

Spring/ Early Fall 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">03/06/2023</p> <p>Cinnamon Toast Crunch Cup (V/VG) Go Gurts Bananas Choice of Milk</p>	<p align="right">03/07/2023</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk</p>	<p align="right">03/08/2023</p> <p>WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Fresh Apples Choice of Milk</p>	<p align="right">03/09/2023</p> <p>Apple Caramel WW Bread Pudding (V) Orange Juice Choice of Milk</p>	<p align="right">03/10/2023</p> <p>WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Taco Bk. w/Tofu, Vegan Ch. & Veggie Crumbles (V/VG) Fresh Tangerines Choice of Milk</p>
<p align="right">03/13/2023</p> <p>WG Waffles w/ Cinn. Apple-Pears Syrup (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">03/14/2023</p> <p>Pillsbury WW French Toast Triple Berry (V) Syrup Maple (ss) Fresh Tangerines Choice of Milk</p>	<p align="right">03/15/2023</p> <p>White WW Loaf (V/VG) Hard Boiled Egg Bananas Choice of Milk</p>	<p align="right">03/16/2023</p> <p>Chocolate Chip Oatmeal Muffin (V) Fresh Apples Choice of Milk</p>	<p align="right">03/17/2023</p> <p>WW Egg Burrito w/ Turkey Breast & Cheese WW Egg & Cheese Burrito (V) Fresh Pears Choice of Milk</p>
<p align="right">03/20/2023</p> <p>Cereal Cheerios Multigrain (V/VG) Assorted Light Yogurt Bananas Choice of Milk</p>	<p align="right">03/21/2023</p> <p>Baked French Toast WW Muffin (V) Fresh Apples Choice of Milk</p>	<p align="right">03/22/2023</p> <p>Turkey Patty & WG Biscuit Veggie Patty & Biscuit -V Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p>	<p align="right">03/23/2023</p> <p>Breakfast Pizza w/ Hash Brown Crust & Roll Veggie Breakfast Pizza w/ Hash Brown Crust & Roll Fresh Tangerines Choice of Milk</p>	<p align="right">03/24/2023</p> <p>WG Lemon Blueberry Pancakes Squares (V) Cranberry Juice Choice of Milk</p>
<p align="right">03/27/2023</p> <p>Yoplait Yogurt & Granola (V) Fresh Pears Choice of Milk</p>	<p align="right">03/28/2023</p> <p>WG Cinnamon Crumb Loaf (V) Mozzarella Cheese Stick** Bananas Choice of Milk</p>	<p align="right">03/29/2023</p> <p>Frosted Mini Wheat Cereal Fresh Tangerines Choice of Milk</p>	<p align="right">03/30/2023</p> <p>One-Pan Breakfast Potato, Egg Scramble & Roll (V) Fresh Apples Choice of Milk</p>	<p align="right">03/31/2023</p> <p align="center">NO SCHOOL TODAY</p>

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

Locally Grown Components Daily Served: Milk (PA). According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (VA), Sweet Potato (VA/NC).

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

Mar 1, 2023

Luncheras Di Si

Nutrient Breakdown Summary Report

From Mar 6, 2023 to Mar 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	472		450-600	100%			
Saturated Fat	3.23 g	6.16%	<10.000%				
Sodium	511 mg		640	80%			
Sugars	*49 g	*41.5%					*
Total Fat	9.66 g	18.4%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	43 mg						
Carbohydrate	81.73 g	69.3%					
Fiber	*6.57 g						*
Protein	17.89 g	15.2%					
Vitamin A	*565 IU						*
Calcium	*113.6 mg						*
Vitamin C	*25.46 mg						*
Iron	*11.90 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 3/6/2023

5 Day Week	Mon 03/06/23	Tue 03/07/23	Wed 03/08/23	Thu 03/09/23	Fri 03/10/23			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)	2.5	2.25	2	1.5	3			11.25	9	Yes					
Grain: Maximum (oz eq)	2.5	2.25	2	1.5	3			11.25	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 03/06/23	Tue 03/07/23	Wed 03/08/23	Thu 03/09/23	Fri 03/10/23			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 Mar 13, 2023 to Mar 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	473		450-600	100%			
Saturated Fat	3.38 g	6.43%	<10.000%				
Sodium	463 mg		640	72%			
Sugars	*44 g	*37.2%					*
Total Fat	15.32 g	29.2%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	91 mg						
Carbohydrate	78.66 g	66.5%					
Fiber	6.52 g						
Protein	*18.70 g	*15.8%					*
Vitamin A	*589 IU						*
Calcium	*78.5 mg						*
Vitamin C	*21.56 mg						*
Iron	*9.70 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 3/13/2023

5 Day Week	Mon 03/13/23	Tue 03/14/23	Wed 03/15/23	Thu 03/16/23	Fri 03/17/23			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	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	2	2	1	3.25			10.25	9	Yes					
Grain: Maximum (oz eq)	2	2	2	1	3.25			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	7.75	Weekly Whole Grain Rich Total	7.75	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 03/13/23	Tue 03/14/23	Wed 03/15/23	Thu 03/16/23	Fri 03/17/23			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 Mar 20, 2023 to Mar 24, 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	3.56 g	6.95%	<10.000%				
Sodium	503 mg		640	79%			
Sugars	*46 g	*39.9%					*
Total Fat	8.21 g	16.0%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	61 mg						
Carbohydrate	78.89 g	68.5%					
Fiber	*6.17 g						*
Protein	19.83 g	17.2%					
Vitamin A	*578 IU						*
Calcium	*79.0 mg						*
Vitamin C	*27.36 mg						*
Iron	*31.99 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 3/20/2023

5 Day Week	Mon 03/20/23	Tue 03/21/23	Wed 03/22/23	Thu 03/23/23	Fri 03/24/23			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	1	0			1	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	1	0			1	N/A	N/A					
Grain: Minimum (oz eq)	3	1.5	3	1	1.5			10	9	Yes					
Grain: Maximum (oz eq)	3	1.5	3	1	1.5			10	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	6.5	Weekly Whole Grain Rich Total	6.5	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 03/20/23	Tue 03/21/23	Wed 03/22/23	Thu 03/23/23	Fri 03/24/23			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 Mar 27, 2023 to Mar 30, 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	452		450-600	100%			
Saturated Fat	2.70 g	5.38%	<10.000%				
Sodium	413 mg		640	65%			
Sugars	*47 g	*41.6%					*
Total Fat	8.84 g	17.6%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	70 mg						
Carbohydrate	78.14 g	69.2%					
Fiber	6.81 g						
Protein	18.97 g	16.8%					
Vitamin A	*654 IU						*
Calcium	*55.4 mg						*
Vitamin C	*27.03 mg						*
Iron	*15.19 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

4 Day Week	Mon 03/27/23	Tue 03/28/23	Wed 03/29/23	Thu 03/30/23				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	0	0%	Yes
Vegetables: Minimum (cups)	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	N/A	N/A						
-Red/Orange	0	0	0	0			0	N/A	N/A						
-Beans & Peas (Legumes)	0	0	0	0			0	N/A	N/A						
-Starchy	0	0	0	0			0	N/A	N/A						
-Other	0	0	0	0			0	N/A	N/A	0					
Meat/Meat Alt: Minimum (oz eq)	0	0	0	0				0	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	0				0	N/A	N/A					
Grain: Minimum (oz eq)	2	2	1	3				8	7	Yes					
Grain: Maximum (oz eq)	2	2	1	3				8	8	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	5	Weekly Whole Grain Rich Total	5	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 03/27/23	Tue 03/28/23	Wed 03/29/23	Thu 03/30/23				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															

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