



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right; font-size: small;">03/04/2024</p> <p>Turkey Hot Dog** on a WG Bun Veggie Hot Dog** Roasted Potatoes & Sweet Potatoes Ketchup (ss) Fresh Pears Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/05/2024</p> <p>Roasted Chicken Baked Chickenless (V/VG) Middle Eastern Brown Rice w/Lentils (V/VG) Fresh Apples Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/06/2024</p> <p>Chicken Caesar WW Wrap Chicken Meatless Caesar WW Wrap (V) Vanilla Squash (V) Grape Juice Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/07/2024</p> <p>One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Tangerines Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/08/2024</p> <p>NO SCHOOL TODAY</p>
<p style="text-align: right; font-size: small;">03/11/2024</p> <p>Latin Rice & Bk. Beans Veggie Plant Based Latin Rice & Black Beans (V/VG) Cranberry Dried(ss)** Apples Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/12/2024</p> <p>Creamy Baked Chicken WG Penne Pasta Baked Chicken Meatless WG Penne Pasta (V/VG) Roasted Cauliflower Fresh Pears Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/13/2024</p> <p>Crunchy Chicken WG Wrap w/Bufalo & Ranch Dress. Veggie Chicken WG Wrap w/Bufalo & Ranch Dress. Roasted Broccoli w/Garlic & Parmesan Orange Juice Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/14/2024</p> <p>Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Creamy Mashed Potatoes Bananas Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/15/2024</p> <p>WG Cheese Pizza (V) Kale Salad w/ Cucumber & Tomatoes (V/VG) Fresh Strawberries Choice of Milk</p>
<p style="text-align: right; font-size: small;">03/18/2024</p> <p>WW Chicken Fajitas w/ Red Peppers WW Chicken Meatless Fajita w/Rd. Pepper(V/VG) Sour Cream (ss) Cranberry Dried(ss)** Apples Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/19/2024</p> <p>One-Pan Turkey Taco WG Macaroni & Cheese One-Pan Veggie Taco WG Macaroni & Cheese(V) Roasted Broccoli Fruit Punch Juice Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/20/2024</p> <p>Breaded Chicken Nuggets Veggie Nuggets (V/VG) WG Roll Roasted Sweet Potatoes BBQ Sauce (ss) Bananas Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/21/2024</p> <p>Black Beans & Rice Burrito w/ Cheese (V) Fresh Pears Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/22/2024</p> <p>Beef Burger & WG Bun Vegan Burger (V/VG) Green Beans & Corn Medley Ketchup (ss) Fresh Oranges Choice of Milk</p>
<p style="text-align: right; font-size: small;">03/25/2024</p> <p>Fiesta Rice Chicken w/ Corn, G. Peas & Carrot Rice Chicken Meatless w/ Corn,G. Peas & Carrot (VG) Fresh Pears Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/26/2024</p> <p>Chipotle BBQ Pulled Chicken WG Slider Chipotle BBQ Meatless WG Slider (V/VG) Sweet Creamy Coleslaw Fresh Tangerines Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/27/2024</p> <p>Cranberry Turkey Chili over Brown Rice Cranberry Veggie Chili over Brown Rice (V/VG) Cranberry Dried(ss)** Apples Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/28/2024</p> <p>Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Grape Juice Choice of Milk</p>	<p style="text-align: right; font-size: small;">03/29/2024</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Roasted Broccoli & Potato Medley Bananas Choice of Milk</p>

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

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 (MD, PA), Sweet Potatoes (NC), Collards Green (NC), Cauliflower (PA), Broccoli (VA/PA/ NC), Lettuce (NY), Spinach (VA), Arugula (NY/VA), Squash (PA/MD), Onions (MD), Potatoes (PA/VA), Cabbage (NC,PA/VA)

**Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.
WG = Whole Grain WW = Whole Wheat**

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Nutrient Breakdown Summary Report

From Mar 4, 2024 to Mar 7, 2024

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	761		750-850	100%			
Saturated Fat	5.34 g	6.32%	<10.000%				
Sodium	688 mg		1280	54%			
Total Sugars	*42 g	*22.1%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	17.91 g	21.2%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	58 mg						
Carbohydrate	115.64 g	60.8%					
Fiber	13.58 g						
Protein	39.29 g	20.7%					
Vitamin A	*9140 IU						*
Calcium	*196.7 mg						*
Vitamin C	*50.77 mg						*
Iron	*14.09 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 - 9-12 - Lunch

Lunch 9-12 (age 14-18)

4 Day Week	Mon 03/04/24	Tue 03/05/24	Wed 03/06/24	Thu 03/07/24				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	0	0.5	0			0.5	0.5	Yes						
-Red/Orange	0.5	0	0.5	0.5			1.5	1.25	Yes						
-Beans & Peas (Legumes)	0	0.75	0	0			0.75	0.5	Yes						
-Starchy	0.5	0	0	0			0.5	0.5	Yes						
-Other	0	0.25	0	0.5			0.75	0.75	Yes						
											4	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	2.25	2				8.25	8	Yes					
Grain: Maximum (oz eq)	2	2	2.25	2				8.25	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	8.25	Weekly Whole Grain Rich Total	8.25	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 03/04/24	Tue 03/05/24	Wed 03/06/24	Thu 03/07/24				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															

