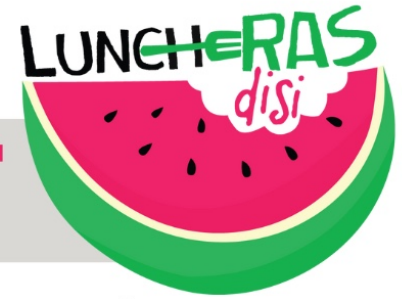




Milk, grain, fruit, meat or meat alternative

BREAKFAST



**Menu subject to change. For any questions or comments
 please contact us directly at menu@luncherasdisi.com**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>01/05/2026</p> <p>WG Lucky Charm Cereal Cereal WG Cheerios-(PreK) Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p>01/06/2026</p> <p>Oatmeal Soft Round Banana Chocolate Chip (V) Fresh Pears Choice of Milk</p>	<p>01/07/2026</p> <p>WW Sweet Potato Muffin(V) Mozzarella Cheese Stick** Fruit Punch Juice Choice of Milk</p>	<p>01/08/2026</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Bananas Choice of Milk</p>	<p>01/09/2026</p> <p>Pillsbury Mini Cinnis Cinnamon (V) Fresh Oranges Choice of Milk</p>
<p>01/12/2026</p> <p>Cinnamon Toast Crunch Cereal (V/VG) Cereal WG Cheerios-(PreK) Yoplait Yogurt Fresh Pears Choice of Milk</p>	<p>01/13/2026</p> <p>WG Choc. Chip Pancakes(V) Syrup Maple (ss) Bananas Choice of Milk</p>	<p>01/14/2026</p> <p>Baked French Toast WW Muffin (V) Mozzarella Cheese Stick** Cranberry Juice Choice of Milk</p>	<p>01/15/2026</p> <p>Apple Homemade Baked Oatmeal (V) Fresh Oranges Choice of Milk</p>	<p>01/16/2026</p> <p>Waffle Omelet w/ Cheese & Turkey Bacon Waffle Omelet w/Cheese(V) WG Biscuit Fresh Apples Choice of Milk</p>
<p>01/19/2026</p> <p>NO SCHOOL TODAY</p>	<p>01/20/2026</p> <p>Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p>01/21/2026</p> <p>Tk. Patty & WG Pancakes Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Fresh Pears Choice of Milk</p>	<p>01/22/2026</p> <p>Pillsbury Breakfast Egg & Cheese Scrambler(V) Bananas Choice of Milk</p>	<p>01/23/2026</p> <p>Homemade WW Gingerbread Muffin (V) Cranberry Juice Choice of Milk</p>
<p>01/26/2026</p> <p>Cereal Cheerios Honey Cereal WG Cheerios-(PreK) Yoplait Yogurt Fresh Pears Choice of Milk</p>	<p>01/27/2026</p> <p>Pumpkin- Carrot WW Breakfast Loaf (V) Bananas Choice of Milk</p>	<p>01/28/2026</p> <p>WG Pancake Bites Poffitz (V) Syrup Maple (ss) Cranberry Juice Choice of Milk</p>	<p>01/29/2026</p> <p>WW Egg Burrito w/ Turkey Breast & Cheese WW Egg & Cheese Burrito (V) Fresh Apples 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 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: According to the season fruits and vegetables locally grown will be added on

Breakfast and/or Lunch menu: Apples (PA/ VA /MD), Sweet Potato (NC).

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 Jan 5, 2026 to Jan 9, 2026

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	467		450-500	100%			
Saturated Fat	2.78 g	5.36%	<10.000%				
Sodium	419 mg		540	78%			
Total Sugars	*47 g	*40.4%					*
Added Sugars	*14.35 g	*N/A*	<10.000%				*
Total Fat	9.07 g	17.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	15 mg						
Carbohydrate	83.52 g	71.5%					
Fiber	7.18 g						
Protein	16.78 g	14.4%					
Vitamin A	*23 RA E						*
Calcium	391.5 mg						
Vitamin C	*34.89 mg						*
Iron	*2.83 mg						*

¹- 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 - Pre K-5 Grade - BREAKFAST

Breakfast K-12 (age 5-18)

