

Spring/ Early Fall Cycle - Breakfast HHFKA K-8 (age 5-13)

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>08/28/2023</p> <p>Yoplait Yogurt & Granola (V) Fresh Pears Choice of Milk</p>	<p>08/29/2023</p> <p>WG Banana Muffin (V) Orange Juice Choice of Milk</p>	<p>08/30/2023</p> <p>WG Croissant w/ American Cheese Fresh Apples Choice of Milk</p>	<p>08/31/2023</p> <p>Raspberry Peach Sour Cream Quick Bread (V) Fresh Tangerines Choice of Milk</p>	<p>09/01/2023</p> <p>WW Zucchini Bread (V/VG) Mozzarella Cheese Stick** Bananas Choice of Milk</p>
<p>09/04/2023</p> <p>NO SCHOOL TODAY</p>	<p>09/05/2023</p> <p>White WW Loaf (V/VG) Hard Boiled Egg Fruit Punch Juice Choice of Milk</p>	<p>09/06/2023</p> <p>WG Cocoa Puff Cereal Bananas Choice of Milk</p>	<p>09/07/2023</p> <p>WG Corn Muffin Fresh Apples Choice of Milk</p>	<p>09/08/2023</p> <p>Homemade WW Banana Bread (V) Yoplait Yogurt Fresh Pears Choice of Milk</p>
<p>09/11/2023</p> <p>WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Pears Choice of Milk</p>	<p>09/12/2023</p> <p>Cinnamon Soft Round Granola Bar (V) Bananas Choice of Milk</p>	<p>09/13/2023</p> <p>WG English Muffin (V) & Cream Cheese Orange Juice Choice of Milk</p>	<p>09/14/2023</p> <p>Blueberry Lemon Yogurt Whole Wheat Muffins Fresh Apples Choice of Milk</p>	<p>09/15/2023</p> <p>Sunny Day Parfait w/ Mandarines & Pears (V) Choice of Milk</p>
<p>09/18/2023</p> <p>Cereal WG Cheerios (V/VG) Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p>09/19/2023</p> <p>Peachy WG Cinnamon Roll Cobbler (V) Fruit Punch Juice Choice of Milk</p>	<p>09/20/2023</p> <p>Blueberry WW Bread Pudding (V) Fresh Tangerines Choice of Milk</p>	<p>09/21/2023</p> <p>Sweet Potato Pie Parfait (V) Fresh Pears Choice of Milk</p>	<p>09/22/2023</p> <p>Carrot - Pineapple WG Muffin (V) Bananas Choice of Milk</p>
<p>09/25/2023</p> <p>Honey Bun WG Cheerios Cereal (V/VG) Fresh Tangerines Choice of Milk</p>	<p>09/26/2023</p> <p>Yoplait Yogurt & Granola (V) Fresh Pears Choice of Milk</p>	<p>09/27/2023</p> <p>WG Croissant w/ American Cheese Orange Juice Choice of Milk</p>	<p>09/28/2023</p> <p>WG Banana Muffin (V) Mozzarella Cheese Stick** Fresh Apples Choice of Milk</p>	<p>09/29/2023</p> <p>Raspberry Peach Sour Cream Quick Bread (V) Bananas Choice of Milk</p>

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy (Upon Request)

**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), Sweet Potato (MD / PA)**

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

Aug 9, 2023

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Nutrient Breakdown Summary Report

From Aug 28, 2023 to Sep 1, 2023

33 - HHFKA Breakfast K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	449		400-500	100%			
Saturated Fat	3.38 g	6.78%	<10.000%				
Sodium	419 mg		540	78%			
Total Sugars	*51 g	*45.4%					*
Added Sugars	*1 g	*0.9%					*
Total Fat	17.30 g	34.7%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	20 mg						
Carbohydrate	79.46 g	70.8%					
Fiber	5.72 g						
Protein	16.55 g	14.7%					
Vitamin A	*439 IU						*
Calcium	*76.4 mg						*
Vitamin C	*21.17 mg						*
Iron	*4.37 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

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

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Weekly Certification Worksheet

Capital Village K-8 Breakfast

Breakfast K-8 (age 5-13)

Week of 8/28/2023

5 Day Week	Mon 08/28/23	Tue 08/29/23	Wed 08/30/23	Thu 08/31/23	Fri 09/01/23			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	1	2			9	8	Yes					
Grain: Maximum (oz eq)	2	1	3	1	2			9	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	6	Weekly Whole Grain Rich Total	6	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 08/28/23	Tue 08/29/23	Wed 08/30/23	Thu 08/31/23	Fri 09/01/23			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!

