



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>Grilled Chicken Baked Chickenless (V/VG) Steamed Brown Rice &amp; Black Beans Apples Choice of Milk</p>	<p>01/05/2023</p> <p>Chicken Stroganoff Pasta w/Pepper,Carrot &amp; Zuchin. Chicken Meatless Pasta w/ Pepper,Carrot &amp; Zuchin. (V Orange Juice Choice of Milk</p>	<p>01/06/2023</p> <p>Beef Burger &amp; WG Bun Veggie Burger &amp; WG Bun (V/VG) Roasted Broccoli &amp; Potato Medley Ketchup (ss) Fresh Tangerines Choice of Milk</p>
<p>01/09/2023</p> <p>Creamy Cilantro Lime Chicken WW Burrito Cilantro Lime Meatless Chicken WW Burrito(V/VG) Pico w/ Tomatoes &amp; Onions Cranberry Dried(ss)** Fresh Oranges* Choice of Milk</p>	<p>01/10/2023</p> <p>Chili Turkey Hot Dog** on a WG Bun Veggie Hot Dog** WW Grilled Cheese Sandwich* Green Beans Ketchup (ss) Fruit Punch Juice Choice of Milk</p>	<p>01/11/2023</p> <p>Chicken Caesar WG Pasta Salad Chicken Meatless Caesar WG Pasta Salad (V) Bananas Choice of Milk</p>	<p>01/12/2023</p> <p>Chicken &amp; Tk. Bacon WG Pasta w/Tomato &amp; Spinach Chicken Meatless WG Pasta w/Tomato &amp; Spinach Fresh Tangerines Choice of Milk</p>	<p>01/13/2023</p> <p>Turkey Shepherd's Pie w/ Mashed Potato &amp; Carrot Meatless Shepherd's Pie w Mashed Potato&amp; Carrot (V) Steamed Brown Rice Apples Choice of Milk</p>
<p>01/16/2023</p> <p>NO SCHOOL TODAY</p>	<p>01/17/2023</p> <p>Buffalo Chicken WG Mac &amp; Cheese Buffalo Chicken Meatless WG Mac &amp; Cheese (V) Roasted Broccoli &amp; Potato Medley Fresh Pears Choice of Milk</p>	<p>01/18/2023</p> <p>Apple Provolone Turkey Sandwich Apple Provolone WW Sandwich (V) Carrots Sticks Ranch Dressing (ss) Bananas Choice of Milk</p>	<p>01/19/2023</p> <p>WG Chicken Corn Dog** Veggie Hot Dog** WW Grilled Cheese Sandwich* Green Beans &amp; Corn Medley Mayonnaise SS Pouch (LS) Ketchup (ss) Orange Juice Choice of Milk</p>	<p>01/20/2023</p> <p>One-Pot WG Enchilada Rice w/B.Beans &amp; Red Pepper(V) Apples Choice of Milk</p>
<p>01/23/2023</p> <p>Chili Flavor Turkey Tomato Macaroni Chili Flavor Meatless Tomato Macaroni (V/VG) Fresh Pears Choice of Milk</p>	<p>01/24/2023</p> <p>Beef Meatballs w/ Brown Rice &amp; Bk. Beans Veggie Meatballs w/ Brown Rice &amp; Beans (V/VG) Fruit Punch Juice Choice of Milk</p>	<p>01/25/2023</p> <p>Strawberry WG Pasta Salad w/Chicken,Broccoli &amp;Cumb. WG Pasta Salad Meatless w/ Broccoli &amp; Cucumber Fresh Tangerines Choice of Milk</p>	<p>01/26/2023</p> <p>Fiesta Brown Rice Chicken w/ Corn, G. Peas &amp; Carrot Br. Rice Chicken Meatless w/Corn,G. Peas &amp; Carrot(V Bananas Choice of Milk</p>	<p>01/27/2023</p> <p>NO SCHOOL TODAY</p>
<p>01/30/2023</p> <p>Grilled Chicken Baked Chickenless (V/VG) Steamed Brown Rice &amp; Black Beans Bananas Choice of Milk</p>	<p>01/31/2023</p> <p>Crispy Chicken WG Burger w/ Tartar Sauce (ss) Chicken Meatless Burger w/ Tartar Sauce (ss) Potato French Fries Apples Ketchup (ss) Choice of Milk</p>	<p>02/01/2023</p> <p>Cranberry Turkey Breast w/ Arugula WW Sandwich Cranberry Toasted Tofu w/ Arugula WW Sandwich (V) Fresh Broccoli Ranch Dressing (ss) Fresh Pears Choice of Milk</p>	<p>02/02/2023</p> <p>Chicken Stroganoff Pasta w/Pepper,Carrot &amp; Zuchin. Chicken Meatless Pasta w/ Pepper,Carrot &amp; Zuchin. (V Orange Juice Choice of Milk</p>	<p>02/03/2023</p> <p>WG Cheese Pizza (V) Sweet Creamy Coleslaw Fresh Tangerines Choice of Milk</p>

