

**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">06/05/2023</p> <p>Homemade Strawberry WW Muffin (V/VG) Fresh Tangerines Choice of Milk</p>	<p align="right">06/06/2023</p> <p>Chicken Sausage WG Pancake Veggie Patty &amp; WG Pancakes (V) Syrup Maple (ss) Fresh Apples Choice of Milk</p>	<p align="right">06/07/2023</p> <p>WG Bagel (V/VG) w/ Cream Cheese &amp; Jelly Fresh Pears Choice of Milk</p>	<p align="right">06/08/2023</p> <p>Frosted Mini Wheat Cereal Bananas Choice of Milk</p>	<p align="right">06/09/2023</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Cranberry Juice Choice of Milk</p>
<p align="right">06/12/2023</p> <p>WG Pancakes &amp; Turkey Sausage on a Stick** Veggie Patty &amp; WG Pancakes (V) Syrup Maple (ss) Fresh Tangerines Choice of Milk</p>	<p align="right">06/13/2023</p> <p>Yoplait Yogurt &amp; Granola (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">06/14/2023</p> <p>Chocolate Chip Oatmeal Muffin (V) Bananas Choice of Milk</p>	<p align="right">06/15/2023</p> <p>WW Egg Burrito w/ Turkey Breast &amp; Cheese WW Egg &amp; Cheese Burrito (V) Fresh Apples Choice of Milk</p>	<p align="right">06/16/2023</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk</p>
<p align="right">06/19/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">06/20/2023</p> <p>Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Bananas Choice of Milk</p>	<p align="right">06/21/2023</p> <p>WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fresh Apples Choice of Milk</p>	<p align="right">06/22/2023</p> <p>Yogurt Crispy Cup Cereal w/ Peaches &amp; Pineapple(V) Choice of Milk</p>	<p align="right">06/23/2023</p> <p>WG Cinnamon Roll (V) Fresh Pears Choice of Milk</p>
<p align="right">06/26/2023</p> <p>Homemade WW Choco Chip Banana Bread (V) Fresh Apples Choice of Milk</p>	<p align="right">06/27/2023</p> <p>WG English Muffin &amp; Chicken Patty English Muffin w/ Meatless Patty (V/VG) Orange Juice Choice of Milk</p>	<p align="right">06/28/2023</p> <p>One-Pan Breakfast Potato, Egg Scramble &amp; Roll (V) Bananas Choice of Milk</p>	<p align="right">06/29/2023</p> <p>WG Blueberry Muffin (V) Fresh Tangerines Choice of Milk</p>	<p align="right">06/30/2023</p> <p>Cinnamon Toast Crunch Cup (V/VG) Fresh Pears 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), Strawberries (VA / DE / 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**

May 4, 2023

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jun 5, 2023 to Jun 9, 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	471		450-600	100%			
Saturated Fat	1.90 g	3.63%	<10.000%				
Sodium	382 mg		640	60%			
Sugars	*47 g	*39.9%					*
Total Fat	7.38 g	14.1%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	22 mg						
Carbohydrate	87.67 g	74.5%					
Fiber	8.13 g						
Protein	16.99 g	14.4%					
Vitamin A	*2258 IU						*
Calcium	*36.3 mg						*
Vitamin C	*24.41 mg						*
Iron	*22.96 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 6/5/2023

5 Day Week	Mon 06/05/23	Tue 06/06/23	Wed 06/07/23	Thu 06/08/23	Fri 06/09/23			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)	1.5	3	2.25	2	1.75			10.5	9	Yes					
Grain: Maximum (oz eq)	1.5	3	2.25	2	1.75			10.5	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	9.5	Weekly Whole Grain Rich Total	9.5	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 06/05/23	Tue 06/06/23	Wed 06/07/23	Thu 06/08/23	Fri 06/09/23			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 Jun 12, 2023 to Jun 16, 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	3.32 g	6.32%	<10.000%				
Sodium	480 mg		640	75%			
Sugars	*47 g	*39.7%					*
Total Fat	15.18 g	28.9%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	56 mg						
Carbohydrate	80.45 g	68.0%					
Fiber	6.29 g						
Protein	*18.79 g	*15.9%					*
Vitamin A	*529 IU						*
Calcium	*65.7 mg						*
Vitamin C	*20.85 mg						*
Iron	*7.97 mg						*

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## Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 6/12/2023

5 Day Week	Mon 06/12/23	Tue 06/13/23	Wed 06/14/23	Thu 06/15/23	Fri 06/16/23			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	1.5	0			1.5	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	1.5	0			1.5	N/A	N/A					
Grain: Minimum (oz eq)	2	2	1	1.75	2.25			9	9	Yes					
Grain: Maximum (oz eq)	2	2	1	1.75	2.25			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	7	Weekly Whole Grain Rich Total	7	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 06/12/23	Tue 06/13/23	Wed 06/14/23	Thu 06/15/23	Fri 06/16/23			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 Jun 20, 2023 to Jun 23, 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	464		450-600	100%			
Saturated Fat	3.27 g	6.34%	<10.000%				
Sodium	458 mg		640	72%			
Sugars	*48 g	*41.4%					*
Total Fat	8.30 g	16.1%					
Trans Fat	0.00 g	0.0%					
Cholesterol	80 mg						
Carbohydrate	83.05 g	71.6%					
Fiber	6.31 g						
Protein	17.84 g	15.4%					
Vitamin A	*193 IU						*
Calcium	*50.8 mg						*
Vitamin C	*18.40 mg						*
Iron	*20.90 mg						*

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## Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

4 Day Week	Tue 06/20/23	Wed 06/21/23	Thu 06/22/23	Fri 06/23/23				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	0	0%	Yes
Vegetables: Minimum (cups)	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	N/A	N/A						
-Red/Orange	0	0	0	0			0	N/A	N/A						
-Beans & Peas (Legumes)	0	0	0	0			0	N/A	N/A						
-Starchy	0	0	0	0			0	N/A	N/A						
-Other	0	0	0	0			0	N/A	N/A	0					
Meat/Meat Alt: Minimum (oz eq)	0	0	0	0				0	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	0				0	N/A	N/A					
Grain: Minimum (oz eq)	2	2.5	2	2				8.5	7	Yes					
Grain: Maximum (oz eq)	2	2.5	2	2				8.5	8	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	6.25	Weekly Whole Grain Rich Total	6.25	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Tue 06/20/23	Wed 06/21/23	Thu 06/22/23	Fri 06/23/23				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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## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jun 26, 2023 to Jun 30, 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	453		450-600	100%			
Saturated Fat	2.74 g	5.44%	<10.000%				
Sodium	454 mg		640	71%			
Sugars	*45 g	*39.7%					*
Total Fat	8.78 g	17.4%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	60 mg						
Carbohydrate	80.58 g	71.2%					
Fiber	6.87 g						
Protein	16.65 g	14.7%					
Vitamin A	*542 IU						*
Calcium	*71.9 mg						*
Vitamin C	*26.48 mg						*
Iron	*11.36 mg						*

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# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 6/26/2023

5 Day Week	Mon 06/26/23	Tue 06/27/23	Wed 06/28/23	Thu 06/29/23	Fri 06/30/23			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)	1	3	3	1	2			10	9	Yes					
Grain: Maximum (oz eq)	1	3	3	1	2			10	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	Weekly Whole Grain Rich Total	7	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 06/26/23	Tue 06/27/23	Wed 06/28/23	Thu 06/29/23	Fri 06/30/23			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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