | | | | | |
| Whole Grain Rich Weekly Amount | Weekly Grains Total | 6.75 | Weekly Whole Grain Rich Total | 6.75 | % of Whole Grain Rich | 100% | | | 80% Whole Grain Rich | Yes | | | | | |
| | Mon 02/06/23 | Tue 02/07/23 | Wed 02/08/23 | Thu 02/09/23 | Fri 02/10/23 | | | 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 | | | | | | | | | | | | | | | |

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

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Nutrient Breakdown Summary Report

From Feb 13, 2023 to Feb 17, 2023

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

| Nutrient | Average | % of Cals | Weekly Target | % of Target ¹ | Shortfall ¹ | Overage ¹ | Missing Data |
|---------------|-----------|-----------|---------------|--------------------------|------------------------|----------------------|--------------|
| Calories | 468 | | 450-600 | 100% | | | |
| Saturated Fat | 2.77 g | 5.33% | <10.000% | | | | |
| Sodium | 374 mg | | 640 | 58% | | | |
| Sugars | *46 g | *39.3% | | | | | * |
| Total Fat | 9.44 g | 18.2% | | | | | |
| Trans Fat | *0.00 g | *0.0% | | | | | * |
| Cholesterol | 73 mg | | | | | | |
| Carbohydrate | 78.84 g | 67.4% | | | | | |
| Fiber | 7.20 g | | | | | | |
| Protein | *19.44 g | *16.6% | | | | | * |
| Vitamin A | *2420 IU | | | | | | * |
| Calcium | *90.0 mg | | | | | | * |
| Vitamin C | *22.51 mg | | | | | | * |
| Iron | *5.18 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

***** - 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)

Week of 2/13/2023

| 5 Day Week | Mon 02/13/23 | Tue 02/14/23 | Wed 02/15/23 | Thu 02/16/23 | Fri 02/17/23 | | | 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 | 0.5 | 0 | | | 0.5 | N/A | N/A | | | | | |
| Meat/Meat Alt: Maximum (oz eq) | 0 | 0 | 0 | 0.5 | 0 | | | 0.5 | N/A | N/A | | | | | |
| Grain: Minimum (oz eq) | 1.75 | 2.5 | 2 | 1.75 | 3 | | | 11 | 9 | Yes | | | | | |
| Grain: Maximum (oz eq) | 1.75 | 2.5 | 2 | 1.75 | 3 | | | 11 | 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 | 8.75 | Weekly Whole Grain Rich Total | 8.75 | % of Whole Grain Rich | 100% | | | 80% Whole Grain Rich | Yes | | | | | |
| | Mon 02/13/23 | Tue 02/14/23 | Wed 02/15/23 | Thu 02/16/23 | Fri 02/17/23 | | | 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 | | | | | | | | | | | | | | | |

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

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Nutrient Breakdown Summary Report

From Feb 27, 2023 to Mar 3, 2023

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

| Nutrient | Average | % of Cals | Weekly Target | % of Target ¹ | Shortfall ¹ | Overage ¹ | Missing Data |
|---------------|-----------|-----------|---------------|--------------------------|------------------------|----------------------|--------------|
| Calories | 461 | | 450-600 | 100% | | | |
| Saturated Fat | 2.68 g | 5.23% | <10.000% | | | | |
| Sodium | 469 mg | | 640 | 73% | | | |
| Sugars | *45 g | *39.0% | | | | | * |
| Total Fat | 8.09 g | 15.8% | | | | | |
| Trans Fat | *0.00 g | *0.0% | | | | | * |
| Cholesterol | 65 mg | | | | | | |
| Carbohydrate | 85.16 g | 73.9% | | | | | |
| Fiber | 7.52 g | | | | | | |
| Protein | *15.37 g | *13.3% | | | | | * |
| Vitamin A | *1080 IU | | | | | | * |
| Calcium | *39.1 mg | | | | | | * |
| Vitamin C | *25.04 mg | | | | | | * |
| Iron | *20.83 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)

Week of 2/27/2023

| 5 Day Week | Mon 02/27/23 | Tue 02/28/23 | Wed 03/01/23 | Thu 03/02/23 | Fri 03/03/23 | | | 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 | 1.5 | 3 | 1.75 | 2 | | | 10.25 | 9 | Yes | | | | | |
| Grain: Maximum (oz eq) | 2 | 1.5 | 3 | 1.75 | 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 | 7.25 | Weekly Whole Grain Rich Total | 7.25 | % of Whole Grain Rich | 100% | | | 80% Whole Grain Rich | Yes | | | | | |
| | Mon 02/27/23 | Tue 02/28/23 | Wed 03/01/23 | Thu 03/02/23 | Fri 03/03/23 | | | 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 | | | | | | | | | | | | | | | |

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