



Monday	Tuesday	Wednesday	Thursday	Friday
<p>01/02/2023</p> <p>NO SCHOOL TODAY</p>	<p>01/03/2023</p> <p>NO SCHOOL TODAY</p>	<p>01/04/2023</p> <p>Cereal Cheerios Multigrain (V/VG) Cheerios Cereal (V/VG)* Go Gurts Bananas Choice of Milk</p>	<p>01/05/2023</p> <p>WG Choc. Chip Pancakes(V) Syrup Maple (ss) Fresh Apples Choice of Milk</p>	<p>01/06/2023</p> <p>Cinn. Raisin WG Bagel(VG) Cream Cheese (ss) Fresh Pears Choice of Milk</p>
<p>01/09/2023</p> <p>Pillsbury WW French Toast Triple Berry (V) Syrup Maple (ss) Bananas Choice of Milk</p>	<p>01/10/2023</p> <p>Pumpkin- Carrot WW Breakfast Bar(V) Fresh Tangerines Choice of Milk</p>	<p>01/11/2023</p> <p>WG Banana Muffin (V) Mozzarella Cheese Stick** Fresh Apples Choice of Milk</p>	<p>01/12/2023</p> <p>WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fruit Punch Juice Choice of Milk</p>	<p>01/13/2023</p> <p>Apple Caramel WW Bread Pudding (V) Fresh Pears Choice of Milk</p>
<p>01/16/2023</p> <p>NO SCHOOL TODAY</p>	<p>01/17/2023</p> <p>WG Waffles w/ Cinn. Apple-Pears Syrup (V) Fruit Punch Juice Choice of Milk</p>	<p>01/18/2023</p> <p>Homemade WW Gingerbread Muffin (V) Fresh Apples Choice of Milk</p>	<p>01/19/2023</p> <p>Breakfast Pizza w/ Hash Brown Crust & Roll (V) Fresh Pears Choice of Milk</p>	<p>01/20/2023</p> <p>WG English Muffin (V/VG) & Chicken Patty English Muffin w/ Meatless Patty (V/VG) Bananas Choice of Milk</p>
<p>01/23/2023</p> <p>Chai Cheesecake Whole Wheat Muffin (V) Fresh Tangerines Choice of Milk</p>	<p>01/24/2023</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Bananas Choice of Milk</p>	<p>01/25/2023</p> <p>WG Cinnamon Roll (V) Fresh Apples Choice of Milk</p>	<p>01/26/2023</p> <p>Cereal WG Cheerios (V/VG) Cheerios Cereal (V/VG)* Assorted Light Yogurt Cranberry Juice Choice of Milk</p>	<p>01/27/2023</p> <p>NO SCHOOL TODAY</p>
<p>01/30/2023</p> <p>WG Corn Muffin Fruit Punch Juice Choice of Milk</p>	<p>01/31/2023</p> <p>One-Pan Breakfast Potato, Egg Scramble & Roll (V) Fresh Tangerines Choice of Milk</p>	<p>02/01/2023</p> <p>Cinn. Raisin WG Bagel(VG) Cream Cheese Bananas Choice of Milk</p>	<p>02/02/2023</p> <p>Cinnamon Toast Crunch Cup (V/VG) Cheerios Cereal (V/VG)* Go Gurts Fresh Apples Choice of Milk</p>	<p>02/03/2023</p> <p>WG Choc. Chip Pancakes(V) Syrup Maple (ss) Fresh Pears Choice of Milk</p>

*** Denotes meal only for PreK. Prek 3/4 servings must include 6 oz of milk, 1/2 serving of grain and 1/2 cup of fruit or vegetables. PreK will always have sliced or finely chopped fruits.**

**** Denotes meal only for K to 8th (not PreK)**

Locally Grown Components Daily Served: According to the season fruits and vegetables locally grown will be added on

Breakfast and/or Lunch menu: Apples (MD/PA/VA).

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy.

Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.

WG = Whole Grain WW = Whole Wheat

Dec 8, 2022

Luncheras Di Si

Nutrient Breakdown Summary Report

From Jan 4, 2023 to Jan 6, 2023

67 - HHFKA Breakfast K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	417		400-500	100%			
Saturated Fat	2.37 g	5.12%	<10.000%				
Sodium	419 mg		540	78%			
Sugars	*43 g	*41.2%					*
Total Fat	5.59 g	12.1%					
Trans Fat	0.00 g	0.0%					
Cholesterol	19 mg						
Carbohydrate	81.67 g	78.3%					
Fiber	8.63 g						
Protein	15.46 g	14.8%					
Vitamin A	*92 IU						*
Calcium	*19.5 mg						*
Vitamin C	*16.02 mg						*
Iron	*27.46 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

E.L Haynes PCS - PreK (3/4) to 8 - Breakfast

Breakfast K-8 (age 5-13)

3 Day Week	Wed 01/04/23	Thu 01/05/23	Fri 01/06/23					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					3	3	Yes		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						
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)	1.5	2	2					5.5	5	Yes					
Grain: Maximum (oz eq)	1.5	2	2					5.5	6	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	5	Weekly Whole Grain Rich Total	5	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Wed 01/04/23	Thu 01/05/23	Fri 01/06/23					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															

