

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">10/02/2023</p> <p>Whole Grain Pancakes (V) Maple Syrup (ss) Fresh Apples Choice of Milk</p>	<p align="right">10/03/2023</p> <p>Peach Crisp Overnight Oats (V) Orange Juice Choice of Milk</p>	<p align="right">10/04/2023</p> <p>WG Cocoa Puff Cereal Fresh Tangerines Choice of Milk</p>	<p align="right">10/05/2023</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Bananas Choice of Milk</p>	<p align="right">10/06/2023</p> <p>WG Corn Muffin Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p>
<p align="right">10/09/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">10/10/2023</p> <p>WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Pears Choice of Milk</p>	<p align="right">10/11/2023</p> <p>WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Fruit Punch Juice Maple Syrup (ss) Choice of Milk</p>	<p align="right">10/12/2023</p> <p>WG English Muffin w/ Egg Patty & Cheese (V) Fresh Apples Choice of Milk</p>	<p align="right">10/13/2023</p> <p>Blueberry Lemon Yogurt Whole Wheat Muffins Mozzarella Cheese Stick** Bananas Choice of Milk</p>
<p align="right">10/16/2023</p> <p>Cinnamon Soft Round Granola Bar (V) Fresh Apples Choice of Milk</p>	<p align="right">10/17/2023</p> <p>Cereal WG Cheerios (V/VG) Bananas Choice of Milk</p>	<p align="right">10/18/2023</p> <p>WW Egg Burrito w/ Turkey Breast & Cheese WW Egg & Cheese Burrito (V) Fresh Pears Choice of Milk</p>	<p align="right">10/19/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">10/20/2023</p> <p>NO SCHOOL TODAY</p>
<p align="right">10/23/2023</p> <p>Peachy WG Cinnamon Roll Cobbler (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">10/24/2023</p> <p>Carrot - Pineapple WG Muffin (V) Bananas Choice of Milk</p>	<p align="right">10/25/2023</p> <p>Yoplait Yogurt & Granola (V) Fresh Apples Choice of Milk</p>	<p align="right">10/26/2023</p> <p>WG Croissant w/ American Cheese(V) Fresh Tangerines Choice of Milk</p>	<p align="right">10/27/2023</p> <p>Raspberry Peach Sour Cream Quick Bread (V) Fresh Pears Choice of Milk</p>
<p align="right">10/30/2023</p> <p>WG Banana Muffin (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p>	<p align="right">10/31/2023</p> <p>Pillsbury WW French Toast Triple Berry (V) Maple Syrup (ss) Fresh Apples Choice of Milk</p>	<p align="right">11/01/2023</p> <p>WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Taco Bk. w/Tofu,Vegan Ch. & Veggie Crumbles (V/VG) Orange Juice Choice of Milk</p>	<p align="right">11/02/2023</p> <p>WG Cocoa Puff Cereal Bananas Choice of Milk</p>	<p align="right">11/03/2023</p> <p>WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Tangerines 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**

Sep 19, 2023

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Nutrient Breakdown Summary Report

From Oct 2, 2023 to Oct 6, 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	1.73 g	3.35%	<10.000%				
Sodium	355 mg		640	55%			
Total Sugars	*53 g	*45.6%					*
Added Sugars	*4 g	*3.4%					*
Total Fat	6.45 g	12.5%					
Trans Fat	0.00 g	0.0%					
Cholesterol	18 mg						
Carbohydrate	90.29 g	77.7%					
Fiber	6.99 g						
Protein	15.53 g	13.4%					
Vitamin A	*2258 IU						*
Calcium	*43.0 mg						*
Vitamin C	*25.41 mg						*
Iron	*9.00 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 10/2/2023

5 Day Week	Mon 10/02/23	Tue 10/03/23	Wed 10/04/23	Thu 10/05/23	Fri 10/06/23			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	1.5	1	1	1			5.5	5	Yes		5.5	1	18.18%	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	1	1.75	3			9.75	9	Yes					
Grain: Maximum (oz eq)	2	2	1	1.75	3			9.75	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	7.75	Weekly Whole Grain Rich Total	7.75	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 10/02/23	Tue 10/03/23	Wed 10/04/23	Thu 10/05/23	Fri 10/06/23			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 Oct 10, 2023 to Oct 13, 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	457		450-600	100%			
Saturated Fat	3.13 g	6.16%	<10.000%				
Sodium	533 mg		640	83%			
Total Sugars	*44 g	*38.5%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	7.49 g	14.8%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	57 mg						
Carbohydrate	80.48 g	70.4%					
Fiber	6.43 g						
Protein	20.14 g	17.6%					
Vitamin A	*98 IU						*
Calcium	*50.4 mg						*
Vitamin C	*9.02 mg						*
Iron	*5.45 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

