

Menu subject to change. For any questions or comments please contact us directly at [menu@luncherasdisi.com](mailto:menu@luncherasdisi.com)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>04/03/2023</p> <p>WG Emoji Waffles (V) Syrup Maple (ss) Cranberry Juice Choice of Milk</p>	<p>04/04/2023</p> <p>Homemade Strawberry WW Muffin (V/VG) Fresh Pears Choice of Milk</p>	<p>04/05/2023</p> <p>Cinnamon Toast Crunch Cup (V/VG) Fresh Tangerines Choice of Milk</p>	<p>04/06/2023</p> <p>WG Pancakes &amp; Turkey Sausage on a Stick** Veggie Patty &amp; WG Pancakes (V) Syrup Maple (ss) Fresh Apples Choice of Milk</p>	<p>04/07/2023</p> <p>Blueberry WW Bread Pudding (V) Bananas Choice of Milk</p>
<p>04/10/2023</p> <p>Chocolate Chip Oatmeal Muffin (V) Fresh Tangerines Choice of Milk</p>	<p>04/11/2023</p> <p>Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Fresh Apples Choice of Milk</p>	<p>04/12/2023</p> <p>Whole Grain Pancakes (V) Strawberry Syrup Fresh Pears Choice of Milk</p>	<p>04/13/2023</p> <p>WW Taco Breakfast incl. (Egg, Cheese &amp; Tkey Bacon) Taco Bk. w/Tofu, Vegan Ch. &amp; Veggie Crumbles (V/VG) Bananas Choice of Milk</p>	<p>04/14/2023</p> <p>Yoplait Yogurt &amp; Granola (V) Fruit Punch Juice Choice of Milk</p>
<p>04/17/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/18/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/19/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/20/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/21/2023</p> <p>NO SCHOOL TODAY</p>
<p>04/24/2023</p> <p>Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Bananas Choice of Milk</p>	<p>04/25/2023</p> <p>WG Blueberry Muffin (V) Fresh Tangerines Choice of Milk</p>	<p>04/26/2023</p> <p>One-Pan Breakfast Potato, Egg Scramble &amp; Roll (V) Fresh Apples Choice of Milk</p>	<p>04/27/2023</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Orange Juice Choice of Milk</p>	<p>04/28/2023</p> <p>Homemade WW Choco Chip Banana Bread (V) Mozzarella Cheese Stick** 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 12th (not PreK)

**Locally Grown Components Daily Served: Milk (PA). According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (VA) / Strawberries (VA)**

**Available Choice of Milk: Unflavored 1% or skim milk, 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 Apr 3, 2023 to Apr 7, 2023

91 - HHFKA Breakfast K-12 (age 5-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	474		450-500	100%			
Saturated Fat	2.40 g	4.56%	<10.000%				
Sodium	441 mg		540	82%			
Sugars	*50 g	*42.2%					*
Total Fat	8.37 g	15.9%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	39 mg						
Carbohydrate	84.12 g	71.0%					
Fiber	6.52 g						
Protein	16.17 g	13.6%					
Vitamin A	*438 IU						*
Calcium	*44.0 mg						*
Vitamin C	*27.18 mg						*
Iron	*13.75 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 - K-12 - Breakfast

Breakfast K-12 (age 5-18)

Week of 4/3/2023

5 Day Week	Mon 04/03/23	Tue 04/04/23	Wed 04/05/23	Thu 04/06/23	Fri 04/07/23			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	1.5	2	2	2			9.5	9	Yes					
Grain: Maximum (oz eq)	2	1.5	2	2	2			9.5	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	8.5	Weekly Whole Grain Rich Total	8.5	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 04/03/23	Tue 04/04/23	Wed 04/05/23	Thu 04/06/23	Fri 04/07/23			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!

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Apr 10, 2023 to Apr 14, 2023

91 - HHFKA Breakfast K-12 (age 5-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	467		450-500	100%			
Saturated Fat	3.02 g	5.82%	<10.000%				
Sodium	455 mg		540	84%			
Sugars	*51 g	*43.7%					*
Total Fat	13.24 g	25.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	45 mg						
Carbohydrate	85.24 g	73.0%					
Fiber	*7.37 g						*
Protein	*17.39 g	*14.9%					*
Vitamin A	*484 IU						*
Calcium	*69.8 mg						*
Vitamin C	*27.26 mg						*
Iron	*9.41 mg						*

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# Luncheras Di Si

## Weekly Certification Worksheet

E.L. HAYNES PCS - K-12 - Breakfast

Breakfast K-12 (age 5-18)

Week of 4/10/2023

5 Day Week	Mon 04/10/23	Tue 04/11/23	Wed 04/12/23	Thu 04/13/23	Fri 04/14/23			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					
												0	0	0%	Yes
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	2	2	3	2			10	9	Yes					
Grain: Maximum (oz eq)	1	2	2	3	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	Weekly Whole Grain Rich Total	7	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 04/10/23	Tue 04/11/23	Wed 04/12/23	Thu 04/13/23	Fri 04/14/23			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 Apr 24, 2023 to Apr 28, 2023

91 - HHFKA Breakfast K-12 (age 5-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	453		450-500	100%			
Saturated Fat	2.74 g	5.44%	<10.000%				
Sodium	438 mg		540	81%			
Sugars	*45 g	*39.7%					*
Total Fat	8.90 g	17.7%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	54 mg						
Carbohydrate	80.27 g	70.9%					
Fiber	6.93 g						
Protein	16.72 g	14.8%					
Vitamin A	*543 IU						*
Calcium	*75.5 mg						*
Vitamin C	*25.41 mg						*
Iron	*19.88 mg						*

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# Luncheras Di Si

## Weekly Certification Worksheet

E.L. HAYNES PCS - K-12 - Breakfast

Breakfast K-12 (age 5-18)

Week of 4/24/2023

5 Day Week	Mon 04/24/23	Tue 04/25/23	Wed 04/26/23	Thu 04/27/23	Fri 04/28/23			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	3	2.25	2			10.25	9	Yes					
Grain: Maximum (oz eq)	2	1	3	2.25	2			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	6.25	Weekly Whole Grain Rich Total	6.25	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 04/24/23	Tue 04/25/23	Wed 04/26/23	Thu 04/27/23	Fri 04/28/23			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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