

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">08/28/2023</p> <p>WG Caprese Pasta (V) Fresh Apples Choice of Milk</p>	<p align="right">08/29/2023</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice* Tomato-Garlic Lentils Bowls (V/VG) Bananas Choice of Milk</p>	<p align="right">08/30/2023</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">08/31/2023</p> <p>Turkey Taco Rice w/Corn, Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Sour Cream (ss) Diced Peaches Choice of Milk</p>	<p align="right">09/01/2023</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Corn,Zucchini, & Tomato Pie w/ Parmesan (V) Grape Juice Choice of Milk</p>
<p align="right">09/04/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">09/05/2023</p> <p>Great Garden Stew w/ Squash, Corn & Beans Meatless Stew w/ Squash, Corn & Beans (V) Steamed Brown Rice Fresh Apples Choice of Milk</p>	<p align="right">09/06/2023</p> <p>Tk. Breast & Cheese Sand. w/Spinach & Mushroom Veggie & Cheese WW Sand. w/Spinach & Mushrooms Sweet Potato Tater Tots Ranch Dressing Light (ss) Fresh Pears Choice of Milk</p>	<p align="right">09/07/2023</p> <p>Garlic Chicken WG Pasta w/ Kale, Squash & Carrots Chicken Meatless WG Pasta w/Kale,Squash & Carrot(V) Orange Juice Choice of Milk</p>	<p align="right">09/08/2023</p> <p>Cheese Beef Burger & WG Bun Vegan Burger & WG Bun (V/VG) Roasted Potatoes & Carrots Medley Mayonnaise SS Pouch (LS) Ketchup (ss) Bananas Choice of Milk</p>
<p align="right">09/11/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Fresh Apples Choice of Milk</p>	<p align="right">09/12/2023</p> <p>WW Turkey Wraps w/ Corn, Tomato & Lettuce WW Veggie Wraps w/ Corn, Tomato & Lettuce Fresh Oranges Cranberry Dried(ss)** Choice of Milk</p>	<p align="right">09/13/2023</p> <p>Breaded Chicken Nuggets Vegan Chicken Nuggets WG Biscuit Roasted Broccoli & Potato Medley Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Pears Choice of Milk</p>	<p align="right">09/14/2023</p> <p>WG Spaghetti & Meatballs WG Spaghetti & Veggie Meatballs (V/VG) Bananas Choice of Milk</p>	<p align="right">09/15/2023</p> <p>WW Pizza Sandwich w/ Ck. Pepperoni WW Pizza Cheese Sandwich (V) Sweet Creamy Coleslaw Fruit Punch Juice Choice of Milk</p>
<p align="right">09/18/2023</p> <p>Spaghetti and Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Pears Choice of Milk</p>	<p align="right">09/19/2023</p> <p>Italian Tk. Sausage w/ Zucchini,Potato, & Carrot Veggie Italian Crumble w/ Zucchini,Potato, & Carrot Steamed Brown Rice Bananas Choice of Milk</p>	<p align="right">09/20/2023</p> <p>Baked Chicken Penne Pasta w/ Zucchini Baked Chicken Meatless Pasta w/Zucchini (V) Fresh Apples Choice of Milk</p>	<p align="right">09/21/2023</p> <p>Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Fresh Oranges Choice of Milk</p>	<p align="right">09/22/2023</p> <p>BYO Turkey Nachos WG w/Romaine & Corn Pico (V) BYO Veggie Nachos WG w/Romaine & Corn Pico(V) Sour Cream (ss) Fruit Punch Juice Choice of Milk</p>
<p align="right">09/25/2023</p> <p>WG Caprese Pasta (V) Fresh Apples Choice of Milk</p>	<p align="right">09/26/2023</p> <p>Crunchy Chicken WG Wrap w/Bufalo & Ranch Dress. Crunchy Veggie WG Wrap w/Bufalo & Ranch Dress. Corn Salad w/ Celery Tomato & Gr. Peppers Bananas Choice of Milk</p>	<p align="right">09/27/2023</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice* Tomato-Garlic Lentils Bowls (V/VG) Mixed Fruits Choice of Milk</p>	<p align="right">09/28/2023</p> <p>Strawberry & Mix Greens Salad w/Chicken & Feta C. Strawberry & Mix Greens Salad w/Meatless Chicken WG Biscuit Fresh Oranges Choice of Milk</p>	<p align="right">09/29/2023</p> <p>Turkey Taco Rice w/Corn, Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Cranberry Juice Sour Cream (ss) 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), Peaches (PA /VA/MD), Zucchini (MD), Carrots (MD/PA), Cucumbers (PA), Romaine Lettuce (PA), Tomato (VA/PA/MD), Spinach (PA/MD), Peppers (PA/MD), Squash (PA/MD), Kale (MD), Mushrooms (PA), Broccoli (PA), Cabbage (PA/MD), Onions (MD), Celery (PA), Cauliflower (PA/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

Aug 11, 2023

Luncheras Di Si

Nutrient Breakdown Summary Report

From Aug 28, 2023 to Sep 1, 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	750		750-850	100%			
Saturated Fat	6.68 g	8.02%	<10.000%				
Sodium	796 mg		1280	62%			
Total Sugars	*51 g	*27.2%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	17.07 g	20.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	*60 mg						*
Carbohydrate	114.30 g	61.0%					
Fiber	*11.84 g						*
Protein	37.20 g	19.8%					
Vitamin A	*4482 IU						*
Calcium	*107.8 mg						*
Vitamin C	*52.88 mg						*
Iron	*16.72 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

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 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	0	0%	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	1	0	0			1	0.5	Yes					
-Red/Orange	0.75	0.5	0	0.25	0.625			2.125	1.25	Yes					
-Beans & Peas (Legumes)	0	0.5	0	0	0			0.5	0.5	Yes					
-Starchy	0	0	0	0.5	0.25			0.75	0.5	Yes					
-Other	0.25	0	0	0.25	0.25			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 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!