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Nutrient Breakdown Summary Report

From Sep 5, 2023 to Sep 8, 2023

33 - HHFKA Breakfast K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	417		400-500	100%			
Saturated Fat	1.54 g	3.32%	<10.000%				
Sodium	300 mg		540	56%			
Total Sugars	*48 g	*46.0%					*
Added Sugars	*4 g	*3.8%					*
Total Fat	5.84 g	12.6%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	70 mg						
Carbohydrate	78.28 g	75.1%					
Fiber	5.82 g						
Protein	15.82 g	15.2%					
Vitamin A	*152 IU						*
Calcium	*40.3 mg						*
Vitamin C	*11.50 mg						*
Iron	*8.62 mg						*

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Weekly Certification Worksheet

Capital Village K-8 Breakfast

Breakfast K-8 (age 5-13)

4 Day Week	Tue 09/05/23	Wed 09/06/23	Thu 09/07/23	Fri 09/08/23				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)	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 (Legumes)	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	2	2				7	6.5	Yes					
Grain: Maximum (oz eq)	2	1	2	2				7	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	5	Weekly Whole Grain Rich Total	5	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Tue 09/05/23	Wed 09/06/23	Thu 09/07/23	Fri 09/08/23				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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Nutrient Breakdown Summary Report

From Sep 11, 2023 to Sep 15, 2023

33 - HHFKA Breakfast K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	431		400-500	100%			
Saturated Fat	2.96 g	6.18%	<10.000%				
Sodium	360 mg		540	67%			
Total Sugars	*45 g	*41.8%					*
Added Sugars	*3 g	*2.8%					*
Total Fat	6.84 g	14.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	28 mg						
Carbohydrate	78.17 g	72.5%					
Fiber	6.51 g						
Protein	16.15 g	15.0%					
Vitamin A	*68 IU						*
Calcium	*23.4 mg						*
Vitamin C	*9.21 mg						*
Iron	*2.59 mg						*

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Weekly Certification Worksheet

Capital Village K-8 Breakfast

Breakfast K-8 (age 5-13)

Week of 9/11/2023

5 Day Week	Mon 09/11/23	Tue 09/12/23	Wed 09/13/23	Thu 09/14/23	Fri 09/15/23			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					
												0	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	0	0	0	0	1			1	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	0	1			1	N/A	N/A					
Grain: Minimum (oz eq)	2.25	2	2	1	1			8.25	8	Yes					
Grain: Maximum (oz eq)	2.25	2	2	1	1			8.25	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	8.25	Weekly Whole Grain Rich Total	8.25	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 09/11/23	Tue 09/12/23	Wed 09/13/23	Thu 09/14/23	Fri 09/15/23			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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Nutrient Breakdown Summary Report

From Sep 18, 2023 to Sep 22, 2023

33 - HHFKA Breakfast K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	484		400-500	100%			
Saturated Fat	2.70 g	5.02%	<10.000%				
Sodium	420 mg		540	78%			
Total Sugars	*53 g	*43.8%					*
Added Sugars	*1 g	*0.8%					*
Total Fat	12.96 g	24.1%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	39 mg						
Carbohydrate	90.73 g	75.0%					
Fiber	7.37 g						
Protein	17.62 g	14.6%					
Vitamin A	*4246 IU						*
Calcium	*47.3 mg						*
Vitamin C	*26.16 mg						*
Iron	*12.52 mg						*

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Weekly Certification Worksheet

Capital Village K-8 Breakfast

Breakfast K-8 (age 5-13)

Week of 9/18/2023

5 Day Week	Mon 09/18/23	Tue 09/19/23	Wed 09/20/23	Thu 09/21/23	Fri 09/22/23			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	0.5	10%	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	0.5	0			0.5	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	1.5	0			1.5	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	1.5	0			1.5	N/A	N/A					
Grain: Minimum (oz eq)	2	2	2	1	1			8	8	Yes					
Grain: Maximum (oz eq)	2	2	2	1	1			8	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	6	% of Whole Grain Rich	85.71%			80% Whole Grain Rich	Yes					
	Mon 09/18/23	Tue 09/19/23	Wed 09/20/23	Thu 09/21/23	Fri 09/22/23			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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Nutrient Breakdown Summary Report

From Sep 25, 2023 to Sep 29, 2023

33 - HHFKA Breakfast K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	490		400-500	100%			
Saturated Fat	4.53 g	8.32%	<10.000%				
Sodium	468 mg		540	87%			
Total Sugars	*52 g	*42.4%					*
Added Sugars	*1 g	*0.8%					*
Total Fat	19.64 g	36.1%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	21 mg						
Carbohydrate	84.65 g	69.1%					
Fiber	6.25 g						
Protein	17.34 g	14.2%					
Vitamin A	*436 IU						*
Calcium	*78.0 mg						*
Vitamin C	*22.06 mg						*
Iron	*14.97 mg						*

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Weekly Certification Worksheet

Capital Village K-8 Breakfast

Breakfast K-8 (age 5-13)

Week of 9/25/2023

5 Day Week	Mon 09/25/23	Tue 09/26/23	Wed 09/27/23	Thu 09/28/23	Fri 09/29/23			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)	1.75	2	3	2	1			9.75	8	Yes					
Grain: Maximum (oz eq)	1.75	2	3	2	1			9.75	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	6.75	Weekly Whole Grain Rich Total	6.75	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 09/25/23	Tue 09/26/23	Wed 09/27/23	Thu 09/28/23	Fri 09/29/23			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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