

**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="center">07/03/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="center">07/04/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="center">07/05/2023</p> <p align="center">Buffalo Chicken WG Mac &amp; Cheese Buffalo Chicken Meatless WG Mac &amp; Cheese (V) Roasted Cauliflower &amp; Carrots Medley Bananas Choice of Milk</p>	<p align="center">07/06/2023</p> <p align="center">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="center">07/07/2023</p> <p align="center">Cheese Beef Burger &amp; WG Bun Vegan Cheese Burger &amp; WG Bun (V/VG) Mayonnaise SS Pouch (LS) Ketchup (ss) Roasted Broccoli &amp; Potato Medley Fresh Pears Choice of Milk</p>
<p align="center">07/10/2023</p> <p align="center">Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans &amp; Sweet Plantains (V/VG) Fresh Apples Choice of Milk</p>	<p align="center">07/11/2023</p> <p align="center">Cheese Lunch Pizza w/ Chicken &amp; Beef Pepperoni WG Cheese Pizza (V) Roasted Potatoes &amp; Cauliflower Medley Ranch Dressing (ss) Fresh Pears Choice of Milk</p>	<p align="center">07/12/2023</p> <p align="center">Chicken &amp; Tk. Bacon Pasta w/Tomato &amp; Spinach Chicken Meatless Pasta w/Tomato &amp; Spinach(V) Bananas Choice of Milk</p>	<p align="center">07/13/2023</p> <p align="center">Turkey Meatballs WG Sub. w/Cheese Turkey Meatballs WG Submarine (V/VG) Sauted Green Collards Fruit Punch Juice Choice of Milk</p>	<p align="center">07/14/2023</p> <p align="center">Tomato N' Cheese Pasta(V) Cranberry Dried(ss)** Choice of Milk</p>
<p align="center">07/17/2023</p> <p align="center">Jerk Chicken &amp; Brown Rice Jerk Chicken Meatless &amp; Brown Rice (V/VG) Creamy Mashed Potatoes Fruit Punch Juice Choice of Milk</p>	<p align="center">07/18/2023</p> <p align="center">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) Bananas Choice of Milk</p>	<p align="center">07/19/2023</p> <p align="center">Latin Rice &amp; Bk. Beans Veggie Latin Rice &amp; Beans Fresh Apples Choice of Milk</p>	<p align="center">07/20/2023</p> <p align="center">One Pot Chicken Fajita Pasta w/Rd. &amp; Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Pears Choice of Milk</p>	<p align="center">07/21/2023</p> <p align="center">Crispy Chicken Burger Chicken Meatless Burger (V/VG) Sweet Creamy Coleslaw Mayonnaise SS Pouch (LS) Ketchup (ss) Mixed Fruits Choice of Milk</p>
<p align="center">07/24/2023</p> <p align="center">Spaghetti and Turkey Meat Sauce Spaghetti &amp; Plant Based Meat Sauce (V/VG) Fresh Apples Choice of Milk</p>	<p align="center">07/25/2023</p> <p align="center">Crunchy Chicken WG Wrap w/Buffalo &amp; Ranch Dress. Crunchy Veggie WG Wrap w/Buffalo &amp; Ranch Dress. Romaine, Tomato and Cucumber Salad Fruit Punch Juice Choice of Milk</p>	<p align="center">07/26/2023</p> <p align="center">Corn Dog Chicken Mini WG Veggie Hot Dog** Roasted Potatoes &amp; Cauliflower Medley Ketchup (ss) Mayonnaise SS Pouch (LS) Peaches Choice of Milk</p>	<p align="center">07/27/2023</p> <p align="center">Spanish B. Rice w/Chicken Kidney Beans &amp; Tomato B.Rice w/Chicken Meatless Kidney Bean &amp; Tomato V/VG Fresh Pears Choice of Milk</p>	<p align="center">07/28/2023</p> <p align="center">BYO Turkey Nachos WG w/Romaine &amp; Corn Pico (V) BYO Veggie Nachos WG w/Romaine &amp; Corn Pico(V) Sour Cream (ss) Bananas Choice of Milk</p>
<p align="center">07/31/2023</p> <p align="center">Breaded Chicken Nuggets Veggie Chicken Nugget(VG) Roasted Potatoes WG Biscuit Ketchup (ss) Cranberry Dried(ss)** Choice of Milk</p>	<p align="center">08/01/2023</p> <p align="center">Turkey Taco Rice w/Corn, Red &amp; Gr. Peppers Meatless Taco Rice w/Corn Red &amp; Gr. Peppers (V/VG) Sour Cream (ss) Fruit Punch Juice Choice of Milk</p>	<p align="center">08/02/2023</p> <p align="center">Buffalo Chicken WG Mac &amp; Cheese Buffalo Chicken Meatless WG Mac &amp; Cheese (V) Roasted Broccoli &amp; Carrot Bananas Choice of Milk</p>	<p align="center">08/03/2023</p> <p align="center">Butter Chicken Butter Chicken Meatless-V Salvadorian Carrot Rice Fresh Pears Choice of Milk</p>	<p align="center">08/04/2023</p> <p align="center">Cheese Beef Burger &amp; WG Bun Vegan Cheese Burger &amp; WG Bun (V/VG) Beans, Corn &amp; Tomato Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Apples Choice of Milk</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: According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (PA), Potato (VA/MD/ DE), Lettuce (PA/VA/MD), Broccoli (PA/VA/DE), Tomato (MD/PA/VA), Collards Green (VA/MD), Cucumbers (VA/MD/PA, Carrots (MD/PA), Celery (PA), Cabbage (MD/VA/DE), Peppers (MD/PA/DE), Sweet Potato (NC)**

