

**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">03/06/2023</p> <p>Spaghetti and Turkey Meat Sauce Spaghetti &amp; Plant Based Meat Sauce (V/VG) Fresh Tangerines Choice of Milk</p>	<p align="right">03/07/2023</p> <p>Jerk Chicken &amp; Brown Rice Jerk Chicken Meatless &amp; Brown Rice (V/VG) Roasted Broccoli &amp; Potato Medley Orange Juice Choice of Milk</p>	<p align="right">03/08/2023</p> <p>Spring Picnic Sandwich w/Tk. Breast &amp; Provolone Spring Picnic Sandwich w/Provolone Cheese (V) Celery Sticks Ranch Dip (ss) Bananas Choice of Milk</p>	<p align="right">03/09/2023</p> <p>Chicken &amp; Tk. Bacon Pasta w/Tomato &amp; Spinach Chicken Meatless Pasta w/Tomato &amp; Spinach(V) Fresh Apples Choice of Milk</p>	<p align="right">03/10/2023</p> <p>Cheese Beef Burger &amp; WG Bun Vegan Burger &amp; WG Bun (V/VG) Beans, Corn &amp; Tomato Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Pears Choice of Milk</p>
<p align="right">03/13/2023</p> <p>Latin Rice &amp; Bk. Beans Veggie Latin Rice &amp; Beans* Cranberry Dried(ss)** Choice of Milk</p>	<p align="right">03/14/2023</p> <p>Buffalo Chicken WG Mac &amp; Cheese Buffalo Chicken Meatless WG Mac &amp; Cheese (V) Roasted Cauliflower &amp; Carrots Medley Fresh Pears Choice of Milk</p>	<p align="right">03/15/2023</p> <p>Broccoli Rice Casserole Fruit Punch Juice Choice of Milk</p>	<p align="right">03/16/2023</p> <p>Chicken Stroganoff Pasta w/Pepper, Carrot &amp; Zucchini. Chicken Stroganoff Pasta w/Pepper, Carrot &amp; Zucc.(V) Fresh Tangerines Choice of Milk</p>	<p align="right">03/17/2023</p> <p>Cheese Lunch Pizza w/ Chicken &amp; Beef Pepperoni WG Cheese Pizza (V) Sweet Corn Bananas Choice of Milk</p>
<p align="right">03/20/2023</p> <p>Tomato N' Cheese Pasta(V) Cranberry Dried(ss)** Choice of Milk</p>	<p align="right">03/21/2023</p> <p>Corn Dog Chicken Mini WG** Veggie Hot Dog** Roasted Potatoes &amp; Cauliflower Medley Ranch Dressing (ss) Bananas Choice of Milk</p>	<p align="right">03/22/2023</p> <p>Curried Chicken WW Wrap Curried Chicken Meatless WW Wrap (V/VG) Sweet Creamy Coleslaw Orange Juice Choice of Milk</p>	<p align="right">03/23/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans &amp; Tomato B.Rice w/Chicken Meatless Kidney Bean &amp; Tomato V/VG Fresh Apples Choice of Milk</p>	<p align="right">03/24/2023</p> <p>BYO Turkey Nachos WG w/Romaine &amp; Corn Pico (V) BYO Veggie Nachos WG w/Romaine &amp; Corn Pico(V) Sour Cream (ss) Fresh Tangerines Choice of Milk</p>
<p align="right">03/27/2023</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans &amp; Sweet Plantains (V/VG) Fresh Apples Choice of Milk</p>	<p align="right">03/28/2023</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget(VG) WG Roll Roasted Sweet Potatoes &amp; Green Beans BBQ Sauce (ss) Fruit Punch Juice Choice of Milk</p>	<p align="right">03/29/2023</p> <p>Fiesta Rice Chicken w/ Corn, G. Peas &amp; Carrot Rice Chicken Meatless w/ Corn, G. Peas &amp; Carrot (VG) Fresh Pears Choice of Milk</p>	<p align="right">03/30/2023</p> <p>WG Cheese Pizza (V) Roasted Cauliflower Broccoli &amp; Carrots Ranch Dressing (ss) Bananas Choice of Milk</p>	<p align="right">03/31/2023</p> <p align="center">NO SCHOOL TODAY</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: Milk (PA). According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (VA), Sweet Potato (VA/NC), Arugula (NY).**

**\*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](mailto:menu@luncherasdisi.com)**

Feb 28, 2023

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Mar 6, 2023 to Mar 10, 2023

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

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	751		750-850	100%			
Saturated Fat	6.85 g	8.21%	<10.000%				
Sodium	863 mg		1420	61%			
Sugars	*44 g	*23.4%					*
Total Fat	22.96 g	27.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	81 mg						
Carbohydrate	100.35 g	53.4%					
Fiber	12.67 g						
Protein	38.14 g	20.3%					
Vitamin A	*1756 IU						*
Calcium	*127.8 mg						*
Vitamin C	*52.28 mg						*
Iron	*15.12 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 - 9-12 - Lunch

Lunch 9-12 (age 14-18)