Luncheras Di Si

Nutrient Breakdown Summary Report

From Sep 5, 2023 to Sep 8, 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	766		750-850	100%			
Saturated Fat	4.97 g	5.84%	<10.000%				
Sodium	926 mg		1280	72%			
Total Sugars	*43 g	*22.5%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	20.76 g	24.4%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	67 mg						
Carbohydrate	109.53 g	57.2%					
Fiber	13.29 g						
Protein	35.72 g	18.7%					
Vitamin A	*7114 IU						*
Calcium	*124.1 mg						*
Vitamin C	*38.31 mg						*
Iron	*11.81 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

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)

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)	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	0.25	0.5	0			0.75	0.5	Yes						
-Red/Orange	0	0.5	0.5	0.5			1.5	1.25	Yes						
-Beans & Peas (Legumes)	0.5	0	0	0			0.5	0.5	Yes						
-Starchy	0	0	0	0.5			0.5	0.5	Yes						
-Other	0.5	0.25	0	0			0.75	0.75	Yes	4					
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2.5				8.5	8	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2.5				8.5	9.5	Yes					
Grain: Minimum (oz eq)	2	2	2	2				8	8	Yes					
Grain: Maximum (oz eq)	2	2	2	2				8	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	8	Weekly Whole Grain Rich Total	8	% 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															

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

Luncheras Di Si

Nutrient Breakdown Summary Report

From Sep 11, 2023 to Sep 15, 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	750		750-850	100%			
Saturated Fat	7.85 g	9.42%	<10.000%				
Sodium	1028 mg		1280	80%			
Total Sugars	*45 g	*24.0%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	23.79 g	28.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	*58 mg						*
Carbohydrate	103.46 g	55.2%					
Fiber	13.80 g						
Protein	34.86 g	18.6%					
Vitamin A	*4936 IU						*
Calcium	*69.6 mg						*
Vitamin C	*65.50 mg						*
Iron	*15.05 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

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 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)	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	0.5	0	0			0.75	0.5	Yes							
-Red/Orange	0.5	0.5	0	1	0.25			2.25	1.25	Yes							
-Beans & Peas (Legumes)	0.5	0	0	0	0			0.5	0.5	Yes							
-Starchy	0	0.25	0.5	0	0			0.75	0.5	Yes							
-Other	0	0	0	0	0.75			0.75	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	2.25	3	2	2			11.25	10	Yes
Grain: Maximum (oz eq)								2	2.25	3	2	2			11.25	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	11.25	Weekly Whole Grain Rich Total	11.25	% 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																	

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

Luncheras Di Si

Nutrient Breakdown Summary Report

From Sep 18, 2023 to Sep 22, 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	751		750-850	100%			
Saturated Fat	5.38 g	6.45%	<10.000%				
Sodium	532 mg		1280	42%			
Total Sugars	*43 g	*22.9%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	19.49 g	23.4%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	80 mg						
Carbohydrate	111.50 g	59.4%					
Fiber	12.90 g						
Protein	37.40 g	19.9%					
Vitamin A	*3754 IU						*
Calcium	*88.3 mg						*
Vitamin C	*59.85 mg						*
Iron	*17.73 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

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 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)	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	1	0			1	0.5	Yes					
-Red/Orange	0.75	0	0.5	0	0.25			1.5	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0.5	0	0			0.5	0.5	Yes					
-Starchy	0	0.5	0	0	0.5			1	0.5	Yes					
-Other	0.25	0.5	0	0	0.25			1	0.75	Yes					
								5	0	0%	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			11	10	Yes					
Grain: Maximum (oz eq)	2	3	2	2	2			11	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	Weekly Whole Grain Rich Total	11	% 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															

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

Luncheras Di Si

Nutrient Breakdown Summary Report

From Sep 25, 2023 to Sep 29, 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	788		750-850	100%			
Saturated Fat	6.81 g	7.78%	<10.000%				
Sodium	765 mg		1280	60%			
Total Sugars	*55 g	*27.9%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	19.86 g	22.7%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	*65 mg						*
Carbohydrate	115.01 g	58.4%					
Fiber	*12.32 g						*
Protein	38.63 g	19.6%					
Vitamin A	*4165 IU						*
Calcium	*82.3 mg						*
Vitamin C	*67.10 mg						*
Iron	*14.96 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

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 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	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	0	0.5			0.5	0.5	Yes					
-Red/Orange	1	0.25	1	0	0.25			2.5	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0	0.75	0			0.75	0.5	Yes					
-Starchy	0	0.5	0	0	0.25			0.75	0.5	Yes					
-Other	0	0.25	0.25	0.25	0			0.75	0.75	Yes					
												5	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	2.5			10.5	10	Yes					
Grain: Maximum (oz eq)	2	2	2	2	2.5			10.5	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	10.5	Weekly Whole Grain Rich Total	10.5	% 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															

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