**\*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)**

Jun 16, 2023

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jul 5, 2023 to Jul 7, 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	793		750-850	100%			
Saturated Fat	7.04 g	7.99%	<10.000%				
Sodium	1000 mg		1280	78%			
Total Sugars	*41 g	*20.7%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	24.05 g	27.3%					
Trans Fat	0.00 g	0.0%					
Cholesterol	58 mg						
Carbohydrate	106.77 g	53.9%					
Fiber	14.42 g						
Protein	*36.81 g	*18.6%					*
Vitamin A	*5144 IU						*
Calcium	*252.6 mg						*
Vitamin C	*38.73 mg						*
Iron	*6.87 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

**NOTICE:** The data contained within this report and the MOSAIC® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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	0	0%	Yes
Vegetables: Minimum (cups)	1	1	1					3	3	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					0.5	0.5	Yes					
-Red/Orange	0.5	0.5	0					1	1	Yes					
-Beans & Peas (Legumes)	0	0.5	0					0.5	0.5	Yes					
-Starchy	0	0	0.5					0.5	0.5	Yes					
-Other	0.5	0	0					0.5	0.5	Yes					
Meat/Meat Alt: Minimum (oz eq)	2	2.25	2.5					6.75	6	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2.25	2.5					6.75	7	Yes					
Grain: Minimum (oz eq)	2	2	2					6	6	Yes					
Grain: Maximum (oz eq)	2	2	2					6	7	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	Weekly Whole Grain Rich Total	6	% 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!

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jul 10, 2023 to Jul 14, 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	759		750-850	100%			
Saturated Fat	7.54 g	8.94%	<10.000%				
Sodium	808 mg		1280	63%			
Total Sugars	*49 g	*25.8%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	21.38 g	25.4%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	64 mg						
Carbohydrate	110.09 g	58.0%					
Fiber	12.28 g						
Protein	*35.62 g	*18.8%					*
Vitamin A	*2095 IU						*
Calcium	*92.3 mg						*
Vitamin C	*20.56 mg						*
Iron	*19.21 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

**NOTICE:** The data contained within this report and the MOSAIC® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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.	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	1.125	1	1	1			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	0.25	0.75	0			1	0.5	Yes					
-Red/Orange	0	0.125	0.75	0.25	1			2.125	1.25	Yes					
-Beans & Peas (Legumes)	0.5	0	0	0	0			0.5	0.5	Yes					
-Starchy	0.25	0.5	0	0	0			0.75	0.5	Yes					
-Other	0.25	0.5	0	0	0			0.75	0.75	Yes					
								5.125	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 07/10/23	Tue 07/11/23	Wed 07/12/23	Thu 07/13/23	Fri 07/14/23			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 Jul 17, 2023 to Jul 21, 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	771		750-850	100%			
Saturated Fat	4.61 g	5.38%	<10.000%				
Sodium	748 mg		1280	58%			
Total Sugars	*52 g	*27.0%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	20.41 g	23.8%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	68 mg						
Carbohydrate	109.62 g	56.9%					
Fiber	11.32 g						
Protein	*36.04 g	*18.7%					*
Vitamin A	*4544 IU						*
Calcium	*133.8 mg						*
Vitamin C	*75.32 mg						*
Iron	*14.71 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

**NOTICE:** The data contained within this report and the MOSAIC® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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)	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	0.5	0	0	0			0.5	0.5	Yes					
-Red/Orange	0	0.5	0.5	0.5	0.5			2	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0.5	0	0			0.5	0.5	Yes					
-Starchy	1	0	0	0	0			1	0.5	Yes					
-Other	0	0	0	0.5	0.5			1	0.75	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)	2.5	2	2	2	3			11.5	10	Yes					
Grain: Maximum (oz eq)	2.5	2	2	2	3			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 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															

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



## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jul 24, 2023 to Jul 28, 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	751		750-850	100%			
Saturated Fat	5.79 g	6.94%	<10.000%				
Sodium	693 mg		1280	54%			
Total Sugars	*45 g	*24.0%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	22.15 g	26.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	72 mg						
Carbohydrate	106.49 g	56.7%					
Fiber	12.89 g						
Protein	*34.57 g	*18.4%					*
Vitamin A	*5184 IU						*
Calcium	*73.0 mg						*
Vitamin C	*20.23 mg						*
Iron	*17.47 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

**NOTICE:** The data contained within this report and the MOSAIC® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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)	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	0.5	0	0	0.5			1	0.5	Yes							
-Red/Orange	1	0.25	0	0.5	0.25			2	1.25	Yes							
-Beans & Peas (Legumes)	0	0	0	0.5	0			0.5	0.5	Yes							
-Starchy	0	0	0.5	0	0.25			0.75	0.5	Yes							
-Other	0	0.25	0.5	0	0			0.75	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 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																	

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

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jul 31, 2023 to Aug 4, 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	798		750-850	100%			
Saturated Fat	7.43 g	8.38%	<10.000%				
Sodium	889 mg		1280	69%			
Total Sugars	*49 g	*24.6%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	22.33 g	25.2%					
Trans Fat	*0.04 g	*0.0%					*
Cholesterol	73 mg						
Carbohydrate	114.15 g	57.2%					
Fiber	*12.03 g						*
Protein	*35.35 g	*17.7%					*
Vitamin A	*4282 IU						*
Calcium	*170.1 mg						*
Vitamin C	*49.77 mg						*
Iron	*6.36 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

**NOTICE:** The data contained within this report and the MOSAIC® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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)	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	0.25	0.5	0.5	0.25			1.5	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0	0	0.5			0.5	0.5	Yes					
-Starchy	1	0.5	0	0	0.25			1.75	0.5	Yes					
-Other	0	0.25	0	0.5	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 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															

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