**\* Denotes meal only for PreK. Prek 3/4 servings must include 6 oz of unflavored skim and 1% milk. 1-1.5 M/MA, 1/2 serving of grain, 1/4 cup of fruit and 1/4 cup of 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), Carrots (PA), Sweet Potato (VA/PA), Cucumber (MD), Potatoes (PA/MD), Arugula (PA)**

**Available Choice of Milk: Unflavored 1%, skim unflavored, Lactose Free or Soy (Upon Request)  
Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.  
WG = Whole Grain WW = Whole Wheat**

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jan 4, 2023 to Jan 6, 2023

68 - HHFKA Lunch K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	649		600-650	100%			
Saturated Fat	2.66 g	3.69%	<10.000%				
Sodium	630 mg		1230	51%			
Sugars	*32 g	*19.7%					*
Total Fat	13.50 g	18.7%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	50 mg						
Carbohydrate	90.24 g	55.6%					
Fiber	12.09 g						
Protein	38.51 g	23.7%					
Vitamin A	*2794 IU						*
Calcium	*129.5 mg						*
Vitamin C	*55.25 mg						*
Iron	*14.22 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

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# Luncheras Di Si

## Weekly Certification Worksheet

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

Lunch 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)	0.5	0.5	0.5					1.5	1.5	Yes		1.5	0.5	33.33%
Vegetables: Minimum (cups)	0.75	0.75	1					2.5	2.25	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	0.5	0					0.5	0.5	Yes					
-Beans & Peas (Legumes)	0.75	0	0					0.75	0.5	Yes					
-Starchy	0	0	0.5					0.5	0.5	Yes					
-Other	0	0.25	0					0.25	0.25	Yes					
											2.5	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2	2					6	5.5	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2					6	6	Yes					
Grain: Minimum (oz eq)	2	2	2					6	5	Yes					
Grain: Maximum (oz eq)	2	2	2					6	5.5	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	Weekly Whole Grain Rich Total	6	% 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!

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jan 9, 2023 to Jan 13, 2023

68 - HHFKA Lunch K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	616		600-650	100%			
Saturated Fat	5.76 g	8.42%	<10.000%				
Sodium	624 mg		1230	51%			
Sugars	*34 g	*22.1%					*
Total Fat	17.62 g	25.7%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	77 mg						
Carbohydrate	84.59 g	54.9%					
Fiber	9.27 g						
Protein	*33.26 g	*21.6%					*
Vitamin A	*6574 IU						*
Calcium	*97.5 mg						*
Vitamin C	*27.04 mg						*
Iron	*11.77 mg						*

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

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## Weekly Certification Worksheet

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

Lunch 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)	0.5	0.5	0.5	0.5	0.5			2.5	2.5	Yes		2.5	0.5	20%	Yes
Vegetables: Minimum (cups)	0.75	0.75	0.75	0.75	0.75			3.75	3.75	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	0.25	0			0.75	0.5	Yes					
-Red/Orange	0.5	0	0.25	0.5	0.25			1.5	0.75	Yes					
-Beans & Peas (Legumes)	0	0.5	0	0	0			0.5	0.5	Yes					
-Starchy	0	0	0	0	0.5			0.5	0.5	Yes					
-Other	0.25	0.25	0	0	0			0.5	0.5	Yes					
											3.75	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2			10	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2			10	10	Yes					
Grain: Minimum (oz eq)	2.25	2	2	2	2			10.25	8	Yes					
Grain: Maximum (oz eq)	2.25	2	2	2	2			10.25	9	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	10.25	Weekly Whole Grain Rich Total	10.25	% 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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## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jan 17, 2023 to Jan 20, 2023

