

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">08/28/2023</p> <p>Yoplait Yogurt & Granola (V) Fresh Pears Choice of Milk</p>	<p align="right">08/29/2023</p> <p>WG Banana Muffin (V) Orange Juice Choice of Milk</p>	<p align="right">08/30/2023</p> <p>WG Croissant w/ American Cheese Fresh Apples Choice of Milk</p>	<p align="right">08/31/2023</p> <p>Raspberry Peach Sour Cream Quick Bread (V) Fresh Tangerines Choice of Milk</p>	<p align="right">09/01/2023</p> <p>Whole Grain Pancakes (V) Maple Syrup (ss) Bananas Choice of Milk</p>
<p align="right">09/04/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">09/05/2023</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Maple Syrup (ss) Fruit Punch Juice Choice of Milk</p>	<p align="right">09/06/2023</p> <p>WG Cocoa Puff Cereal Bananas Choice of Milk</p>	<p align="right">09/07/2023</p> <p>WG Corn Muffin Fresh Apples Choice of Milk</p>	<p align="right">09/08/2023</p> <p>WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Taco Bk. w/Tofu, Vegan Ch. & Veggie Crumbles (V/VG) Fresh Pears Choice of Milk</p>
<p align="right">09/11/2023</p> <p>WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Pears Choice of Milk</p>	<p align="right">09/12/2023</p> <p>WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Maple Syrup (ss) Bananas Choice of Milk</p>	<p align="right">09/13/2023</p> <p>WG English Muffin w/ Egg Patty & Cheese (V) Orange Juice Choice of Milk</p>	<p align="right">09/14/2023</p> <p>Blueberry Lemon Yogurt Whole Wheat Muffins Mozzarella Cheese Stick** Fresh Apples Choice of Milk</p>	<p align="right">09/15/2023</p> <p>Sunny Day Parfait w/ Mandarines & Pears (V) Choice of Milk</p>
<p align="right">09/18/2023</p> <p>Cereal WG Cheerios (V/VG) Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p align="right">09/19/2023</p> <p>Peachy WG Cinnamon Roll Cobbler (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">09/20/2023</p> <p>Maple-Bacon Grits Puff Maple-Bacon Meatless Grits Puff (V) Fresh Tangerines Choice of Milk</p>	<p align="right">09/21/2023</p> <p>WW Egg Burrito w/ Turkey Breast & Cheese WW Egg & Cheese Burrito (V) Fresh Pears Choice of Milk</p>	<p align="right">09/22/2023</p> <p>Carrot - Pineapple WG Muffin (V) Bananas Choice of Milk</p>
<p align="right">09/25/2023</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Tangerines Choice of Milk</p>	<p align="right">09/26/2023</p> <p>Yoplait Yogurt & Granola (V) Fresh Pears Choice of Milk</p>	<p align="right">09/27/2023</p> <p>WG Croissant w/ American Cheese Orange Juice Choice of Milk</p>	<p align="right">09/28/2023</p> <p>WG Banana Muffin (V) Fresh Apples Choice of Milk</p>	<p align="right">09/29/2023</p> <p>Raspberry Peach Sour Cream Quick Bread (V) Bananas 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 (MD / PA)**

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

Aug 11, 2023

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Nutrient Breakdown Summary Report

From Aug 28, 2023 to Sep 1, 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	467		450-600	100%			
Saturated Fat	2.99 g	5.76%	<10.000%				
Sodium	457 mg		640	71%			
Total Sugars	*53 g	*45.4%					*
Added Sugars	*1 g	*0.9%					*
Total Fat	16.50 g	31.8%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	19 mg						
Carbohydrate	87.46 g	74.9%					
Fiber	6.25 g						
Protein	15.38 g	13.2%					
Vitamin A	*434 IU						*
Calcium	*71.9 mg						*
Vitamin C	*20.85 mg						*
Iron	*6.04 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)