Week of 3/6/2023

5 Day Week	Mon 03/06/23	Tue 03/07/23	Wed 03/08/23	Thu 03/09/23	Fri 03/10/23			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	0.5	0	0.25	0			0.75	0.5	Yes							
-Red/Orange	1	0	0.25	0.75	0.25			2.25	1.25	Yes							
-Beans & Peas (Legumes)	0	0	0	0	0.5			0.5	0.5	Yes							
-Starchy	0	0.5	0	0	0.25			0.75	0.5	Yes							
-Other	0	0	0.75	0	0			0.75	0.75	Yes							
Meat/Meat Alt: Minimum (oz eq)								2	2	2	2	2.5			10.5	10	Yes
Meat/Meat Alt: Maximum (oz eq)								2	2	2	2	2.5			10.5	12	Yes
Grain: Minimum (oz eq)								2	2.5	2	2	2			10.5	10	Yes
Grain: Maximum (oz eq)								2	2.5	2	2	2			10.5	12	Yes
Grain Based Dessert Total for all weekly meals								0							0	No more than 2 oz	Yes
Whole Grain Rich Weekly Amount	Weekly Grains Total	10.5	Weekly Whole Grain Rich Total	10.5	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes							
	Mon 03/06/23	Tue 03/07/23	Wed 03/08/23	Thu 03/09/23	Fri 03/10/23			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 Mar 13, 2023 to Mar 17, 2023

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

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	755		750-850	100%			
Saturated Fat	7.27 g	8.67%	<10.000%				
Sodium	715 mg		1420	50%			
Sugars	*48 g	*25.4%					*
Total Fat	18.07 g	21.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	64 mg						
Carbohydrate	116.88 g	61.9%					
Fiber	13.81 g						
Protein	*36.16 g	*19.2%					*
Vitamin A	*3154 IU						*
Calcium	*208.2 mg						*
Vitamin C	*65.40 mg						*
Iron	*15.87 mg						*

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# Luncheras Di Si

## Weekly Certification Worksheet

E.L. HAYNES PCS - 9-12 - Lunch

Lunch 9-12 (age 14-18)

Week of 3/13/2023

5 Day Week	Mon 03/13/23	Tue 03/14/23	Wed 03/15/23	Thu 03/16/23	Fri 03/17/23			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	1	0	0			1	0.5	Yes					
-Red/Orange	0.5	0.5	0	0.5	0.125			1.625	1.25	Yes					
-Beans & Peas (Legumes)	0.5	0	0	0	0			0.5	0.5	Yes					
-Starchy	0	0	0	0	0.875			0.875	0.5	Yes					
-Other	0	0.5	0	0.5	0			1	0.75	Yes					
												5	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 03/13/23	Tue 03/14/23	Wed 03/15/23	Thu 03/16/23	Fri 03/17/23			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 Mar 20, 2023 to Mar 24, 2023

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

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	750		750-850	100%			
Saturated Fat	5.68 g	6.82%	<10.000%				
Sodium	687 mg		1420	48%			
Sugars	*50 g	*26.7%					*
Total Fat	21.11 g	25.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	62 mg						
Carbohydrate	109.21 g	58.2%					
Fiber	12.82 g						
Protein	33.74 g	18.0%					
Vitamin A	*2959 IU						*
Calcium	*109.8 mg						*
Vitamin C	*57.73 mg						*
Iron	*13.59 mg						*

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# Luncheras Di Si

## Weekly Certification Worksheet

E.L. HAYNES PCS - 9-12 - Lunch

Lunch 9-12 (age 14-18)

Week of 3/20/2023

5 Day Week	Mon 03/20/23	Tue 03/21/23	Wed 03/22/23	Thu 03/23/23	Fri 03/24/23			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	0	0.5			0.5	0.5	Yes					
-Red/Orange	1	0	0.5	0.5	0.25			2.25	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0	0.5	0			0.5	0.5	Yes					
-Starchy	0	0.5	0	0	0.25			0.75	0.5	Yes					
-Other	0	0.5	0.5	0	0			1	0.75	Yes					
												5	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	2	2	2.25	2	2			10.25	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2.25	2	2			10.25	12	Yes					
Grain: Minimum (oz eq)	2	2	2	2	2.5			10.5	10	Yes					
Grain: Maximum (oz eq)	2	2	2	2	2.5			10.5	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	10.5	Weekly Whole Grain Rich Total	10.75	% of Whole Grain Rich	102.38%			80% Whole Grain Rich	Yes					
	Mon 03/20/23	Tue 03/21/23	Wed 03/22/23	Thu 03/23/23	Fri 03/24/23			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 Mar 27, 2023 to Mar 30, 2023

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

Nutrient	Average	% of Cals	Weekly Target	% of Target <sup>1</sup>	Shortfall <sup>1</sup>	Overage <sup>1</sup>	Missing Data
Calories	760		750-850	100%			
Saturated Fat	3.70 g	4.38%	<10.000%				
Sodium	655 mg		1420	46%			
Sugars	*47 g	*24.7%					*
Total Fat	19.22 g	22.8%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	47 mg						
Carbohydrate	117.84 g	62.0%					
Fiber	11.94 g						
Protein	*33.28 g	*17.5%					*
Vitamin A	*9756 IU						*
Calcium	*72.8 mg						*
Vitamin C	*33.56 mg						*
Iron	*9.12 mg						*

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# Luncheras Di Si

## Weekly Certification Worksheet

E.L. HAYNES PCS - 9-12 - Lunch

Lunch 9-12 (age 14-18)

4 Day Week	Mon 03/27/23	Tue 03/28/23	Wed 03/29/23	Thu 03/30/23				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	1.125				4.125	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	0	0	0.5			0.5	0.5	Yes						
-Red/Orange	0	0.5	0.5	0.375			1.375	1.25	Yes						
-Beans & Peas (Legumes)	0.5	0	0	0			0.5	0.5	Yes						
-Starchy	0.25	0	0.5	0			0.75	0.5	Yes						
-Other	0.25	0.5	0	0.25			1	0.75	Yes						
											4.125	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2				8	8	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2				8	9.5	Yes					
Grain: Minimum (oz eq)	2	2	2	2				8	8	Yes					
Grain: Maximum (oz eq)	2	2	2	2				8	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	8	Weekly Whole Grain Rich Total	8	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 03/27/23	Tue 03/28/23	Wed 03/29/23	Thu 03/30/23				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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