

**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](mailto:menu@luncherasdisi.com)

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">05/01/2023</p> <p>Frosted Mini Wheat Cereal Bananas Choice of Milk</p>	<p align="right">05/02/2023</p> <p>Homemade Strawberry WW Muffin (V/VG) Orange Juice Choice of Milk</p>	<p align="right">05/03/2023</p> <p>WG Cinnamon Roll (V) Fresh Pears Choice of Milk</p>	<p align="right">05/04/2023</p> <p>Chicken Sausage WG Pancake Veggie Patty &amp; WG Pancakes (V) Syrup Maple (ss) Fresh Apples Choice of Milk</p>	<p align="right">05/05/2023</p> <p>WW Egg Burrito w/ Turkey Breast &amp; Cheese WW Egg &amp; Cheese Burrito (V) Fresh Tangerines Choice of Milk</p>
<p align="right">05/08/2023</p> <p>WG Emoji Waffles (V) Maple Syrup (ss) Cranberry Juice Choice of Milk</p>	<p align="right">05/09/2023</p> <p>WG Pancakes &amp; Turkey Sausage on a Stick** Veggie Patty &amp; WG Pancakes (V) Syrup Maple (ss) Fresh Apples Choice of Milk</p>	<p align="right">05/10/2023</p> <p>Chocolate Chip Oatmeal Muffin (V) Fresh Tangerines Choice of Milk</p>	<p align="right">05/11/2023</p> <p>WW Taco Breakfast incl. (Egg, Cheese &amp; Tkey Bacon) Taco Bk. w/Tofu, Vegan Ch. &amp; Veggie Crumbles (V/VG) Fresh Pears Choice of Milk</p>	<p align="right">05/12/2023</p> <p>Cereal WG Cheerios Assorted Light Yogurt Bananas Choice of Milk</p>
<p align="right">05/15/2023</p> <p>Yoplait Yogurt &amp; Granola (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">05/16/2023</p> <p>WG French Toast Sticks (V/VG) Maple Syrup (ss) Fresh Tangerines Choice of Milk</p>	<p align="right">05/17/2023</p> <p>Egg &amp; Cheese Breakfast WW Quesadilla (V) Fresh Apples Choice of Milk</p>	<p align="right">05/18/2023</p> <p>Whole Grain Pancakes (V) Strawberry Syrup Fresh Pears Choice of Milk</p>	<p align="right">05/19/2023</p> <p>WG Blueberry Muffin (V) Bananas Choice of Milk</p>
<p align="right">05/22/2023</p> <p>Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Fresh Tangerines Choice of Milk</p>	<p align="right">05/23/2023</p> <p>WG English Muffin &amp; Chicken Patty English Muffin w/ Meatless Patty (V/VG) Fresh Apples Choice of Milk</p>	<p align="right">05/24/2023</p> <p>Cereal Cheerios Multigrain (V/VG) Bananas Choice of Milk</p>	<p align="right">05/25/2023</p> <p>Homemade WW Choco Chip Banana Bread (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p>	<p align="right">05/26/2023</p> <p>WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Orange Juice Choice of Milk</p>
<p align="right">05/29/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">05/30/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">05/31/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">06/01/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">06/02/2023</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 (PA) / Strawberries (VA,DE)**

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

Apr 18, 2023

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From May 1, 2023 to May 5, 2023

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

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	479		450-600	100%			
Saturated Fat	3.16 g	5.94%	<10.000%				
Sodium	483 mg		640	75%			
Sugars	*44 g	*36.7%					*
Total Fat	10.51 g	19.7%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	58 mg						
Carbohydrate	80.40 g	67.1%					
Fiber	7.14 g						
Protein	19.09 g	15.9%					
Vitamin A	*516 IU						*
Calcium	*87.8 mg						*
Vitamin C	*24.10 mg						*
Iron	*24.02 mg						*

<sup>1</sup>- 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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# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 5/1/2023

5 Day Week	Mon 05/01/23	Tue 05/02/23	Wed 05/03/23	Thu 05/04/23	Fri 05/05/23			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	1.5			1.5	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	0	1.5			1.5	N/A	N/A					
Grain: Minimum (oz eq)	2	1.5	2	3	1.75			10.25	9	Yes					
Grain: Maximum (oz eq)	2	1.5	2	3	1.75			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	9.25	Weekly Whole Grain Rich Total	9.25	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 05/01/23	Tue 05/02/23	Wed 05/03/23	Thu 05/04/23	Fri 05/05/23			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!