Week of 8/28/2023

5 Day Week	Mon 08/28/23	Tue 08/29/23	Wed 08/30/23	Thu 08/31/23	Fri 09/01/23			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	0	0%	Yes				
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	3	1	2			9	9	Yes					
Grain: Maximum (oz eq)	2	1	3	1	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	7	Weekly Whole Grain Rich Total	7	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 08/28/23	Tue 08/29/23	Wed 08/30/23	Thu 08/31/23	Fri 09/01/23			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 Sep 5, 2023 to Sep 8, 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	452		450-600	100%			
Saturated Fat	1.83 g	3.64%	<10.000%				
Sodium	302 mg		640	47%			
Total Sugars	*48 g	*42.5%					*
Added Sugars	*4 g	*3.5%					*
Total Fat	7.43 g	14.8%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	39 mg						
Carbohydrate	83.44 g	73.8%					
Fiber	*6.07 g						*
Protein	14.70 g	13.0%					
Vitamin A	*2451 IU						*
Calcium	*55.6 mg						*
Vitamin C	*11.32 mg						*
Iron	*9.01 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

4 Day Week	Tue 09/05/23	Wed 09/06/23	Thu 09/07/23	Fri 09/08/23				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)	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)	1.75	1	2	3				7.75	7	Yes					
Grain: Maximum (oz eq)	1.75	1	2	3				7.75	8	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					
	Tue 09/05/23	Wed 09/06/23	Thu 09/07/23	Fri 09/08/23				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 Sep 11, 2023 to Sep 15, 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	451		450-600	100%			
Saturated Fat	3.09 g	6.17%	<10.000%				
Sodium	483 mg		640	75%			
Total Sugars	*46 g	*40.8%					*
Added Sugars	*3 g	*2.7%					*
Total Fat	7.73 g	15.4%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	50 mg						
Carbohydrate	79.04 g	70.1%					
Fiber	5.72 g						
Protein	19.10 g	16.9%					
Vitamin A	*79 IU						*
Calcium	*44.0 mg						*
Vitamin C	*9.21 mg						*
Iron	*4.48 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 9/11/2023

5 Day Week	Mon 09/11/23	Tue 09/12/23	Wed 09/13/23	Thu 09/14/23	Fri 09/15/23			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	1			1	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	0	1			1	N/A	N/A					
Grain: Minimum (oz eq)	2.25	2	3.5	2	1			10.75	9	Yes					
Grain: Maximum (oz eq)	2.25	2	3.5	2	1			10.75	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 09/11/23	Tue 09/12/23	Wed 09/13/23	Thu 09/14/23	Fri 09/15/23			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 Sep 18, 2023 to Sep 22, 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	465		450-600	100%			
Saturated Fat	3.59 g	6.95%	<10.000%				
Sodium	488 mg		640	76%			
Total Sugars	*43 g	*37.0%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	15.05 g	29.1%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	76 mg						
Carbohydrate	78.19 g	67.3%					
Fiber	6.58 g						
Protein	19.22 g	16.5%					
Vitamin A	*714 IU						*
Calcium	*78.8 mg						*
Vitamin C	*22.30 mg						*
Iron	*13.20 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 9/18/2023

5 Day Week	Mon 09/18/23	Tue 09/19/23	Wed 09/20/23	Thu 09/21/23	Fri 09/22/23			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	0.5	10%	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	2	2	3.25	1			10.25	9	Yes					
Grain: Maximum (oz eq)	2	2	2	3.25	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	6.75	Weekly Whole Grain Rich Total	6.75	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 09/18/23	Tue 09/19/23	Wed 09/20/23	Thu 09/21/23	Fri 09/22/23			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 Sep 25, 2023 to Sep 29, 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	466		450-600	100%			
Saturated Fat	3.32 g	6.41%	<10.000%				
Sodium	445 mg		640	70%			
Total Sugars	*51 g	*43.8%					*
Added Sugars	*1 g	*0.9%					*
Total Fat	18.03 g	34.8%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	18 mg						
Carbohydrate	83.39 g	71.6%					
Fiber	6.04 g						
Protein	15.91 g	13.7%					
Vitamin A	*434 IU						*
Calcium	*71.9 mg						*
Vitamin C	*20.85 mg						*
Iron	*6.04 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 9/25/2023

5 Day Week	Mon 09/25/23	Tue 09/26/23	Wed 09/27/23	Thu 09/28/23	Fri 09/29/23			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)	2.25	2	3	1	1			9.25	9	Yes					
Grain: Maximum (oz eq)	2.25	2	3	1	1			9.25	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	7.25	Weekly Whole Grain Rich Total	7.25	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 09/25/23	Tue 09/26/23	Wed 09/27/23	Thu 09/28/23	Fri 09/29/23			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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