

**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">11/06/2023</p> <p>WG Penne Pasta &amp; Meatballs WG Penne Pasta &amp; Veggie Meatballs (V/VG) Fresh Pears Choice of Milk</p>	<p align="right">11/07/2023</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Grape Juice Cranberry Dried(ss)** Choice of Milk</p>	<p align="right">11/08/2023</p> <p>Breaded Chicken Nuggets Vegan Chicken Nuggets WG Biscuit BBQ Sauce (ss) Roasted Cauliflower &amp; Broccoli Medley Fresh Apples Choice of Milk</p>	<p align="right">11/09/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans &amp; Tomato B.Rice w/Chicken Meatless Kidney Bean &amp; Tomato V/VG Bananas Choice of Milk</p>	<p align="right">11/10/2023</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">11/13/2023</p> <p>Lime Chicken Black Beans &amp; Br. Rice Lime Chicken Meatless w/ Bk. Bean &amp; Br. Rice(V/VG) Fresh Tangerines Choice of Milk</p>	<p align="right">11/14/2023</p> <p>Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Sauted Green Collards Fresh Pears Choice of Milk</p>	<p align="right">11/15/2023</p> <p>Italian Tk. Sausage w/ Zucchini,Potato, &amp; Carrot Veggie Italian Crumble w/ Zucchini,Potato, &amp; Carrot Steamed Brown Rice Cranberry Juice Cranberry Dried(ss)** Choice of Milk</p>	<p align="right">11/16/2023</p> <p>Cheese Beef Burger &amp; WG Bun Vegan Burger (V/VG) Sweet Creamy Coleslaw Mayonnaise SS Pouch (LS) Ketchup (ss) Bananas Choice of Milk</p>	<p align="right">11/17/2023</p> <p>Carved Turkey Carved Meatless Turkey(VG) Fresh Green Beans Roasted Sweet Potatoes WG Biscuit Pumpkin Pie Fresh Apples Choice of Milk</p>
<p align="right">11/20/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/21/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/22/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/23/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/24/2023</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">11/27/2023</p> <p>WG Caprese Pasta (V) Fresh Apples Choice of Milk</p>	<p align="right">11/28/2023</p> <p>Crunchy Chicken WG Wrap w/Bufalo &amp; Ranch Dress. Crunchy Veggie WG Wrap w/Bufalo &amp; Ranch Dress. Green Beans &amp; Corn Medley Fresh Pears Choice of Milk</p>	<p align="right">11/29/2023</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">11/30/2023</p> <p>Strawberry &amp; Mix Greens Salad w/Chicken &amp; Feta C. Strawberry &amp; Mix Greens Salad w/Meatless Chicken WG Biscuit Cranberry Juice Choice of Milk</p>	<p align="right">12/01/2023</p> <p>BYO Turkey Nachos WG w/Romaine &amp; Corn Pico (V) BYO Veggie Nachos WG w/Romaine &amp; Corn Pico(V) Sour Cream (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/VA), Broccoli (VA), Tomatoes (PA), Cauliflower (PA/MD), Peppers (VA), Lettuce (PA), Zucchini (Squash Winter)(MD), Green Beans (MD), Cabbage (VA), Potato (PA/MD), Collards Green (MD), Carrots(VA).**

**\*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](mailto:menu@luncherasdisi.com)**

Oct 18, 2023

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Nov 6, 2023 to Nov 9, 2023

86 - HHFKA Lunch 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	753		750-850	100%			
Saturated Fat	5.66 g	6.76%	<10.000%				
Sodium	804 mg		1280	63%			
Total Sugars	*46 g	*24.4%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	20.48 g	24.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	99 mg						
Carbohydrate	110.64 g	58.8%					
Fiber	13.44 g						
Protein	35.86 g	19.0%					
Vitamin A	*4956 IU						*
Calcium	*57.6 mg						*
Vitamin C	*29.14 mg						*
Iron	*10.51 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

**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	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)	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	1	0.25	0	0.5			1.75	1.25	Yes						
-Beans & Peas (Legumes)	0	0	0	0.5			0.5	0.5	Yes						
-Starchy	0	0.5	0	0			0.5	0.5	Yes						
-Other	0	0.25	0.5	0			0.75	0.75	Yes	4					
Meat/Meat Alt: Minimum (oz eq)	2.25	2	2	2				8.25	8	Yes					
Meat/Meat Alt: Maximum (oz eq)	2.25	2	2	2				8.25	9.5	Yes					
Grain: Minimum (oz eq)	2	2	3	2				9	8	Yes					
Grain: Maximum (oz eq)	2	2	3	2				9	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	Weekly Whole Grain Rich Total	9	% 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!

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Nov 13, 2023 to Nov 17, 2023

86 - HHFKA Lunch 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	816		750-850	100%			
Saturated Fat	7.18 g	7.92%	<10.000%				
Sodium	992 mg		1280	78%			
Total Sugars	*47 g	*23.0%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	23.13 g	25.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	76 mg						
Carbohydrate	115.63 g	56.7%					
Fiber	12.73 g						
Protein	37.00 g	18.1%					
Vitamin A	*8972 IU						*
Calcium	*110.1 mg						*
Vitamin C	*62.63 mg						*
Iron	*9.97 mg						*

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# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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	0.5	10%	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	0.75	0	0	0			0.75	0.5	Yes					
-Red/Orange	0	0.25	0.25	0.25	0.5			1.25	1.25	Yes					
-Beans & Peas (Legumes)	0.75	0	0	0	0			0.75	0.5	Yes					
-Starchy	0	0	0.5	0	0			0.5	0.5	Yes					
-Other	0.25	0	0.25	0.75	0.5			1.75	0.75	Yes					
												5	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2.5	2			10.5	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2.5	2			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 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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## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Nov 27, 2023 to Dec 1, 2023

86 - HHFKA Lunch 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	776		750-850	100%			
Saturated Fat	7.88 g	9.14%	<10.000%				
Sodium	769 mg		1280	60%			
Total Sugars	*51 g	*26.3%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	21.49 g	24.9%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	*62 mg						*
Carbohydrate	108.75 g	56.1%					
Fiber	*12.16 g						*
Protein	37.82 g	19.5%					
Vitamin A	*4639 IU						*
Calcium	*67.0 mg						*
Vitamin C	*24.94 mg						*
Iron	*15.09 mg						*

<sup>1</sup>- Data comparisons are not available for date ranges outside of a valid menu week.

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# Luncheras Di Si

## Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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)	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	0.5			1.5	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	0.25	0	0	0.25			0.5	0.5	Yes					
-Other	0.25	0.75	0	0	0			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	2.5			11.5	10	Yes					
Grain: Maximum (oz eq)	2	3	2	2	2.5			11.5	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	11.5	Weekly Whole Grain Rich Total	11.5	% 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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