

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>02/06/2023</p> <p>Creamy Cilantro Lime Chicken WW Burrito Creamy Cilantro Lime Meatless WW Burrito (V) Pico w/ Tomatoes & Onions Cranberry Dried(ss)** Choice of Milk</p>	<p>02/07/2023</p> <p>Chili Turkey Hot Dog** on a WG Bun Chili Turkey Meatless Hot Dog on a WG Bun (V) Green Beans Ketchup (ss) Fresh Pears Choice of Milk</p>	<p>02/08/2023</p> <p>Chicken Caesar WG Pasta Salad (Bag Lunch) Chicken Meatless Caesar WG Pasta Salad (V) Fruit Punch Juice Choice of Milk</p>	<p>02/09/2023</p> <p>Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Bananas Choice of Milk</p>	<p>02/10/2023</p> <p>Beef Burger & WG Bun Veggie Burger & WG Bun (V/VG) Creamy Mashed Potatoes Ketchup (ss) Mayonnaise SS Pouch (LS) Fresh Apples Choice of Milk</p>
<p>02/13/2023</p> <p>Turkey Shepherd's Pie w/ Mashed Potato & Carrot Meatless Shepherd'sPie w/ Mashed Potato & Carrot(V) Steamed Brown Rice Fresh Apples Choice of Milk</p>	<p>02/14/2023</p> <p>Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Roasted Cauliflower & Broccoli Medley Fresh Pears Choice of Milk</p>	<p>02/15/2023</p> <p>Apple Provolone Turkey Sandwich Apple Provolone WW Sandwich (V) Fresh Carrots Ranch Dressing (ss) Bananas Choice of Milk</p>	<p>02/16/2023</p> <p>BYO Turkey Nachos WG w/Romaine & Corn Pico (V) BYO Veggie Nachos WG w/Romaine & Corn Pico(V) Sour Cream (ss) Fresh Tangerines Choice of Milk</p>	<p>02/17/2023</p> <p>One-Pot WG Enchilada Rice w/ Beans & Red Peppers(V) Orange Juice Choice of Milk</p>
<p>02/20/2023</p> <p>NO SCHOOL TODAY</p>	<p>02/21/2023</p> <p>NO SCHOOL TODAY</p>	<p>02/22/2023</p> <p>NO SCHOOL TODAY</p>	<p>02/23/2023</p> <p>NO SCHOOL TODAY</p>	<p>02/24/2023</p> <p>NO SCHOOL TODAY</p>
<p>02/27/2023</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Carrots Diced (V/VG) Fresh Apples Choice of Milk</p>	<p>02/28/2023</p> <p>BBQ Chicken on a WG Slider BBQ Chicken Meatless WG Slider (V/VG) Sweet Corn Bananas Choice of Milk</p>	<p>03/01/2023</p> <p>Cranberry Turkey Breast w/ Arugula WW Sandwich Cranberry Toasted Tofu w/ Arugula WW Sandwich (V) Roasted Broccoli Ranch Dip (ss) Fresh Pears Choice of Milk</p>	<p>03/02/2023</p> <p>Chicken Stroganoff Pasta w/Pepper,Carrot & Zuchin. Chicken Stroganoff Pasta w/Pepper,Carrot & Zucc.(V) Orange Juice Choice of Milk</p>	<p>03/03/2023</p> <p>WG Cheese Pizza (V) Sweet Creamy Coleslaw Fresh Tangerines Choice of Milk</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), Sweet Potato (MD/PA), Cucumber (MD), Potatoes (PA/MD)

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

Mar 5, 2023

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Nutrient Breakdown Summary Report

From Feb 6, 2023 to Feb 10, 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	762		750-850	100%			
Saturated Fat	7.43 g	8.78%	<10.000%				
Sodium	823 mg		1420	58%			
Sugars	*48 g	*25.2%					*
Total Fat	24.61 g	29.1%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	73 mg						
Carbohydrate	101.31 g	53.2%					
Fiber	12.36 g						
Protein	*34.39 g	*18.1%					*
Vitamin A	*5250 IU						*
Calcium	*94.4 mg						*
Vitamin C	*26.77 mg						*
Iron	*11.41 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)

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)	1	1	1	2	1			6	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	0.5	0.5	0			1	0.5	Yes					
-Red/Orange	0.5	0	0.5	1.5	0			2.5	1.25	Yes					
-Beans & Peas (Legumes)	0	0.5	0	0	0			0.5	0.5	Yes					
-Starchy	0	0	0	0	1			1	0.5	Yes					
-Other	0.5	0.5	0	0	0			1	0.75	Yes					
								6	0	0%	Yes				
Meat/Meat Alt: Minimum (oz eq)	2	2	2	4	4			14	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	4	4			14	12	OVER					
Grain: Minimum (oz eq)	2.25	2	2	4	4			14.25	10	Yes					
Grain: Maximum (oz eq)	2.25	2	2	4	4			14.25	12	OVER					
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					
	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

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	6.91 g	8.02%	<10.000%				
Sodium	828 mg		1420	58%			
Sugars	*43 g	*22.2%					*
Total Fat	20.01 g	23.2%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	71 mg						
Carbohydrate	117.92 g	60.9%					
Fiber	12.92 g						
Protein	35.24 g	18.2%					
Vitamin A	*8736 IU						*
Calcium	*237.0 mg						*
Vitamin C	*59.09 mg						*
Iron	*7.23 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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)	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	0.25	0	0.5	0			0.75	0.5	Yes					
-Red/Orange	0.25	0	1	0.25	0.5			2	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0	0	0.5			0.5	0.5	Yes					
-Starchy	0.75	0	0	0.25	0			1	0.5	Yes					
-Other	0	0.75	0	0	0			0.75	0.75	Yes					
												5	0	0%	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	2.5	2			10.5	10	Yes					
Grain: Maximum (oz eq)	2	2	2	2.5	2			10.5	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	10.5	Weekly Whole Grain Rich Total	10.5	% 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															

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Nutrient Breakdown Summary Report

From Feb 27, 2023 to Mar 3, 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	751		750-850	100%			
Saturated Fat	4.11 g	4.93%	<10.000%				
Sodium	975 mg		1420	69%			
Sugars	*55 g	*29.3%					*
Total Fat	16.44 g	19.7%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	56 mg						
Carbohydrate	116.00 g	61.8%					
Fiber	12.91 g						
Protein	38.17 g	20.3%					
Vitamin A	*3487 IU						*
Calcium	*136.5 mg						*
Vitamin C	*49.57 mg						*
Iron	*13.95 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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)	1	1	1	1	1.125			5.125	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	1	0	0			1	0.5	Yes					
-Red/Orange	0.5	0	0	0.5	0.375			1.375	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	0.5	0.75			1.25	0.75	Yes					
											5.125	0	0%	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 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															

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