

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">06/05/2023</p> <p>Turkey Taco Rice w/Corn, Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Sour Cream (ss) Cranberry Juice Choice of Milk</p>	<p align="right">06/06/2023</p> <p>Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Bananas Choice of Milk</p>	<p align="right">06/07/2023</p> <p>Strawberry & Mix Greens Salad w/Chicken & Feta C. Strawberry & Mix Greens Salad w/Meatless Chicken WG Biscuit Fresh Tangerines Choice of Milk</p>	<p align="right">06/08/2023</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Sweet Plantains (V/VG) Fresh Apples Choice of Milk</p>	<p align="right">06/09/2023</p> <p>Cheese Beef Burger & WG Bun Vegan Cheese Burger & WG Bun (V/VG) Roasted Cauliflower & Carrots Medley Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Pears Choice of Milk</p>
<p align="right">06/12/2023</p> <p>Tomato N' Cheese Pasta(V) Fresh Apples Choice of Milk</p>	<p align="right">06/13/2023</p> <p>Butter Chicken Butter Chicken Meatless-V Salvadorian Carrot Rice Fresh Pears Choice of Milk</p>	<p align="right">06/14/2023</p> <p>WG Italian Sub w/ T. Ham T. Salami & T. Pepperoni WG Sub w/Plant Based Ham & Bacon (V) Roasted Broccoli & Carrot Ranch Dip (ss) Fresh Tangerines Choice of Milk</p>	<p align="right">06/15/2023</p> <p>Beef Meatballs w/ Brown Rice & Bl. Beans Veggie Meatballs w/ Brown Rice & Beans(V/VG) Grape Juice Choice of Milk</p>	<p align="right">06/16/2023</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Roasted Potatoes & Cauliflower Medley Bananas Choice of Milk</p>
<p align="right">06/19/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">06/20/2023</p> <p>One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Tangerines Choice of Milk</p>	<p align="right">06/21/2023</p> <p>Crunchy Chicken WG Wrap w/Bufalo & Ranch Dress. Crunchy Veggie WG Wrap w/Bufalo & Ranch Dress. Roasted Potatoes & Cauliflower Medley Orange Juice Choice of Milk</p>	<p align="right">06/22/2023</p> <p>BYO Turkey Nachos WG w/Romaine & Corn Pico (V) BYO Veggie Nachos WG w/Romaine & Corn Pico(V) Sour Cream (ss) Fresh Apples Choice of Milk</p>	<p align="right">06/23/2023</p> <p>Latin Rice & Bk. Beans Veggie Latin Rice & Beans Bananas Choice of Milk</p>
<p align="right">06/26/2023</p> <p>Corn Dog Chicken Mini WG Veggie Hot Dog** Roasted Cauliflower & Broccoli Medley Ketchup (ss) Mayonnaise SS Pouch (LS) Fresh Tangerines Choice of Milk</p>	<p align="right">06/27/2023</p> <p>Spaghetti and Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Apples Choice of Milk</p>	<p align="right">06/28/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Cranberry Dried(ss)** Choice of Milk</p>	<p align="right">06/29/2023</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget(VG) Roasted Potatoes WG Biscuit Fruit Punch Juice Choice of Milk</p>	<p align="right">06/30/2023</p> <p>Crispy Chicken Burger Chicken Meatless Burger (V/VG) Sweet Creamy Coleslaw Mayonnaise SS Pouch (LS) Ketchup (ss) Bananas 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), Strawberries (VA / DE / PA), Potato (VA/MD/PA), Lettuce (PA/VA), Spinach (MD/VA), Broccoli (MD/VA), Tomato (MD/PA/VA), Onions (PA/VA), Collards Green (VA), Cucumbers (VA/MD/DE), Carrots (MD), Cauliflower (MD/PA/VA), Celery (PA), Cabbage (PA /VA), Peppers (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

May 16, 2023

Luncheras Di Si

Nutrient Breakdown Summary Report

From Jun 5, 2023 to Jun 9, 2023

86 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	754		750-850	100%			
Saturated Fat	7.88 g	9.41%	<10.000%				
Sodium	740 mg		1420	52%			
Sugars	*45 g	*23.9%					*
Total Fat	22.62 g	27.0%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	*80 mg						*
Carbohydrate	101.55 g	53.9%					
Fiber	*11.67 g						*
Protein	*36.67 g	*19.5%					*
Vitamin A	*7698 IU						*
Calcium	*94.7 mg						*
Vitamin C	*58.21 mg						*
Iron	*8.67 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 9 to 12 - Lunch