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)	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, and Lentils	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	2	2	2.25	2			10.25	9	Yes					
Grain: Maximum (oz eq)	2	2	2	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	8.25	Weekly Whole Grain Rich Total	8.25	% 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

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	468		450-500	100%			
Saturated Fat	4.67 g	8.98%	<10.000%				
Sodium	486 mg		540	90%			
Total Sugars	*45 g	*38.4%					*
Added Sugars	*9.90 g	*N/A*	<10.000%				*
Total Fat	9.21 g	17.7%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	56 mg						
Carbohydrate	80.78 g	69.0%					
Fiber	*7.78 g						*
Protein	19.28 g	16.5%					
Vitamin A	*35 RA E						*
Calcium	*410.4 mg						*
Vitamin C	*36.42 mg						*
Iron	*6.93 mg						*

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Weekly Certification Worksheet

E.L. HAYNES PCS - Pre K-5 Grade - BREAKFAST

Breakfast K-12 (age 5-18)

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)	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, and Lentils	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	2	2.5	1.5	4			12	9	Yes					
Grain: Maximum (oz eq)	2	2	2.5	1.5	4			12	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	7.5	Weekly Whole Grain Rich Total	7.5	% of Whole Grain Rich	100%			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

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	463		450-500	100%			
Saturated Fat	2.51 g	4.88%	<10.000%				
Sodium	468 mg		540	87%			
Total Sugars	*46 g	*40.1%					*
Added Sugars	*10.42 g	*N/A*	<10.000%				*
Total Fat	8.62 g	16.8%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	52 mg						
Carbohydrate	82.04 g	70.9%					
Fiber	6.60 g						
Protein	17.20 g	14.9%					
Vitamin A	*22 RA E						*
Calcium	*357.8 mg						*
Vitamin C	*9.99 mg						*
Iron	*22.90 mg						*

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Weekly Certification Worksheet

E.L. HAYNES PCS - Pre K-12 Grade - BREAKFAST

Breakfast K-12 (age 5-18)

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)	1	1	1	1				4	4	Yes		4	1	25%	Yes
Vegetables: Minimum (cups)	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	N/A	N/A						
-Red/Orange	0	0	0	0			0	N/A	N/A						
-Beans, Peas, and Lentils	0	0	0	0			0	N/A	N/A						
-Starchy	0	0	0	0			0	N/A	N/A						
-Other	0	0	0	0			0	N/A	N/A						
												0	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	0	0	1	0				1	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	1	0				1	N/A	N/A					
Grain: Minimum (oz eq)	2	3	2	1				8	7	Yes					
Grain: Maximum (oz eq)	2	3	2	1				8	8	Yes					
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					
	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

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	477		450-500	100%			
Saturated Fat	2.90 g	5.47%	<10.000%				
Sodium	486 mg		540	90%			
Total Sugars	*47 g	*39.3%					*
Added Sugars	*10.74 g	*N/A*	<10.000%				*
Total Fat	9.81 g	18.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	79 mg						
Carbohydrate	81.94 g	68.7%					
Fiber	6.14 g						
Protein	17.88 g	15.0%					
Vitamin A	*48 RA E						*
Calcium	*398.2 mg						*
Vitamin C	*10.26 mg						*
Iron	*4.29 mg						*

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Weekly Certification Worksheet

E.L. HAYNES PCS - Pre K-5 Grade - BREAKFAST

Breakfast K-12 (age 5-18)

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)	1	1	1	1				4	4	Yes		4	1	25%	Yes
Vegetables: Minimum (cups)	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	N/A	N/A						
-Red/Orange	0	0	0	0			0	N/A	N/A						
-Beans, Peas, and Lentils	0	0	0	0			0	N/A	N/A						
-Starchy	0	0	0	0			0	N/A	N/A						
-Other	0	0	0	0			0	N/A	N/A						
												0	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	0	0	0	0				0	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	0				0	N/A	N/A					
Grain: Minimum (oz eq)	2	1.75	2	3.25				9	7	Yes					
Grain: Maximum (oz eq)	2	1.75	2	3.25				9	8	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	6.5	Weekly Whole Grain Rich Total	6.5	% 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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