

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">07/03/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">07/04/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">07/05/2023</p> <p align="center">WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Apples Choice of Milk</p>	<p align="right">07/06/2023</p> <p align="center">Whole Grain Pancakes (V) Maple Syrup (ss) Orange Juice Choice of Milk</p>	<p align="right">07/07/2023</p> <p align="center">Homemade Strawberry WW Muffin (V/VG) Bananas Choice of Milk</p>
<p align="right">07/10/2023</p> <p align="center">Frosted Mini Wheat Cereal Bananas Choice of Milk</p>	<p align="right">07/11/2023</p> <p align="center">Homemade WW Sweet Potatoes Waffles (V/VG) Maple Syrup (ss) Cranberry Juice Choice of Milk</p>	<p align="right">07/12/2023</p> <p align="center">Yoplait Yogurt & Granola (V) Fresh Apples Choice of Milk</p>	<p align="right">07/13/2023</p> <p align="center">WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Fresh Tangerines Choice of Milk</p>	<p align="right">07/14/2023</p> <p align="center">Chocolate Chip Oatmeal Muffin (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p>
<p align="right">07/17/2023</p> <p align="center">WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk</p>	<p align="right">07/18/2023</p> <p align="center">WW Egg Burrito w/ Turkey Breast & Cheese WW Egg & Cheese Burrito (V) Fresh Apples Choice of Milk</p>	<p align="right">07/19/2023</p> <p align="center">WG Blueberry Muffin (V) Orange Juice Choice of Milk</p>	<p align="right">07/20/2023</p> <p align="center">Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Bananas Choice of Milk</p>	<p align="right">07/21/2023</p> <p align="center">Yogurt Crispy Cup Cereal w/ Peaches & Pineapple(V) Choice of Milk</p>
<p align="right">07/24/2023</p> <p align="center">WG Cinnamon Roll (V) Fresh Pears Choice of Milk</p>	<p align="right">07/25/2023</p> <p align="center">Chai Cheesecake Whole Wheat Muffin (V) Bananas Choice of Milk</p>	<p align="right">07/26/2023</p> <p align="center">WG English Muffin & Chicken Patty English Muffin w/ Meatless Patty (V/VG) Orange Juice Choice of Milk</p>	<p align="right">07/27/2023</p> <p align="center">WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fresh Apples Choice of Milk</p>	<p align="right">07/28/2023</p> <p align="center">Homemade WW Choco Chip Banana Bread (V) Fresh Tangerines Choice of Milk</p>
<p align="right">07/31/2023</p> <p align="center">Cinnamon Toast Crunch Cup (V/VG) Fresh Pears Choice of Milk</p>	<p align="right">08/01/2023</p> <p align="center">One-Pan Breakfast Potato, Egg Scramble & Roll (V) Bananas Choice of Milk</p>	<p align="right">08/02/2023</p> <p align="center">WG Blueberry Muffin (V) Fresh Tangerines Choice of Milk</p>	<p align="right">08/03/2023</p> <p align="center">WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Taco Bk. w/Tofu,Vegan Ch. & Veggie Crumbles (V/VG) Fresh Apples Choice of Milk</p>	<p align="right">08/04/2023</p> <p align="center">WG Bagel (V/VG) w/ Cream Cheese & Jelly Orange Juice Choice of Milk</p>

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

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

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

Jun 15, 2023

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Nutrient Breakdown Summary Report

From Jul 5, 2023 to Jul 7, 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	481		450-600	100%			
Saturated Fat	2.02 g	3.78%	<10.000%				
Sodium	420 mg		640	66%			
Total Sugars	*51 g	*42.4%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	7.12 g	13.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	17 mg						
Carbohydrate	92.59 g	77.0%					
Fiber	6.76 g						
Protein	14.71 g	12.2%					
Vitamin A	*78 IU						*
Calcium	*61.5 mg						*
Vitamin C	*14.55 mg						*
Iron	*5.19 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)

3 Day Week	Wed 07/05/23	Thu 07/06/23	Fri 07/07/23					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)	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	N/A	N/A						
-Red/Orange	0	0	0				0	N/A	N/A						
-Beans & Peas (Legumes)	0	0	0				0	N/A	N/A						
-Starchy	0	0	0				0	N/A	N/A						
-Other	0	0	0				0	N/A	N/A	0					
Meat/Meat Alt: Minimum (oz eq)	0	0	0					0	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0					0	N/A	N/A					
Grain: Minimum (oz eq)	2.25	2	1.5					5.75	5.5	Yes					
Grain: Maximum (oz eq)	2.25	2	1.5					5.75	6	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	5.75	Weekly Whole Grain Rich Total	5.75	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Wed 07/05/23	Thu 07/06/23	Fri 07/07/23					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															

