

Fall/ Winter - LUNCH (PreK to 8th Gr.)
 E.L Haynes PCS - Pre K - 5 - LUNCH
 HHFKA K-5 (age 5-10)



Milk, grain, fruit, vegetables,
 meat or meat alternative

LUNCH



Menu subject to change. For any feedback please
 contact us directly at menu@luncherasdisi.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>01/05/2026</p> <p>WG Caprese Pasta (V) Diced Peaches Choice of Milk</p>	<p>01/06/2026</p> <p>Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Roasted Potatoes & Broccoli Medley Ketchup (ss) Fresh Apples Choice of Milk</p>	<p>01/07/2026</p> <p>Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans (V/VG) Bananas Choice of Milk</p>	<p>01/08/2026</p> <p>Chicken & Tk. Bacon WG Pasta w/Tomato & Spinach Chicken Meatless WG Pasta w/Tomato & Spinach(V) Fresh Tangerines Choice of Milk</p>	<p>01/09/2026</p> <p>Golden Crispy Chicken Tenders WG Roll Breaded Veggie Tender w/ WG Roll (V/VG) Roasted Sweet Potatoes & Cauliflower Ketchup (ss) Grape Juice Choice of Milk</p>
<p>01/12/2026</p> <p>Turkey Taco Rice w/Corn Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Apples Choice of Milk</p>	<p>01/13/2026</p> <p>Stuffed Crust Pizza w/ Cheese Balela Salad w/ Garbanzo, Tomato & Cucumber Fresh Oranges Choice of Milk</p>	<p>01/14/2026</p> <p>WG Spaghetti & Beef Meatballs WG Spaghetti & Veggie Meatballs Fresh Pears Choice of Milk</p>	<p>01/15/2026</p> <p>Fiesta Brown Rice Chicken w/ Corn, G. Peas & Carrot Br. Rice Chicken Meatless Corn,G. Peas &Carrot(V/VG) Bananas Choice of Milk</p>	<p>01/16/2026</p> <p>WG Breaded Mozzarella St. Marinara Sauce (ss) Honey Garlic Broccoli & Cauliflower Fruit Punch Juice Choice of Milk</p>
<p>01/19/2026</p> <p>NO SCHOOL TODAY</p>	<p>01/20/2026</p> <p>WG Cheese Pizza (V) Roasted Potatoes Bananas Choice of Milk</p>	<p>01/21/2026</p> <p>WG Pasta Carbonara w/ Turkey Bacon WG Pasta Carbonara w/ Meatless Bacon (V) Vanilla Winter Squash (V) Orange Juice Choice of Milk</p>	<p>01/22/2026</p> <p>Enchilada Brown Rice w/ Bk. Beans & Gr. Peppers-V Apples Choice of Milk</p>	<p>01/23/2026</p> <p>Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) Roasted Sweet Potatoes & Broccoli Medley Ketchup (ss) Fresh Tangerines Choice of Milk</p>
<p>01/26/2026</p> <p>Corn Dog Chicken Mini WG Grilled Cheese Sand. (V)* Sweet Potatoes & Kale Salad Ketchup (ss) Grape Juice Choice of Milk</p>	<p>01/27/2026</p> <p>Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Sauteed Green Collards Fresh Tangerines Choice of Milk</p>	<p>01/28/2026</p> <p>WW Chicken Fajitas w/Green Peppers Ck. Meatless Fajita(V/VG) Corn Pico de Gallo Sour Cream (ss) Apples Choice of Milk</p>	<p>01/29/2026</p> <p>Cranberry Turkey Chili over Brown Rice Cranberry Plant Based Chili & Brown Rice (V/VG) Bananas Choice of Milk</p>	<p>01/30/2026</p> <p>NO SCHOOL TODAY</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 (PA/WV), Carrots (MD, PA), Sweet Potatoes (NC), Collards Green (NJ), Potatoes (PA/VA), Winter Squash (PA/NC), Kale (NJ) Carrots (PA), Mushrooms (PA), Collards Green (NC), Cucumber (MD)

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 5, 2026 to Jan 9, 2026

68 - HHFKA Lunch K-5 (age 5-10)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	643		550-650	100%			
Saturated Fat	5.14 g	7.19%	<10.000%				
Sodium	770 mg		1110	69%			
Total Sugars	*35 g	*21.8%					*
Added Sugars	*3.00 g	*N/A*	<10.000%				*
Total Fat	17.38 g	24.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	56 mg						
Carbohydrate	90.11 g	56.1%					
Fiber	10.04 g						
Protein	34.81 g	21.7%					
Vitamin A	*163 RA E						*
Calcium	*387.1 mg						*
Vitamin C	*39.24 mg						*
Iron	*13.25 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 - Pre K - 5 - LUNCH

Lunch K-5 (age 5-10)

Week of 1/5/2026

5 Day Week	Mon 01/05/26	Tue 01/06/26	Wed 01/07/26	Thu 01/08/26	Fri 01/09/26			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	1	0.5	0.5	0.5			3	2.5	Yes		3	0.5	16.67%	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	0.25	0	0.25	0			0.5	0.5	Yes					
-Red/Orange	0.5	0	0.25	0.5	0.25			1.5	0.75	Yes					
-Beans, Peas, and Lentils	0	0	0.5	0	0			0.5	0.5	Yes					
-Starchy	0	0.5	0	0	0			0.5	0.5	Yes					
-Other	0.25	0	0	0	0.5			0.75	0.5	Yes					
												3.75	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	2	2.5	2	2	2			10.5	8	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2.5	2	2	2			10.5	10	OVER					
Grain: Minimum (oz eq)	2	2	2	2	2			10	8	Yes					
Grain: Maximum (oz eq)	2	2	2	2	2			10	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	Weekly Whole Grain Rich Total	10	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 01/05/26	Tue 01/06/26	Wed 01/07/26	Thu 01/08/26	Fri 01/09/26			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!

