

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">10/02/2023</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Fresh Tangerines Cranberry Dried(ss)** Choice of Milk</p>	<p align="right">10/03/2023</p> <p>Garlic Chicken WG Pasta w/ Kale, Squash & Carrots Chicken Meatless WG Pasta w/Kale,Squash & Carrot(V) Bananas Choice of Milk</p>	<p align="right">10/04/2023</p> <p>Tk. Breast & Cheese Sand. w/Spinach & Mushroom Veggie & Cheese WW Sand. w/Spinach & Mushrooms Roasted Sweet Potatoes Ranch Dressing (ss) Fresh Pears Choice of Milk</p>	<p align="right">10/05/2023</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">10/06/2023</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Sauted Green Collards Grape Juice Choice of Milk</p>
<p align="right">10/09/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">10/10/2023</p> <p>Breaded Chicken Nuggets Vegan Chicken Nuggets WG Biscuit Roasted Broccoli & Potato Medley Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Apples Choice of Milk</p>	<p align="right">10/11/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Bananas Choice of Milk</p>	<p align="right">10/12/2023</p> <p>WW Turkey Wraps w/ Corn, Tomato & Lettuce WW Veggie Wraps w/ Corn, Tomato & Lettuce Diced Peaches Choice of Milk</p>	<p align="right">10/13/2023</p> <p>Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Sweet Creamy Coleslaw Mayonnaise SS Pouch (LS) Ketchup (ss) Orange Juice Choice of Milk</p>
<p align="right">10/16/2023</p> <p>Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Fresh Pears Choice of Milk</p>	<p align="right">10/17/2023</p> <p>Italian Tk. Sausage w/ Zucchini,Potato, & Carrot Veggie Italian Crumble w/ Zucchini,Potato, & Carrot Steamed Brown Rice Fresh Oranges Choice of Milk</p>	<p align="right">10/18/2023</p> <p>WW Pizza Sandwich w/ Ck. Pepperoni WW Pizza Cheese Sandwich (V) Roasted Broccoli & Carrot Fruit Punch Juice Choice of Milk</p>	<p align="right">10/19/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">10/20/2023</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">10/23/2023</p> <p>Spaghetti and Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Apples Choice of Milk</p>	<p align="right">10/24/2023</p> <p>Crunchy Chicken WG Wrap w/Buffalo & Ranch Dress. Crunchy Veggie WG Wrap w/Buffalo & Ranch Dress. Green Beans & Corn Medley Fresh Pears Choice of Milk</p>	<p align="right">10/25/2023</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">10/26/2023</p> <p>Strawberry & Mix Greens Salad w/Chicken & Feta C. Strawberry & Mix Greens Salad w/Meatless Chicken WG Biscuit Bananas Choice of Milk</p>	<p align="right">10/27/2023</p> <p>BYO Turkey Nachos WG w/Romaine & Corn Pico (V) BYO Veggie Nachos WG w/Romaine & Corn Pico(V) Sour Cream (ss) Cranberry Juice Choice of Milk</p>
<p align="right">10/30/2023</p> <p>Turkey Taco Rice w/Corn, Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Sour Cream (ss) Fresh Tangerines Choice of Milk</p>	<p align="right">10/31/2023</p> <p>Tk. Breast & Cheese Sand. w/Spinach & Mushroom Veggie & Cheese WW Sand. w/Spinach & Mushrooms Sweet Potato Tater Tots Ranch Dressing Light (ss) Bananas Choice of Milk</p>	<p align="right">11/01/2023</p> <p>Great Garden Stew w/ Squash, Corn & Beans Meatless Stew w/ Squash, Corn & Beans (V) Steamed Brown Rice Fresh Pears Choice of Milk</p>	<p align="right">11/02/2023</p> <p>Garlic Chicken WG Pasta w/ Kale, Squash & Carrots Chicken Meatless WG Pasta w/Kale,Squash & Carrot(V) Fresh Apples Choice of Milk</p>	<p align="right">11/03/2023</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Sauted Green Collards Grape Juice 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 (PA/MD), Tomatoes (PA/ MD), Sweet Potatoes (PA/MD), Cauliflower (PA/MD), Peppers (PA/VA), Celery (PA), Lettuce (PA), Zucchini (MD), Squash (PA/MD), Green Beans (MD), Cucumbers (MD), Kale (MD), Mushrooms (PA), Cabbage (PA/VA/MD), Potato (PA/MD), Collards Green (MD), Eggplant (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

