

Spring/Early Fall Cycle - Lunch HHFKA 9-12 (age 14-18)

Menu subject to change. For any questions or comments please contact us directly.

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">03/06/2023</p> <p>Spaghetti and Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Tangerines Choice of Milk</p>	<p align="right">03/07/2023</p> <p>Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Bananas Choice of Milk</p>	<p align="right">03/08/2023</p> <p>Jerk Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice (V/VG) Roasted Broccoli & Potato Medley Fresh Oranges Choice of Milk</p>	<p align="right">03/09/2023</p> <p>Spring Picnic Sandwich w/Tk. Breast & Provolone Spring Picnic Sandwich w/Provolone Cheese (V) Celery Sticks Ranch Dip (ss) Fresh Pears Choice of Milk</p>	<p align="right">03/10/2023</p> <p>Cheese Beef Burger & WG Bun Vegan Burger & WG Bun (V/VG) Beans, Corn & Tomato Mayonnaise SS Pouch (LS) Ketchup (ss) Apple Juice Choice of Milk</p>
<p align="right">03/13/2023</p> <p>Latin Rice & Bk. Beans Veggie Latin Rice & Beans* Cranberry Dried(ss)** Choice of Milk</p>	<p align="right">03/14/2023</p> <p>Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Roasted Cauliflower & Carrots Medley Fresh Pears Choice of Milk</p>	<p align="right">03/15/2023</p> <p>Broccoli Rice Casserole Fruit Punch Juice Choice of Milk</p>	<p align="right">03/16/2023</p> <p>Chicken Stroganoff Pasta w/Pepper, Carrot & Zuchin. Chicken Stroganoff Pasta w/Pepper, Carrot & Zucc.(V) Fresh Tangerines Choice of Milk</p>	<p align="right">03/17/2023</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Sweet Corn Bananas Choice of Milk</p>
<p align="right">03/20/2023</p> <p>Tomato N' Cheese Pasta(V) Cranberry Dried(ss)** Choice of Milk</p>	<p align="right">03/21/2023</p> <p>Corn Dog Chicken Mini WG** Veggie Hot Dog** Roasted Potatoes & Cauliflower Medley Ranch Dressing (ss) Bananas Choice of Milk</p>	<p align="right">03/22/2023</p> <p>Curried Chicken WW Wrap Curried Chicken Meatless WW Wrap (V/VG) Sweet Creamy Coleslaw Cheez-It (WG Cracker) Orange Juice Choice of Milk</p>	<p align="right">03/23/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Fresh Apples Choice of Milk</p>	<p align="right">03/24/2023</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 align="right">03/27/2023</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Sweet Plantains (V/VG) Fresh Apples Choice of Milk</p>	<p align="right">03/28/2023</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget(VG) WG Roll Roasted Sweet Potatoes & Green Beans BBQ Sauce (ss) Fruit Punch Juice Choice of Milk</p>	<p align="right">03/29/2023</p> <p>Fiesta Rice Chicken w/ Corn, G. Peas & Carrot Rice Chicken Meatless w/ Corn, G. Peas & Carrot (VG) Fresh Pears Choice of Milk</p>	<p align="right">03/30/2023</p> <p>WG Cheese Pizza (V) Roasted Cauliflower Broccoli & Carrots Ranch Dressing (ss) Bananas 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)

ALL MEALS INCLUDE: 1 cup of FRESH FRUIT or 100% Juice & 1 cup of vegetables daily

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), Arugula (NY).

