

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>01/02/2023</p> <p>NO SCHOOL TODAY</p>	<p>01/03/2023</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Carrots Diced (V/VG) Fresh Apples Choice of Milk</p>	<p>01/04/2023</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>01/05/2023</p> <p>Chicken Stroganoff Pasta w/Pepper,Carrot & Zuchin. Chicken Stroganoff Pasta w/Pepper,Carrot & Zucc.(V) Orange Juice Choice of Milk</p>	<p>01/06/2023</p> <p>Beef Burger & WG Bun Veggie Burger & WG Bun (V/VG) Roasted Potatoes, Carrots & Cauliflower Medley Ketchup (ss) Mayo Light (ss) Bananas Choice of Milk</p>
<p>01/09/2023</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>01/10/2023</p> <p>Chili Turkey Hot Dog** on a WG Bun Chili Turkey Meatless Hot Dog on a WG Bun Green Beans Ketchup (ss) Fruit Punch Juice Choice of Milk</p>	<p>01/11/2023</p> <p>Chicken Caesar WG Pasta Salad Chicken Meatless Caesar WG Pasta Salad (V) Bananas Choice of Milk</p>	<p>01/12/2023</p> <p>Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Fresh Tangerines Choice of Milk</p>	<p>01/13/2023</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>01/16/2023</p> <p>NO SCHOOL TODAY</p>	<p>01/17/2023</p> <p>Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Roasted Broccoli & Potato Medley Fresh Pears Choice of Milk</p>	<p>01/18/2023</p> <p>Apple Provolone Turkey Sandwich Apple Provolone WW Sandwich (V) Carrots Sticks Celery Sticks Ranch Dressing (ss) Bananas Choice of Milk</p>	<p>01/19/2023</p> <p>One-Pot WG Enchilada Rice w/ Beans & Red Peppers(V) Orange Juice Choice of Milk</p>	<p>01/20/2023</p> <p>NO LUNCH</p>
<p>01/23/2023</p> <p>Chili Flavor Turkey Tomato Macaroni Chili Flavor Meatless Tomato Macaroni Fresh Pears Choice of Milk</p>	<p>01/24/2023</p> <p>Beef Meatballs w/ Brown Rice & Bl. Beans Veggie Meatballs w/ Brown Rice & Beans(V/VG) Fruit Punch Juice Choice of Milk</p>	<p>01/25/2023</p> <p>Strawberry WG Pasta Salad w/Chicken,Broccoli &Cumb. Strawberry WG Pasta Salad Meatless w/Broccoli &Cumb Fresh Tangerines Choice of Milk</p>	<p>01/26/2023</p> <p>Fiesta Rice Chicken w/ Corn, G. Peas & Carrot Rice Chicken Meatless w/ Corn,G. Peas & Carrot (VG) Bananas Choice of Milk</p>	<p>01/27/2023</p> <p>BBQ Chicken on a WG Slider BBQ Chicken Meatless WG Slider (V/VG) Green Beans Fresh Apples Choice of Milk</p>

01/30/2023

Grilled Chicken
Baked Chickenless (V/VG)
Brown Rice w/ Bl. Beans
& Carrots Diced (V/VG)
Bananas
Choice of Milk

01/31/2023

Crispy Chicken WG Burger
w/ Tartar Sauce (ss)
Chicken Meatless Burger
w/ Tartar Sauce (ss)
Potato French Fries
Ketchup (ss)
Fresh Apples
Choice of Milk

02/01/2023

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

02/02/2023

Chicken Stroganoff Pasta
w/Pepper,Carrot & Zuchin.
Chicken Stroganoff Pasta
w/Pepper,Carrot & Zucc.(V)
Orange Juice
Choice of Milk

02/03/2023

WG Cheese Pizza (V)
Sweet Creamy Coleslaw
Fresh Tangerines
Choice of Milk

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 (PA), Sweet Potato (VA/PA), Cucumber (MD), Potatoes (PA/MD), Arugula (PA)

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 Jan 3, 2023 to Jan 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	756		750-850	100%			
Saturated Fat	4.00 g	4.76%	<10.000%				
Sodium	988 mg		1420	70%			
Sugars	*44 g	*23.3%					*
Total Fat	19.18 g	22.8%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	60 mg						
Carbohydrate	107.49 g	56.9%					
Fiber	12.60 g						
Protein	38.60 g	20.4%					
Vitamin A	*3374 IU						*
Calcium	*117.6 mg						*
Vitamin C	*39.36 mg						*
Iron	*12.00 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)

4 Day Week	Tue 01/03/23	Wed 01/04/23	Thu 01/05/23	Fri 01/06/23				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	1	25%	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	1	0	0			1	0.5	Yes						
-Red/Orange	0.5	0	0.5	0.25			1.25	1.25	Yes						
-Beans & Peas (Legumes)	0.5	0	0	0			0.5	0.5	Yes						
-Starchy	0	0	0	0.5			0.5	0.5	Yes						
-Other	0	0	0.5	0.25			0.75	0.75	Yes	4					
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2				8	8	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2				8	9.5	Yes					
Grain: Minimum (oz eq)	2	2	2	2				8	8	Yes					
Grain: Maximum (oz eq)	2	2	2	2				8	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	Weekly Whole Grain Rich Total	8	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Tue 01/03/23	Wed 01/04/23	Thu 01/05/23	Fri 01/06/23				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 Jan 9, 2023 to Jan 13, 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	755		750-850	100%			
Saturated Fat	6.55 g	7.81%	<10.000%				
Sodium	698 mg		1420	49%			
Sugars	*48 g	*25.4%					*
Total Fat	20.61 g	24.6%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	80 mg						
Carbohydrate	112.15 g	59.4%					
Fiber	12.03 g						
Protein	*34.99 g	*18.5%					*
Vitamin A	*6700 IU						*
Calcium	*113.1 mg						*
Vitamin C	*39.46 mg						*
Iron	*12.34 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 9-12 (age 14-18)

