

**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">05/01/2023</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans &amp; Sweet Plantains (V/VG) Fresh Apples Choice of Milk</p>	<p align="right">05/02/2023</p> <p>Spaghetti and Turkey Meat Sauce Spaghetti &amp; Plant Based Meat Sauce (V/VG) Fresh Tangerines Choice of Milk</p>	<p align="right">05/03/2023</p> <p>Spring Picnic Sandwich w/Tk. Breast &amp; Provolone Spring Picnic Sandwich w/Provolone Cheese (V) Roasted Broccoli and Cauliflower Medley Ranch Dressing (ss) Bananas Choice of Milk</p>	<p align="right">05/04/2023</p> <p>Turkey Taco Rice w/Corn, Red &amp; Gr. Peppers Meatless Taco Rice w/Corn Red &amp; Gr. Peppers (V/VG) Sour Cream (ss) Orange Juice Choice of Milk</p>	<p align="right">05/05/2023</p> <p>Cheese Beef Burger &amp; WG Bun Vegan Cheese Burger &amp; WG Bun (V/VG) Roasted Potatoes &amp; Carrots Medley Fresh Pears Mayonnaise SS Pouch (LS) Ketchup (ss) Choice of Milk</p>
<p align="right">05/08/2023</p> <p>Jerk Chicken &amp; Brown Rice Jerk Chicken Meatless &amp; Brown Rice (V/VG) Roasted Cauliflower Fresh Pears Choice of Milk</p>	<p align="right">05/09/2023</p> <p>Chicken &amp; Tk. Bacon Pasta w/Tomato &amp; Spinach Chicken Meatless Pasta w/Tomato &amp; Spinach(V) Bananas Choice of Milk</p>	<p align="right">05/10/2023</p> <p>WG Italian Sub w/ T. Ham T. Salami &amp; T. Pepperoni WG Sub w/Plant Based Ham &amp; Bacon (V) Roasted Broccoli &amp; Carrot Ranch Dip (ss) Grape Juice Choice of Milk</p>	<p align="right">05/11/2023</p> <p>Beef Meatballs w/ Brown Rice &amp; Bl. Beans Veggie Meatballs w/ Brown Rice &amp; Beans(V/VG) Fresh Apples Choice of Milk</p>	<p align="right">05/12/2023</p> <p>Cheese Lunch Pizza w/ Chicken &amp; Beef Pepperoni WG Cheese Pizza (V) Roasted Potatoes Fresh Tangerines Choice of Milk</p>
<p align="right">05/15/2023</p> <p>Tomato N' Cheese Pasta(V) Fresh Apples Choice of Milk</p>	<p align="right">05/16/2023</p> <p>Crunchy Chicken WG Wrap w/Bufalo &amp; Ranch Dress. Crunchy Veggie WG Wrap w/Bufalo &amp; Ranch Dress. Romaine Salad w/ Cucumber and Tomatoes Fresh Pears Choice of Milk</p>	<p align="right">05/17/2023</p> <p>Latin Rice &amp; Bk. Beans Veggie Latin Rice &amp; Beans* Bananas Choice of Milk</p>	<p align="right">05/18/2023</p> <p>Corn Dog Chicken Mini WG Veggie Hot Dog** Roasted Potatoes &amp; Green Beans Medley Ketchup (ss) Mayonnaise SS Pouch (LS) Fresh Tangerines Choice of Milk</p>	<p align="right">05/19/2023</p> <p>BYO Turkey Nachos WG w/Romaine &amp; Corn Pico (V) BYO Veggie Nachos WG w/Romaine &amp; Corn Pico(V) Sour Cream (ss) Grape Juice Choice of Milk</p>
<p align="right">05/22/2023</p> <p>WG Pasta Carbonara w/ Turkey Bacon WG Pasta Carbonara w/ Meatless Bacon (V) Steamed Carrots Fresh Pears Choice of Milk</p>	<p align="right">05/23/2023</p> <p>Turkey Meatballs WG Sub. w/Cheese Turkey Meatballs WG Submarine (V/VG) Sauted Green Collards Bananas Choice of Milk</p>	<p align="right">05/24/2023</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget(VG) Roasted Potatoes WG Biscuit Fruit Punch Juice Choice of Milk</p>	<p align="right">05/25/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans &amp; Tomato B.Rice w/Chicken Meatless Kidney Bean &amp; Tomato V/VG Fresh Apples Choice of Milk</p>	<p align="right">05/26/2023</p> <p>Crispy Chicken Burger Chicken Meatless Burger (V/VG) Romaine, Tomato and Cucumber Salad Mayonnaise SS Pouch (LS) Ketchup (ss) Diced Peaches Cranberry Dried(ss)** 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)**