4 Day Week	Tue 10/10/23	Wed 10/11/23	Thu 10/12/23	Fri 10/13/23				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)	2.25	2	3.5	2				9.75	7	Yes					
Grain: Maximum (oz eq)	2.25	2	3.5	2				9.75	8	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	6.25	Weekly Whole Grain Rich Total	6.25	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Tue 10/10/23	Wed 10/11/23	Thu 10/12/23	Fri 10/13/23				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 Oct 16, 2023 to Oct 18, 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	455		450-600	100%			
Saturated Fat	3.38 g	6.69%	<10.000%				
Sodium	429 mg		640	67%			
Total Sugars	*40 g	*35.2%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	9.64 g	19.1%					
Trans Fat	0.00 g	0.0%					
Cholesterol	76 mg						
Carbohydrate	75.63 g	66.5%					
Fiber	8.44 g						
Protein	18.94 g	16.7%					
Vitamin A	*260 IU						*
Calcium	*70.8 mg						*
Vitamin C	*13.25 mg						*
Iron	*20.41 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

3 Day Week	Mon 10/16/23	Tue 10/17/23	Wed 10/18/23					Weekly Total	Weekly Rqmt. Check	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					3	3	Yes	3	3	0	0%	Yes
Vegetables: Minimum (cups)	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	N/A	N/A						
-Red/Orange	0	0	0				0	N/A	N/A						
-Beans & Peas (Legumes)	0	0	0				0	N/A	N/A						
-Starchy	0	0	0				0	N/A	N/A						
-Other	0	0	0				0	N/A	N/A	0					
Meat/Meat Alt: Minimum (oz eq)	0	0	0					0	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0					0	N/A	N/A					
Grain: Minimum (oz eq)	2	1	3.25					6.25	5.5	Yes					
Grain: Maximum (oz eq)	2	1	3.25					6.25	6	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	4.75	Weekly Whole Grain Rich Total	4.75	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 10/16/23	Tue 10/17/23	Wed 10/18/23					Weekly Total	Weekly Rqmt. Check	Weekly Rqmt. Check					
Milk: Minimum (cups)	2	2	2					6	3	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												
Reduced fat(2%) or whole, unflavored and flavored															

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Nutrient Breakdown Summary Report

From Oct 23, 2023 to Oct 27, 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	463		450-600	100%			
Saturated Fat	3.83 g	7.44%	<10.000%				
Sodium	473 mg		640	74%			
Total Sugars	*52 g	*44.9%					*
Added Sugars	*1 g	*0.9%					*
Total Fat	22.76 g	44.2%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	17 mg						
Carbohydrate	83.69 g	72.3%					
Fiber	6.68 g						
Protein	15.84 g	13.7%					
Vitamin A	*629 IU						*
Calcium	*72.4 mg						*
Vitamin C	*20.97 mg						*
Iron	*3.99 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 10/23/2023

5 Day Week	Mon 10/23/23	Tue 10/24/23	Wed 10/25/23	Thu 10/26/23	Fri 10/27/23			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)	1.5	1	1	1	1			5.5	5	Yes		5.5	1	18.18%	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	1	2	3	1			9	9	Yes					
Grain: Maximum (oz eq)	2	1	2	3	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 10/23/23	Tue 10/24/23	Wed 10/25/23	Thu 10/26/23	Fri 10/27/23			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 Oct 30, 2023 to Nov 3, 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	457		450-600	100%			
Saturated Fat	2.79 g	5.49%	<10.000%				
Sodium	418 mg		640	65%			
Total Sugars	*48 g	*42.0%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	8.30 g	16.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	37 mg						
Carbohydrate	82.11 g	71.9%					
Fiber	*6.02 g						*
Protein	16.62 g	14.5%					
Vitamin A	*478 IU						*
Calcium	*62.8 mg						*
Vitamin C	*22.85 mg						*
Iron	*9.02 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY - Breakfast 9-12

Breakfast 9-12 (age 14-18)

Week of 10/30/2023

5 Day Week	Mon 10/30/23	Tue 10/31/23	Wed 11/01/23	Thu 11/02/23	Fri 11/03/23			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	2	3	1	2.25			10.25	9	Yes					
Grain: Maximum (oz eq)	2	2	3	1	2.25			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	7.25	Weekly Whole Grain Rich Total	7.25	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 10/30/23	Tue 10/31/23	Wed 11/01/23	Thu 11/02/23	Fri 11/03/23			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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