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

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Nutrient Breakdown Summary Report

From Jan 9, 2023 to Jan 13, 2023

67 - HHFKA Breakfast K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	478		400-500	100%			
Saturated Fat	3.72 g	7.00%	<10.000%				
Sodium	416 mg		540	77%			
Sugars	*52 g	*43.5%					*
Total Fat	10.03 g	18.9%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	74 mg						
Carbohydrate	82.06 g	68.7%					
Fiber	6.34 g						
Protein	*18.08 g	*15.1%					*
Vitamin A	*1174 IU						*
Calcium	*94.1 mg						*
Vitamin C	*22.99 mg						*
Iron	*5.15 mg						*

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Weekly Certification Worksheet

E.L Haynes PCS - PreK (3/4) to 8 - Breakfast

Breakfast K-8 (age 5-13)

Week of 1/9/2023

5 Day Week	Mon 01/09/23	Tue 01/10/23	Wed 01/11/23	Thu 01/12/23	Fri 01/13/23			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	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	1.75	2	2.5	1.5			9.75	8	Yes					
Grain: Maximum (oz eq)	2	1.75	2	2.5	1.5			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	Weekly Whole Grain Rich Total	7	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 01/09/23	Tue 01/10/23	Wed 01/11/23	Thu 01/12/23	Fri 01/13/23			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 Jan 17, 2023 to Jan 20, 2023

67 - HHFKA Breakfast K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	462		400-500	100%			
Saturated Fat	2.34 g	4.56%	<10.000%				
Sodium	428 mg		540	79%			
Sugars	*42 g	*36.4%					*
Total Fat	9.05 g	17.6%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	45 mg						
Carbohydrate	77.64 g	67.2%					
Fiber	6.48 g						
Protein	*17.70 g	*15.3%					*
Vitamin A	*200 IU						*
Calcium	*44.1 mg						*
Vitamin C	*12.64 mg						*
Iron	*10.54 mg						*

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Weekly Certification Worksheet

E.L Haynes PCS - PreK (3/4) to 8 - Breakfast

Breakfast K-8 (age 5-13)

4 Day Week	Tue 01/17/23	Wed 01/18/23	Thu 01/19/23	Fri 01/20/23				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	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	0	0	1	0				1	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	1	0				1	N/A	N/A					
Grain: Minimum (oz eq)	2	1.75	1	3				7.75	6.5	Yes					
Grain: Maximum (oz eq)	2	1.75	1	3				7.75	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					
	Tue 01/17/23	Wed 01/18/23	Thu 01/19/23	Fri 01/20/23				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 Jan 23, 2023 to Jan 26, 2023

67 - HHFKA Breakfast K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	484		400-500	100%			
Saturated Fat	3.36 g	6.25%	<10.000%				
Sodium	436 mg		540	81%			
Sugars	*52 g	*43.0%					*
Total Fat	10.20 g	19.0%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	20 mg						
Carbohydrate	85.91 g	71.0%					
Fiber	6.50 g						
Protein	15.38 g	12.7%					
Vitamin A	*531 IU						*
Calcium	*38.2 mg						*
Vitamin C	*26.88 mg						*
Iron	*19.03 mg						*

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Weekly Certification Worksheet

E.L Haynes PCS - PreK (3/4) to 8 - Breakfast

Breakfast K-8 (age 5-13)

4 Day Week	Mon 01/23/23	Tue 01/24/23	Wed 01/25/23	Thu 01/26/23				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	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	0	0	0	1				1	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	1				1	N/A	N/A					
Grain: Minimum (oz eq)	1.75	2.25	2	1				7	6.5	Yes					
Grain: Maximum (oz eq)	1.75	2.25	2	1				7	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	7	Weekly Whole Grain Rich Total	7	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 01/23/23	Tue 01/24/23	Wed 01/25/23	Thu 01/26/23				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 Jan 30, 2023 to Feb 3, 2023

67 - HHFKA Breakfast K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	464		400-500	100%			
Saturated Fat	2.96 g	5.74%	<10.000%				
Sodium	479 mg		540	89%			
Sugars	*43 g	*37.1%					*
Total Fat	8.85 g	17.2%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	61 mg						
Carbohydrate	83.91 g	72.3%					
Fiber	7.53 g						
Protein	*16.32 g	*14.1%					*
Vitamin A	*539 IU						*
Calcium	*35.5 mg						*
Vitamin C	*26.57 mg						*
Iron	*9.30 mg						*

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Weekly Certification Worksheet

E.L Haynes PCS - PreK (3/4) to 8 - Breakfast

Breakfast K-8 (age 5-13)

Week of 1/30/2023

5 Day Week	Mon 01/30/23	Tue 01/31/23	Wed 02/01/23	Thu 02/02/23	Fri 02/03/23			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)	1.5	3	2	1.5	2			10	8	Yes					
Grain: Maximum (oz eq)	1.5	3	2	1.5	2			10	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	7.5	Weekly Whole Grain Rich Total	7.5	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 01/30/23	Tue 01/31/23	Wed 02/01/23	Thu 02/02/23	Fri 02/03/23			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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