Sep 19, 2023

Luncheras Di Si

Nutrient Breakdown Summary Report

From Oct 2, 2023 to Oct 6, 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	753		750-850	100%			
Saturated Fat	4.81 g	5.75%	<10.000%				
Sodium	890 mg		1280	70%			
Total Sugars	*49 g	*26.0%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	18.49 g	22.1%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	95 mg						
Carbohydrate	114.19 g	60.7%					
Fiber	15.03 g						
Protein	36.27 g	19.3%					
Vitamin A	*11088 IU						*
Calcium	*163.9 mg						*
Vitamin C	*47.26 mg						*
Iron	*15.08 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

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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	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	0.5	0.25	0	1			1.75	0.5	Yes					
-Red/Orange	0.25	0.5	0.5	0	0.125			1.375	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0	0.5	0			0.5	0.5	Yes					
-Starchy	0.5	0	0	0	0			0.5	0.5	Yes					
-Other	0.25	0	0.25	0.5	0			1	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 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

86 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	765		750-850	100%			
Saturated Fat	6.07 g	7.14%	<10.000%				
Sodium	1048 mg		1280	82%			
Total Sugars	*47 g	*24.6%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	23.69 g	27.9%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	*56 mg						*
Carbohydrate	100.83 g	52.7%					
Fiber	12.89 g						
Protein	34.80 g	18.2%					
Vitamin A	*4658 IU						*
Calcium	*66.8 mg						*
Vitamin C	*64.86 mg						*
Iron	*10.74 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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)	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	0.5	0	0.25	0			0.75	0.5	Yes						
-Red/Orange	0	0.5	0.5	0.25			1.25	1.25	Yes						
-Beans & Peas (Legumes)	0	0.5	0	0			0.5	0.5	Yes						
-Starchy	0.5	0	0.25	0			0.75	0.5	Yes						
-Other	0	0	0	0.75			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)	3	2	2.25	2			9.25	8	Yes						
Grain: Maximum (oz eq)	3	2	2.25	2			9.25	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	9.25	Weekly Whole Grain Rich Total	9.25	% 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

86 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	823		750-850	100%			
Saturated Fat	7.46 g	8.16%	<10.000%				
Sodium	898 mg		1280	70%			
Total Sugars	*42 g	*20.4%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	25.90 g	28.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	69 mg						
Carbohydrate	112.93 g	54.9%					
Fiber	12.58 g						
Protein	36.61 g	17.8%					
Vitamin A	*9858 IU						*
Calcium	*125.5 mg						*
Vitamin C	*93.55 mg						*
Iron	*7.16 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 9-12 (age 14-18)

3 Day Week	Mon 10/16/23	Tue 10/17/23	Wed 10/18/23					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					3	3	Yes		3	1	33.33%	Yes
Vegetables: Minimum (cups)	1	1	1.25					3.25	3	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				0.5	0.5	Yes						
-Red/Orange	0	0.25	0.75				1	1	Yes						
-Beans & Peas (Legumes)	0.75	0	0				0.75	0.5	Yes						
-Starchy	0	0.5	0				0.5	0.5	Yes						
-Other	0.25	0.25	0				0.5	0.5	Yes						
											3.25	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2	2					6	6	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2					6	7	Yes					
Grain: Minimum (oz eq)	2	2	2					6	6	Yes					
Grain: Maximum (oz eq)	2	2	2					6	7	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	Weekly Whole Grain Rich Total	6	% 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.	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

86 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	758		750-850	100%			
Saturated Fat	6.83 g	8.11%	<10.000%				
Sodium	700 mg		1280	55%			
Total Sugars	*51 g	*26.9%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	21.03 g	25.0%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	*72 mg						*
Carbohydrate	106.12 g	56.0%					
Fiber	*11.89 g						*
Protein	37.15 g	19.6%					
Vitamin A	*4596 IU						*
Calcium	*60.6 mg						*
Vitamin C	*24.97 mg						*
Iron	*14.77 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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	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	1	0	0.5	0	0.25			1.75	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	0.75	0	0	0			0.75	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 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

86 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	727		750-850	97%	23.00		
Saturated Fat	4.64 g	5.74%	<10.000%				
Sodium	879 mg		1280	69%			
Total Sugars	*47 g	*25.9%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	17.32 g	21.4%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	68 mg						
Carbohydrate	111.79 g	61.5%					
Fiber	13.23 g						
Protein	34.68 g	19.1%					
Vitamin A	*5680 IU						*
Calcium	*141.1 mg						*
Vitamin C	*63.60 mg						*
Iron	*15.81 mg						*

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Weekly Certification Worksheet

LAYC ACADEMY 9 to 12 - Lunch

Lunch 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	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	0.25	0	0.5	1			1.75	0.5	Yes					
-Red/Orange	0.25	0.5	0	0.5	0.125			1.375	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0.5	0	0			0.5	0.5	Yes					
-Starchy	0.5	0	0	0	0			0.5	0.5	Yes					
-Other	0.25	0.25	0.5	0	0			1	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 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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