** Cells with this background color signify Requirements not being met!

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Nutrient Breakdown Summary Report

From Jul 10, 2023 to Jul 14, 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	469		450-600	100%			
Saturated Fat	2.46 g	4.72%	<10.000%				
Sodium	345 mg		640	54%			
Total Sugars	*51 g	*43.5%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	12.10 g	23.2%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	19 mg						
Carbohydrate	88.05 g	75.1%					
Fiber	6.77 g						
Protein	17.23 g	14.7%					
Vitamin A	*2256 IU						*
Calcium	*40.7 mg						*
Vitamin C	*19.81 mg						*
Iron	*22.90 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 7/10/2023

5 Day Week	Mon 07/10/23	Tue 07/11/23	Wed 07/12/23	Thu 07/13/23	Fri 07/14/23			Weekly Total	Weekly Rqmt. Check	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	1.75	2	2	2			9.75	9	Yes					
Grain: Maximum (oz eq)	2	1.75	2	2	2			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	6.75	Weekly Whole Grain Rich Total	6.75	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 07/10/23	Tue 07/11/23	Wed 07/12/23	Thu 07/13/23	Fri 07/14/23			Weekly Total	Weekly Rqmt. Check	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 Jul 17, 2023 to Jul 21, 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	464		450-600	100%			
Saturated Fat	2.80 g	5.43%	<10.000%				
Sodium	460 mg		640	72%			
Total Sugars	*48 g	*41.4%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	8.85 g	17.2%					
Trans Fat	0.00 g	0.0%					
Cholesterol	60 mg						
Carbohydrate	82.29 g	70.9%					
Fiber	5.65 g						
Protein	16.95 g	14.6%					
Vitamin A	*161 IU						*
Calcium	*72.8 mg						*
Vitamin C	*13.53 mg						*
Iron	*19.60 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 7/17/2023

5 Day Week	Mon 07/17/23	Tue 07/18/23	Wed 07/19/23	Thu 07/20/23	Fri 07/21/23			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	1.5	0	0	0			1.5	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	1.5	0	0	0			1.5	N/A	N/A					
Grain: Minimum (oz eq)	2.25	1.75	1	2	2			9	9	Yes					
Grain: Maximum (oz eq)	2.25	1.75	1	2	2			9	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	8	Weekly Whole Grain Rich Total	8	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 07/17/23	Tue 07/18/23	Wed 07/19/23	Thu 07/20/23	Fri 07/21/23			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 Jul 24, 2023 to Jul 28, 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	469		450-600	100%			
Saturated Fat	3.57 g	6.85%	<10.000%				
Sodium	456 mg		640	71%			
Total Sugars	*46 g	*39.2%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	10.14 g	19.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	73 mg						
Carbohydrate	78.54 g	67.0%					
Fiber	6.73 g						
Protein	18.73 g	16.0%					
Vitamin A	*528 IU						*
Calcium	*95.3 mg						*
Vitamin C	*23.12 mg						*
Iron	*5.16 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 7/24/2023

5 Day Week	Mon 07/24/23	Tue 07/25/23	Wed 07/26/23	Thu 07/27/23	Fri 07/28/23			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	1.75	3	2.5	1			10.25	9	Yes					
Grain: Maximum (oz eq)	2	1.75	3	2.5	1			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	8	Weekly Whole Grain Rich Total	8	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 07/24/23	Tue 07/25/23	Wed 07/26/23	Thu 07/27/23	Fri 07/28/23			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 Jul 31, 2023 to Aug 4, 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	3.22 g	6.29%	<10.000%				
Sodium	487 mg		640	76%			
Total Sugars	*43 g	*37.3%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	9.65 g	18.8%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	75 mg						
Carbohydrate	79.25 g	68.8%					
Fiber	*6.65 g						*
Protein	16.60 g	14.4%					
Vitamin A	*601 IU						*
Calcium	*90.4 mg						*
Vitamin C	*26.02 mg						*
Iron	*10.13 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 7/31/2023

5 Day Week	Mon 07/31/23	Tue 08/01/23	Wed 08/02/23	Thu 08/03/23	Fri 08/04/23			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	0					
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	1	3	2.25			11.25	9	Yes					
Grain: Maximum (oz eq)	2	3	1	3	2.25			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 07/31/23	Tue 08/01/23	Wed 08/02/23	Thu 08/03/23	Fri 08/04/23			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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