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

Please reach out to us if you have questions or comments at menu@luncherasdisi.com

Mar 1, 2023

Luncheras Di Si

Nutrient Breakdown Summary Report

From Mar 6, 2023 to Mar 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	756		750-850	100%			
Saturated Fat	6.63 g	7.89%	<10.000%				
Sodium	847 mg		1420	60%			
Sugars	*47 g	*24.9%					*
Total Fat	22.31 g	26.6%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	75 mg						
Carbohydrate	103.03 g	54.5%					
Fiber	13.39 g						
Protein	38.70 g	20.5%					
Vitamin A	*1844 IU						*
Calcium	*119.4 mg						*
Vitamin C	*78.56 mg						*
Iron	*15.43 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 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)	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	0.5	0	0			0.75	0.5	Yes					
-Red/Orange	1	0.75	0	0.25	0.25			2.25	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0	0	0.5			0.5	0.5	Yes					
-Starchy	0	0	0.5	0	0.25			0.75	0.5	Yes					
-Other	0	0	0	0.75	0			0.75	0.75	Yes					
												5	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2.5			10.5	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2.5			10.5	12	Yes					
Grain: Minimum (oz eq)	2	2	2.5	2	2			10.5	10	Yes					
Grain: Maximum (oz eq)	2	2	2.5	2	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 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

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	754		750-850	100%			
Saturated Fat	7.19 g	8.58%	<10.000%				
Sodium	717 mg		1420	50%			
Sugars	*49 g	*26.0%					*
Total Fat	17.78 g	21.2%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	61 mg						
Carbohydrate	117.60 g	62.4%					
Fiber	14.09 g						
Protein	*35.98 g	*19.1%					*
Vitamin A	*5460 IU						*
Calcium	*210.2 mg						*
Vitamin C	*63.26 mg						*
Iron	*15.65 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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)	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	1	0	0			1	0.5	Yes					
-Red/Orange	0.5	0.5	0	0.5	0.125			1.625	1.25	Yes					
-Beans & Peas (Legumes)	0.5	0	0	0	0			0.5	0.5	Yes					
-Starchy	0	0	0	0	0.875			0.875	0.5	Yes					
-Other	0	0.5	0	0.5	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	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 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

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	760		750-850	100%			
Saturated Fat	5.73 g	6.79%	<10.000%				
Sodium	722 mg		1420	51%			
Sugars	*49 g	*25.8%					*
Total Fat	21.14 g	25.0%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	59 mg						
Carbohydrate	111.22 g	58.5%					
Fiber	13.05 g						
Protein	34.10 g	17.9%					
Vitamin A	*3006 IU						*
Calcium	*112.0 mg						*
Vitamin C	*57.69 mg						*
Iron	*14.57 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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)	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	0	0.5			0.5	0.5	Yes					
-Red/Orange	1	0	0.5	0.5	0.25			2.25	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0	0.5	0			0.5	0.5	Yes					
-Starchy	0	0.5	0	0	0.25			0.75	0.5	Yes					
-Other	0	0.5	0.5	0	0			1	0.75	Yes					
												5	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	2	2	2.25	2	2			10.25	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2.25	2	2			10.25	12	Yes					
Grain: Minimum (oz eq)	2	2	2	2	2.5			10.5	10	Yes					
Grain: Maximum (oz eq)	2	2	2	2	2.5			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	10.75	% of Whole Grain Rich	102.38%			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

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	778		750-850	100%			
Saturated Fat	3.66 g	4.23%	<10.000%				
Sodium	672 mg		1420	47%			
Sugars	*48 g	*24.7%					*
Total Fat	19.43 g	22.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	44 mg						
Carbohydrate	120.94 g	62.2%					
Fiber	12.26 g						
Protein	*34.20 g	*17.6%					*
Vitamin A	*10104 IU						*
Calcium	*75.3 mg						*
Vitamin C	*33.80 mg						*
Iron	*9.48 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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	1	25%	Yes
Vegetables: Minimum (cups)	1	1	1	1.125				4.125	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	0	0	0.5			0.5	0.5	Yes						
-Red/Orange	0	0.5	0.5	0.375			1.375	1.25	Yes						
-Beans & Peas (Legumes)	0.5	0	0	0			0.5	0.5	Yes						
-Starchy	0.25	0	0.5	0			0.75	0.5	Yes						
-Other	0.25	0.5	0	0.25			1	0.75	Yes						
											4.125	0	0%	Yes	
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					
	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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