

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">11/06/2023</p> <p>WG Corn Muffin Fresh Apples Choice of Milk</p>	<p align="right">11/07/2023</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Maple Syrup (ss) Bananas Choice of Milk</p>	<p align="right">11/08/2023</p> <p>WG Cocoa Puff Cereal Go Gurts Fresh Pears Choice of Milk</p>	<p align="right">11/09/2023</p> <p>Peachy WG Cinnamon Roll Cobbler (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">11/10/2023</p> <p>NO SCHOOL TODAY</p>
<p align="right">11/13/2023</p> <p>WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Maple Syrup (ss) Fresh Apples Choice of Milk</p>	<p align="right">11/14/2023</p> <p>Blueberry Lemon Yogurt Whole Wheat Muffins Bananas Choice of Milk</p>	<p align="right">11/15/2023</p> <p>WW Egg Burrito w/ Turkey Breast & Cheese WW Egg & Cheese Burrito (V) Fresh Tangerines Choice of Milk</p>	<p align="right">11/16/2023</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk</p>	<p align="right">11/17/2023</p> <p>Yoplait Yogurt & Granola (V) Orange Juice Choice of Milk</p>
<p align="right">11/20/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">11/21/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">11/22/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">11/23/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">11/24/2023</p> <p>NO SCHOOL TODAY</p>
<p align="right">11/27/2023</p> <p>Cereal WG Cheerios Yoplait Yogurt Fresh Pears Choice of Milk</p>	<p align="right">11/28/2023</p> <p>Whole Grain Pancakes (V) Maple Syrup (ss) Orange Juice Choice of Milk</p>	<p align="right">11/29/2023</p> <p>Raspberry Peach Sour Cream Quick Bread (V) Bananas Choice of Milk</p>	<p align="right">11/30/2023</p> <p>WG Banana Muffin (V) Mozzarella Cheese Stick** Fresh Tangerines Choice of Milk</p>	<p align="right">12/01/2023</p> <p>WW Zucchini Bread (V/VG) Fresh Apples 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/ NC)**

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

Oct 18, 2023

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Nutrient Breakdown Summary Report

From Nov 6, 2023 to Nov 9, 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	480		450-600	100%			
Saturated Fat	2.29 g	4.29%	<10.000%				
Sodium	324 mg		640	51%			
Total Sugars	*52 g	*43.3%					*
Added Sugars	*4 g	*3.3%					*
Total Fat	8.04 g	15.1%					
Trans Fat	0.00 g	0.0%					
Cholesterol	16 mg						
Carbohydrate	90.98 g	75.8%					
Fiber	7.08 g						
Protein	14.39 g	12.0%					
Vitamin A	*2372 IU						*
Calcium	*26.0 mg						*
Vitamin C	*13.35 mg						*
Iron	*8.39 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)

4 Day Week	Mon 11/06/23	Tue 11/07/23	Wed 11/08/23	Thu 11/09/23				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				4	4	Yes		4	0.5	12.5%	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	1.75	1.5	2				7.25	7	Yes					
Grain: Maximum (oz eq)	2	1.75	1.5	2				7.25	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	6.75	Weekly Whole Grain Rich Total	6.75	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 11/06/23	Tue 11/07/23	Wed 11/08/23	Thu 11/09/23				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!

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Nutrient Breakdown Summary Report

From Nov 13, 2023 to Nov 17, 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	2.63 g	5.08%	<10.000%				
Sodium	439 mg		640	69%			
Total Sugars	*47 g	*40.3%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	8.48 g	16.4%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	61 mg						
Carbohydrate	80.69 g	69.3%					
Fiber	6.13 g						
Protein	18.74 g	16.1%					
Vitamin A	*531 IU						*
Calcium	*64.9 mg						*
Vitamin C	*21.31 mg						*
Iron	*7.19 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 11/13/2023

5 Day Week	Mon 11/13/23	Tue 11/14/23	Wed 11/15/23	Thu 11/16/23	Fri 11/17/23			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	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	3.25	2.25	2			10.5	9	Yes					
Grain: Maximum (oz eq)	2	1	3.25	2.25	2			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	7	Weekly Whole Grain Rich Total	7	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 11/13/23	Tue 11/14/23	Wed 11/15/23	Thu 11/16/23	Fri 11/17/23			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 Nov 27, 2023 to Dec 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	2.24 g	4.32%	<10.000%				
Sodium	426 mg		640	67%			
Total Sugars	*53 g	*45.4%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	15.76 g	30.4%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	18 mg						
Carbohydrate	90.12 g	77.2%					
Fiber	6.72 g						
Protein	15.80 g	13.5%					
Vitamin A	*423 IU						*
Calcium	*40.3 mg						*
Vitamin C	*23.57 mg						*
Iron	*23.97 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 11/27/2023

5 Day Week	Mon 11/27/23	Tue 11/28/23	Wed 11/29/23	Thu 11/30/23	Fri 12/01/23			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					
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)	3	2	1	2	1			9	9	Yes					
Grain: Maximum (oz eq)	3	2	1	2	1			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 11/27/23	Tue 11/28/23	Wed 11/29/23	Thu 11/30/23	Fri 12/01/23			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															

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