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Nutrient Breakdown Summary Report

From Jan 12, 2026 to Jan 16, 2026

68 - HHFKA Lunch K-5 (age 5-10)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	647		550-650	100%			
Saturated Fat	5.21 g	7.25%	<10.000%				
Sodium	735 mg		1110	66%			
Total Sugars	*30 g	*18.5%					*
Added Sugars	*0.59 g	*0.00%	<10.000%				*
Total Fat	18.33 g	25.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	*53 mg						*
Carbohydrate	92.01 g	56.9%					
Fiber	10.01 g						
Protein	*32.52 g	*20.1%					*
Vitamin A	*190 RA E						*
Calcium	*520.5 mg						*
Vitamin C	*85.31 mg						*
Iron	*9.10 mg						*

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Weekly Certification Worksheet

E.L Haynes PCS - Pre K - 5 - LUNCH

Lunch K-5 (age 5-10)

Week of 1/12/2026

5 Day Week	Mon 01/12/26	Tue 01/13/26	Wed 01/14/26	Thu 01/15/26	Fri 01/16/26			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	0.875	0.75	0.75	1			4.125	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	0	0.5			0.5	0.5	Yes					
-Red/Orange	0.25	0.25	0.75	0.25	0.25			1.75	0.75	Yes					
-Beans, Peas, and Lentils	0	0.5	0	0	0			0.5	0.5	Yes					
-Starchy	0.25	0	0	0.5	0			0.75	0.5	Yes					
-Other	0.25	0.125	0	0	0.25			0.625	0.5	Yes					
											4.125	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2			10	8	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2			10	10	Yes					
Grain: Minimum (oz eq)	2	2	2	2	2			10	8	Yes					
Grain: Maximum (oz eq)	2	2	2	2	2			10	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	Weekly Whole Grain Rich Total	8	% of Whole Grain Rich	80%			80% Whole Grain Rich	Yes					
	Mon 01/12/26	Tue 01/13/26	Wed 01/14/26	Thu 01/15/26	Fri 01/16/26			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 20, 2026 to Jan 23, 2026

68 - HHFKA Lunch K-5 (age 5-10)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	648		550-650	100%			
Saturated Fat	6.72 g	9.33%	<10.000%				
Sodium	847 mg		1110	76%			
Total Sugars	*31 g	*19.1%					*
Added Sugars	*1.50 g	*N/A*	<10.000%				*
Total Fat	19.49 g	27.1%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	70 mg						
Carbohydrate	86.57 g	53.4%					
Fiber	9.41 g						
Protein	33.02 g	20.4%					
Vitamin A	*169 RA E						*
Calcium	*422.1 mg						*
Vitamin C	*43.04 mg						*
Iron	*13.30 mg						*

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Weekly Certification Worksheet

E.L Haynes PCS - Pre K - 5 - LUNCH

Lunch K-5 (age 5-10)

4 Day Week	Tue 01/20/26	Wed 01/21/26	Thu 01/22/26	Fri 01/23/26				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)	0.875	0.75	0.75	0.75				3.125	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	0.5				0.5	0.5	Yes					
-Red/Orange	0.125	0.5	0	0.25				0.875	0.75	Yes					
-Beans, Peas, and Lentils	0	0	0.5	0				0.5	0.5	Yes					
-Starchy	0.75	0	0	0				0.75	0.5	Yes					
-Other	0	0.25	0.25	0				0.5	0.5	Yes					
											3.125	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2				8	6.5	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2				8	8	Yes					
Grain: Minimum (oz eq)	2	2	2	1				7	6.5	Yes					
Grain: Maximum (oz eq)	2	2	2	1				7	7	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					
	Tue 01/20/26	Wed 01/21/26	Thu 01/22/26	Fri 01/23/26				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 26, 2026 to Jan 29, 2026

68 - HHFKA Lunch K-5 (age 5-10)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	608		550-650	100%			
Saturated Fat	4.58 g	6.78%	<10.000%				
Sodium	739 mg		1110	67%			
Total Sugars	*33 g	*21.6%					*
Added Sugars	*1.08 g	*N/A*	<10.000%				*
Total Fat	17.09 g	25.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	78 mg						
Carbohydrate	80.87 g	53.2%					
Fiber	9.86 g						
Protein	33.88 g	22.3%					
Vitamin A	*168 RA E						*
Calcium	*490.7 mg						*
Vitamin C	*41.89 mg						*
Iron	*12.72 mg						*

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Weekly Certification Worksheet

E.L Haynes PCS - Pre K - 5 - LUNCH

Lunch K-5 (age 5-10)

4 Day Week	Mon 01/26/26	Tue 01/27/26	Wed 01/28/26	Thu 01/29/26				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	0.25	0.5	0	0				0.75	0.5	Yes					
-Red/Orange	0.5	0.25	0	0.25				1	0.75	Yes					
-Beans, Peas, and Lentils	0	0	0	0.5				0.5	0.5	Yes					
-Starchy	0	0	0.5	0				0.5	0.5	Yes					
-Other	0	0	0.5	0				0.5	0.5	Yes					
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2				8	6.5	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2				8	8	Yes					
Grain: Minimum (oz eq)	2	2	2	1.5				7.5	6.5	Yes					
Grain: Maximum (oz eq)	2	2	2	1.5				7.5	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	7.5	Weekly Whole Grain Rich Total	7.5	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 01/26/26	Tue 01/27/26	Wed 01/28/26	Thu 01/29/26				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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