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From May 8, 2023 to May 12, 2023

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

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	469		450-600	100%			
Saturated Fat	2.81 g	5.39%	<10.000%				
Sodium	488 mg		640	76%			
Sugars	*46 g	*39.2%					*
Total Fat	13.59 g	26.1%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	38 mg						
Carbohydrate	83.30 g	71.0%					
Fiber	*6.89 g						*
Protein	17.16 g	14.6%					
Vitamin A	*490 IU						*
Calcium	*67.2 mg						*
Vitamin C	*23.25 mg						*
Iron	*28.18 mg						*

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## Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 5/8/2023

5 Day Week	Mon 05/08/23	Tue 05/09/23	Wed 05/10/23	Thu 05/11/23	Fri 05/12/23			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	1	3	3			11	9	Yes					
Grain: Maximum (oz eq)	2	2	1	3	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	7	Weekly Whole Grain Rich Total	7	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 05/08/23	Tue 05/09/23	Wed 05/10/23	Thu 05/11/23	Fri 05/12/23			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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## Luncheras Di Si

### Nutrient Breakdown Summary Report

From May 15, 2023 to May 19, 2023

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

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	473		450-600	100%			
Saturated Fat	2.36 g	4.49%	<10.000%				
Sodium	438 mg		640	68%			
Sugars	*53 g	*44.8%					*
Total Fat	8.24 g	15.7%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	36 mg						
Carbohydrate	87.30 g	73.8%					
Fiber	6.68 g						
Protein	*15.43 g	*13.0%					*
Vitamin A	*425 IU						*
Calcium	*50.9 mg						*
Vitamin C	*27.23 mg						*
Iron	*7.14 mg						*

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## Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 5/15/2023

5 Day Week	Mon 05/15/23	Tue 05/16/23	Wed 05/17/23	Thu 05/18/23	Fri 05/19/23			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	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	2.25	2.5	2	1			9.75	9	Yes					
Grain: Maximum (oz eq)	2	2.25	2.5	2	1			9.75	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	7.25	Weekly Whole Grain Rich Total	8	% of Whole Grain Rich	110.34%		80% Whole Grain Rich	Yes						
	Mon 05/15/23	Tue 05/16/23	Wed 05/17/23	Thu 05/18/23	Fri 05/19/23			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 May 22, 2023 to May 26, 2023

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

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	451		450-600	100%			
Saturated Fat	2.78 g	5.55%	<10.000%				
Sodium	471 mg		640	74%			
Sugars	*43 g	*38.1%					*
Total Fat	7.60 g	15.2%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	75 mg						
Carbohydrate	79.43 g	70.4%					
Fiber	7.24 g						
Protein	19.70 g	17.5%					
Vitamin A	*517 IU						*
Calcium	*104.5 mg						*
Vitamin C	*24.91 mg						*
Iron	*36.25 mg						*

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# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 5/22/2023

5 Day Week	Mon 05/22/23	Tue 05/23/23	Wed 05/24/23	Thu 05/25/23	Fri 05/26/23			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	3	2	2	2.5			11.5	9	Yes					
Grain: Maximum (oz eq)	2	3	2	2	2.5			11.5	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	8.25	Weekly Whole Grain Rich Total	8.25	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 05/22/23	Tue 05/23/23	Wed 05/24/23	Thu 05/25/23	Fri 05/26/23			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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