Week of 1/9/2023

5 Day Week	Mon 01/09/23	Tue 01/10/23	Wed 01/11/23	Thu 01/12/23	Fri 01/13/23			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	0.5	0.25	0			0.75	0.5	Yes					
-Red/Orange	0.5	0	0.5	0.75	0.25			2	1.25	Yes					
-Beans & Peas (Legumes)	0	0.5	0	0	0			0.5	0.5	Yes					
-Starchy	0	0	0	0	0.75			0.75	0.5	Yes					
-Other	0.5	0.5	0	0	0			1	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)	2.25	2	2	2	2			10.25	10	Yes					
Grain: Maximum (oz eq)	2.25	2	2	2	2			10.25	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	10.25	Weekly Whole Grain Rich Total	10.25	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 01/09/23	Tue 01/10/23	Wed 01/11/23	Thu 01/12/23	Fri 01/13/23			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 Jan 17, 2023 to Jan 19, 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	777		750-850	100%			
Saturated Fat	7.25 g	8.40%	<10.000%				
Sodium	1104 mg		1420	78%			
Sugars	*44 g	*22.7%					*
Total Fat	20.35 g	23.6%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	93 mg						
Carbohydrate	117.81 g	60.6%					
Fiber	14.54 g						
Protein	36.08 g	18.6%					
Vitamin A	*5013 IU						*
Calcium	*309.3 mg						*
Vitamin C	*61.02 mg						*
Iron	*7.84 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 9-12 (age 14-18)

3 Day Week	Tue 01/17/23	Wed 01/18/23	Thu 01/19/23					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					3	3	Yes		3	1	33.33%	Yes
Vegetables: Minimum (cups)	1	1	1					3	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	0.5	0	0					0.5	0.5	Yes					
-Red/Orange	0	0.5	0.5					1	1	Yes					
-Beans & Peas (Legumes)	0	0	0.5					0.5	0.5	Yes					
-Starchy	0.5	0	0					0.5	0.5	Yes					
-Other	0	0.5	0					0.5	0.5	Yes					
											3	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					
	Tue 01/17/23	Wed 01/18/23	Thu 01/19/23					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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Nutrient Breakdown Summary Report

From Jan 23, 2023 to Jan 27, 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	718		750-850	96%	32.00		
Saturated Fat	3.06 g	3.84%	<10.000%				
Sodium	770 mg		1420	54%			
Sugars	*45 g	*25.1%					*
Total Fat	13.47 g	16.9%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	69 mg						
Carbohydrate	110.86 g	61.8%					
Fiber	13.04 g						
Protein	*40.03 g	*22.3%					*
Vitamin A	*2809 IU						*
Calcium	*91.0 mg						*
Vitamin C	*38.88 mg						*
Iron	*7.54 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 9-12 (age 14-18)

Week of 1/23/2023

5 Day Week	Mon 01/23/23	Tue 01/24/23	Wed 01/25/23	Thu 01/26/23	Fri 01/27/23			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	0.5	0	0			0.5	0.5	Yes					
-Red/Orange	0.75	0.25	0	0.5	0			1.5	1.25	Yes					
-Beans & Peas (Legumes)	0	0.75	0	0	0			0.75	0.5	Yes					
-Starchy	0	0	0	0.5	0			0.5	0.5	Yes					
-Other	0.25	0	0.5	0	1			1.75	0.75	Yes					
											5	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2.25	2	2	2			10.25	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2.25	2	2	2			10.25	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 01/23/23	Tue 01/24/23	Wed 01/25/23	Thu 01/26/23	Fri 01/27/23			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 Jan 30, 2023 to Feb 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	770		750-850	100%			
Saturated Fat	4.34 g	5.07%	<10.000%				
Sodium	1016 mg		1420	72%			
Sugars	*53 g	*27.5%					*
Total Fat	19.77 g	23.1%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	52 mg						
Carbohydrate	113.53 g	59.0%					
Fiber	12.42 g						
Protein	37.11 g	19.3%					
Vitamin A	*3394 IU						*
Calcium	*134.0 mg						*
Vitamin C	*48.37 mg						*
Iron	*14.09 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 9-12 (age 14-18)

Week of 1/30/2023

5 Day Week	Mon 01/30/23	Tue 01/31/23	Wed 02/01/23	Thu 02/02/23	Fri 02/03/23			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	0.5			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	3	2	2	2			11	10	Yes					
Grain: Maximum (oz eq)	2	3	2	2	2			11	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	11	Weekly Whole Grain Rich Total	11	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 01/30/23	Tue 01/31/23	Wed 02/01/23	Thu 02/02/23	Fri 02/03/23			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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