**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 (PA), Potato (PA), Lettuce (PA), Spinach (MD/VA), Broccoli (MD), Tomato (MD), Onions (PA/VA), Collards Green (MD), Cucumbers (MD), Carrots (MD), Cauliflower (MD).**

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

Apr 18, 2023

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From May 1, 2023 to May 5, 2023

86 - HHFKA Lunch 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	764		750-850	100%			
Saturated Fat	4.82 g	5.68%	<10.000%				
Sodium	854 mg		1420	60%			
Sugars	*45 g	*23.6%					*
Total Fat	22.06 g	26.0%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	76 mg						
Carbohydrate	106.10 g	55.5%					
Fiber	11.63 g						
Protein	*36.61 g	*19.2%					*
Vitamin A	*3245 IU						*
Calcium	*108.4 mg						*
Vitamin C	*58.03 mg						*
Iron	*11.81 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 9 to 12 - Lunch

Lunch 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)	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	1	0.25	0.25	0.5			2	1.25	Yes					
-Beans & Peas (Legumes)	0.5	0	0	0	0			0.5	0.5	Yes					
-Starchy	0.25	0	0	0.5	0.5			1.25	0.5	Yes					
-Other	0.25	0	0.25	0.25	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	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 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

86 - HHFKA Lunch 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	752		750-850	100%			
Saturated Fat	6.64 g	7.95%	<10.000%				
Sodium	797 mg		1420	56%			
Sugars	*44 g	*23.4%					*
Total Fat	22.11 g	26.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	66 mg						
Carbohydrate	106.24 g	56.5%					
Fiber	10.73 g						
Protein	34.82 g	18.5%					
Vitamin A	*3495 IU						*
Calcium	*81.1 mg						*
Vitamin C	*48.48 mg						*
Iron	*15.00 mg						*

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# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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)	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	0.25	0.5	0	0			0.75	0.5	Yes					
-Red/Orange	0	0.75	0.5	0.25	0.125			1.625	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0	0.75	0			0.75	0.5	Yes					
-Starchy	0	0	0	0	1			1	0.5	Yes					
-Other	1	0	0	0	0			1	0.75	Yes					
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2.25	2			10.25	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2.25	2			10.25	12	Yes					
Grain: Minimum (oz eq)	2.5	2	2	2	2			10.5	10	Yes					
Grain: Maximum (oz eq)	2.5	2	2	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 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

86 - HHFKA Lunch 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	750		750-850	100%			
Saturated Fat	6.84 g	8.21%	<10.000%				
Sodium	797 mg		1420	56%			
Sugars	*45 g	*24.0%					*
Total Fat	22.35 g	26.8%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	70 mg						
Carbohydrate	106.61 g	56.9%					
Fiber	11.57 g						
Protein	33.52 g	17.9%					
Vitamin A	*2047 IU						*
Calcium	*87.1 mg						*
Vitamin C	*39.95 mg						*
Iron	*14.63 mg						*

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# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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)	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	0.5			0.75	0.5	Yes					
-Red/Orange	1	0.25	0.5	0	0.25			2	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0.5	0	0			0.5	0.5	Yes					
-Starchy	0	0	0	0.5	0.25			0.75	0.5	Yes					
-Other	0	0.5	0	0.5	0			1	0.75	Yes					
Meat/Meat Alt: Minimum (oz eq)	2	2.5	2	2	2			10.5	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2.5	2	2	2			10.5	12	Yes					
Grain: Minimum (oz eq)	2	3	2	2	2.5			11.5	10	Yes					
Grain: Maximum (oz eq)	2	3	2	2	2.5			11.5	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	11.5	Weekly Whole Grain Rich Total	11.5	% of Whole Grain Rich	100%			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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## Luncheras Di Si

### Nutrient Breakdown Summary Report

From May 22, 2023 to May 26, 2023

86 - HHFKA Lunch 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	754		750-850	100%			
Saturated Fat	6.42 g	7.66%	<10.000%				
Sodium	955 mg		1420	67%			
Sugars	*45 g	*23.9%					*
Total Fat	21.35 g	25.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	77 mg						
Carbohydrate	103.52 g	54.9%					
Fiber	*12.55 g						*
Protein	*37.06 g	*19.7%					*
Vitamin A	*8472 IU						*
Calcium	*117.2 mg						*
Vitamin C	*28.16 mg						*
Iron	*13.16 mg						*

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# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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)	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	0.75	0	0	0.25			1	0.5	Yes					
-Red/Orange	0.75	0.25	0	0.5	0.25			1.75	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0	0.5	0			0.5	0.5	Yes					
-Starchy	0	0	1	0	0			1	0.5	Yes					
-Other	0.25	0	0	0	0.5			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	3			11	10	Yes					
Grain: Maximum (oz eq)	2	2	2	2	3			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 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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