68 - HHFKA Lunch K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	602		600-650	100%			
Saturated Fat	5.41 g	8.09%	<10.000%				
Sodium	908 mg		1230	74%			
Sugars	*33 g	*21.9%					*
Total Fat	15.74 g	23.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	48 mg						
Carbohydrate	89.70 g	59.6%					
Fiber	10.49 g						
Protein	29.56 g	19.6%					
Vitamin A	*4766 IU						*
Calcium	*224.0 mg						*
Vitamin C	*33.44 mg						*
Iron	*5.66 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

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

Lunch 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)	0.5	0.5	0.5	0.5				2	2	Yes		2	0.5	25%	Yes
Vegetables: Minimum (cups)	0.75	0.75	0.75	0.75				3	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	0.5	0	0	0			0.5	0.5	Yes						
-Red/Orange	0	0.75	0	0.25			1	0.75	Yes						
-Beans & Peas (Legumes)	0	0	0	0.5			0.5	0.5	Yes						
-Starchy	0.25	0	0.25	0			0.5	0.5	Yes						
-Other	0	0	0.5	0			0.5	0.5	Yes						
											3	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2	2	1				7	7	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	1				7	8	Yes					
Grain: Minimum (oz eq)	2	2	2	2				8	6.5	Yes					
Grain: Maximum (oz eq)	2	2	2	2				8	7	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	8	Weekly Whole Grain Rich Total	8	% 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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## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jan 23, 2023 to Jan 26, 2023

68 - HHFKA Lunch K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	622		600-650	100%			
Saturated Fat	3.11 g	4.50%	<10.000%				
Sodium	613 mg		1230	50%			
Sugars	*32 g	*20.6%					*
Total Fat	11.87 g	17.2%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	67 mg						
Carbohydrate	95.22 g	61.2%					
Fiber	10.66 g						
Protein	*38.74 g	*24.9%					*
Vitamin A	*1950 IU						*
Calcium	*82.8 mg						*
Vitamin C	*36.30 mg						*
Iron	*7.48 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

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

Lunch 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)	0.5	0.5	0.5	0.5				2	2	Yes		2	0.5	25%	Yes
Vegetables: Minimum (cups)	0.75	0.75	1	0.75				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				0.5	0.5	Yes					
-Red/Orange	0.75	0.25	0	0.25				1.25	0.75	Yes					
-Beans & Peas (Legumes)	0	0.5	0	0				0.5	0.5	Yes					
-Starchy	0	0	0	0.5				0.5	0.5	Yes					
-Other	0	0	0.5	0				0.5	0.5	Yes					
											3.25	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2				8	7	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2				8	8	Yes					
Grain: Minimum (oz eq)	2	2	2	2				8	6.5	Yes					
Grain: Maximum (oz eq)	2	2	2	2				8	7	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	8	Weekly Whole Grain Rich Total	8	% 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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## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jan 30, 2023 to Feb 3, 2023

68 - HHFKA Lunch K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	625		600-650	100%			
Saturated Fat	3.52 g	5.07%	<10.000%				
Sodium	924 mg		1230	75%			
Sugars	*37 g	*23.7%					*
Total Fat	13.69 g	19.7%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	49 mg						
Carbohydrate	89.36 g	57.2%					
Fiber	10.50 g						
Protein	36.23 g	23.2%					
Vitamin A	*2669 IU						*
Calcium	*86.5 mg						*
Vitamin C	*51.62 mg						*
Iron	*14.62 mg						*

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# Luncheras Di Si

## Weekly Certification Worksheet

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

Lunch 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)	0.5	0.5	0.5	0.5	0.5			2.5	2.5	Yes		2.5	0.5	20%	Yes
Vegetables: Minimum (cups)	0.75	0.75	0.75	0.75	0.875			3.875	3.75	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	0.75	0	0			0.75	0.5	Yes					
-Red/Orange	0	0	0	0.5	0.375			0.875	0.75	Yes					
-Beans & Peas (Legumes)	0.75	0	0	0	0			0.75	0.5	Yes					
-Starchy	0	0.75	0	0	0			0.75	0.5	Yes					
-Other	0	0	0	0.25	0.5			0.75	0.5	Yes					
												3.875	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2			10	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2			10	10	Yes					
Grain: Minimum (oz eq)	2	3	2	2	2			11	8	Yes					
Grain: Maximum (oz eq)	2	3	2	2	2			11	9	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	11	Weekly Whole Grain Rich Total	11	% 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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