Lunch 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)	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	1	0	0			1.25	0.5	Yes					
-Red/Orange	0.25	0.75	0	0	0.5			1.5	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0	0.5	0			0.5	0.5	Yes					
-Starchy	0.5	0	0	0.25	0			0.75	0.5	Yes					
-Other	0.25	0	0	0.25	0.5			1	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 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

86 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	746		750-850	99%	4.00		
Saturated Fat	7.38 g	8.90%	<10.000%				
Sodium	980 mg		1420	69%			
Sugars	*46 g	*24.7%					*
Total Fat	22.67 g	27.3%					
Trans Fat	*0.04 g	*0.0%					*
Cholesterol	60 mg						
Carbohydrate	103.76 g	55.6%					
Fiber	10.65 g						
Protein	34.10 g	18.3%					
Vitamin A	*3886 IU						*
Calcium	*89.8 mg						*
Vitamin C	*38.56 mg						*
Iron	*15.90 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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)	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	0.5	0	0			0.5	0.5	Yes					
-Red/Orange	1	0.5	0.5	0.25	0.125			2.375	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0	0.75	0			0.75	0.5	Yes					
-Starchy	0	0	0	0	0.5			0.5	0.5	Yes					
-Other	0	0.5	0	0	0.5			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	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 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

86 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	793		750-850	100%			
Saturated Fat	6.82 g	7.74%	<10.000%				
Sodium	641 mg		1420	45%			
Sugars	*42 g	*21.2%					*
Total Fat	22.54 g	25.6%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	76 mg						
Carbohydrate	114.74 g	57.9%					
Fiber	12.58 g						
Protein	37.73 g	19.0%					
Vitamin A	*2766 IU						*
Calcium	*205.9 mg						*
Vitamin C	*65.42 mg						*
Iron	*16.70 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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	1	25%	Yes
Vegetables: Minimum (cups)	1	1	1	1				4	4	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			0.5	0.5	Yes						
-Red/Orange	0.5	0	0.25	0.5			1.25	1.25	Yes						
-Beans & Peas (Legumes)	0	0	0	0.5			0.5	0.5	Yes						
-Starchy	0	0.5	0.25	0			0.75	0.5	Yes						
-Other	0.5	0.5	0	0			1	0.75	Yes	4					
Meat/Meat Alt: Minimum (oz eq)	2	2.5	2	2				8.5	8	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2.5	2	2				8.5	9.5	Yes					
Grain: Minimum (oz eq)	2	3	2.5	2				9.5	8	Yes					
Grain: Maximum (oz eq)	2	3	2.5	2				9.5	9.5	Yes					
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					
	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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Nutrient Breakdown Summary Report

From Jun 20, 2023 to Jun 23, 2023

86 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	793		750-850	100%			
Saturated Fat	6.82 g	7.74%	<10.000%				
Sodium	641 mg		1420	45%			
Sugars	*42 g	*21.2%					*
Total Fat	22.54 g	25.6%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	76 mg						
Carbohydrate	114.74 g	57.9%					
Fiber	12.58 g						
Protein	37.73 g	19.0%					
Vitamin A	*2766 IU						*
Calcium	*205.9 mg						*
Vitamin C	*65.42 mg						*
Iron	*16.70 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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	1	25%	Yes
Vegetables: Minimum (cups)	1	1	1	1				4	4	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	0.5			0.5	0.5	Yes						
-Red/Orange	0.5	0	0.5	0.25			1.25	1.25	Yes						
-Beans & Peas (Legumes)	0	0	0.5	0			0.5	0.5	Yes						
-Starchy	0	0.5	0	0.25			0.75	0.5	Yes						
-Other	0.5	0.5	0	0			1	0.75	Yes	4					
Meat/Meat Alt: Minimum (oz eq)	2	2.5	2	2				8.5	8	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2.5	2	2				8.5	9.5	Yes					
Grain: Minimum (oz eq)	2	3	2	2.5				9.5	8	Yes					
Grain: Maximum (oz eq)	2	3	2	2.5				9.5	9.5	Yes					
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						
	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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