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

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Nutrient Breakdown Summary Report

From Mar 11, 2024 to Mar 15, 2024

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	760		750-850	100%			
Saturated Fat	6.59 g	7.80%	<10.000%				
Sodium	809 mg		1280	63%			
Total Sugars	*45 g	*23.7%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	21.93 g	26.0%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	70 mg						
Carbohydrate	107.97 g	56.8%					
Fiber	11.93 g						
Protein	37.94 g	20.0%					
Vitamin A	*1056 IU						*
Calcium	*117.4 mg						*
Vitamin C	*64.98 mg						*
Iron	*17.52 mg						*

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Weekly Certification Worksheet

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

Lunch 9-12 (age 14-18)

Week of 3/11/2024

5 Day Week	Mon 03/11/24	Tue 03/12/24	Wed 03/13/24	Thu 03/14/24	Fri 03/15/24			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	1.125			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	1	0	0.25			1.25	0.5	Yes					
-Red/Orange	0.5	0.75	0	0.25	0.375			1.875	1.25	Yes					
-Beans & Peas (Legumes)	0.5	0	0	0	0			0.5	0.5	Yes					
-Starchy	0	0	0	0.75	0			0.75	0.5	Yes					
-Other	0	0.25	0	0	0.5			0.75	0.75	Yes					
Meat/Meat Alt: Minimum (oz eq)	2	2	2.5	2	2			10.5	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2.5	2	2			10.5	12	Yes					
Grain: Minimum (oz eq)	2	2	3	2	2			11	10	Yes					
Grain: Maximum (oz eq)	2	2	3	2	2			11	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	Weekly Whole Grain Rich Total	11	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 03/11/24	Tue 03/12/24	Wed 03/13/24	Thu 03/14/24	Fri 03/15/24			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 Mar 18, 2024 to Mar 22, 2024

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	792		750-850	100%			
Saturated Fat	5.26 g	5.98%	<10.000%				
Sodium	925 mg		1280	72%			
Total Sugars	*47 g	*23.7%					*
Added Sugars	*1 g	*0.5%					*
Total Fat	24.43 g	27.8%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	64 mg						
Carbohydrate	112.74 g	56.9%					
Fiber	15.45 g						
Protein	35.60 g	18.0%					
Vitamin A	*5329 IU						*
Calcium	*212.5 mg						*
Vitamin C	*87.71 mg						*
Iron	*9.16 mg						*

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Weekly Certification Worksheet

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

Lunch 9-12 (age 14-18)

Week of 3/18/2024

5 Day Week	Mon 03/18/24	Tue 03/19/24	Wed 03/20/24	Thu 03/21/24	Fri 03/22/24			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	1	0	0	0			1	0.5	Yes					
-Red/Orange	0.75	0	1	0	0			1.75	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0	0.5	0			0.5	0.5	Yes					
-Starchy	0	0	0	0	0.5			0.5	0.5	Yes					
-Other	0.25	0	0	0.5	0.5			1.25	0.75	Yes					
											5	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	3	2	2	2			11	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	3	2	2	2			11	12	Yes					
Grain: Minimum (oz eq)	2	2	2	2.5	2			10.5	10	Yes					
Grain: Maximum (oz eq)	2	2	2	2.5	2			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	10.5	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 03/18/24	Tue 03/19/24	Wed 03/20/24	Thu 03/21/24	Fri 03/22/24			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 Mar 25, 2024 to Mar 29, 2024

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	749		750-850	100%	1.00		
Saturated Fat	5.28 g	6.34%	<10.000%				
Sodium	701 mg		1280	55%			
Total Sugars	*53 g	*28.3%					*
Added Sugars	*1 g	*0.5%					*
Total Fat	16.15 g	19.4%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	69 mg						
Carbohydrate	118.26 g	63.2%					
Fiber	13.06 g						
Protein	35.48 g	18.9%					
Vitamin A	*4974 IU						*
Calcium	*96.0 mg						*
Vitamin C	*70.12 mg						*
Iron	*14.41 mg						*

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Weekly Certification Worksheet

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

Lunch 9-12 (age 14-18)

Week of 3/25/2024

5 Day Week	Mon 03/25/24	Tue 03/26/24	Wed 03/27/24	Thu 03/28/24	Fri 03/29/24			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	1.125			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	0	0.25	0.5			0.75	0.5	Yes					
-Red/Orange	0.5	0.25	0.5	0.75	0.125			2.125	1.25	Yes					
-Beans & Peas (Legumes)	0	0	0.5	0	0			0.5	0.5	Yes					
-Starchy	0.5	0	0	0	0.5			1	0.5	Yes					
-Other	0	0.75	0	0	0			0.75	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 03/25/24	Tue 03/26/24	Wed 03/27/24	Thu 03/28/24	Fri 03/29/24			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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