



Monday	Tuesday	Wednesday	Thursday	Friday
<p>08/28/2023</p> <p>WG Caprese Pasta (V) Apples Choice of Milk</p>	<p>08/29/2023</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice* Tomato-Garlic Lentils Bowls (V) Bananas Choice of Milk</p>	<p>08/30/2023</p> <p>Strawberry & Mix Greens Salad w/Chicken & Feta C. Strawberry & Mix Greens Salad w/Meatless Chicken WW Bread Roll Fresh Tangerines Choice of Milk</p>	<p>08/31/2023</p> <p>Turkey Taco Rice w/Corn, Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Sour Cream (ss) Diced Peaches Choice of Milk</p>	<p>09/01/2023</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Corn, Zucchini, & Tomato Pie w/ Parmesan (V) Grape Juice Choice of Milk</p>
<p>09/04/2023</p> <p>NO SCHOOL TODAY</p>	<p>09/05/2023</p> <p>Great Garden Stew w/ Squash, Corn & K.Beans Meatless Stew w/Squash Corn & Beans (V/VG) Steamed Brown Rice Apples Choice of Milk</p>	<p>09/06/2023</p> <p>Tk. Breast & Cheese Sand. w/Spinach & Mushroom Veggie & Cheese WW Sand. w/Spinach & Mushrooms Fresh Broccoli Ranch Dressing (ss) Fresh Pears Choice of Milk</p>	<p>09/07/2023</p> <p>Garlic Chicken WG Pasta w/ Kale, Squash & Carrots Chicken Meatless WG Pasta w/Kale, Squash & Carrot(V) Orange Juice Choice of Milk</p>	<p>09/08/2023</p> <p>Cheese Beef Burger & WG Bun Vegan Burger & WG Bun (V/VG) Roasted Potatoes & Carrots Medley Mayonnaise SS Pouch (LS) Ketchup (ss) Bananas Choice of Milk</p>
<p>09/11/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Apples Choice of Milk</p>	<p>09/12/2023</p> <p>WW Turkey Wraps w/ Corn, Tomato & Lettuce WW Veggie Wrap w/ Corn, Tomato & Lettuce Fresh Oranges Choice of Milk</p>	<p>09/13/2023</p> <p>Breaded Chicken Nuggets Vegan Chicken Nuggets WG Biscuit Roasted Broccoli & Potato Medley Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Pears Choice of Milk</p>	<p>09/14/2023</p> <p>WG Penne Pasta & Beef Meatballs WG Penne Pasta & Veggie Meatballs (V/VG) Bananas Choice of Milk</p>	<p>09/15/2023</p> <p>WW Pizza Sandwich w/ Ck. & Beef Pepperoni WW Pizza Cheese Sandwich (V) Sweet Creamy Coleslaw Fruit Punch Juice Choice of Milk</p>
<p>09/18/2023</p> <p>WG Spaghetti & Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Pears Choice of Milk</p>	<p>09/19/2023</p> <p>Italian Tk. Sausage w/ Zucchini, Potato, & Carrot Veggie Italian Crumble w/ Zucchini, Potato, & Carrot Steamed Brown Rice Bananas Choice of Milk</p>	<p>09/20/2023</p> <p>Baked Chicken WG Penne Pasta w/ Zucchini Baked Chicken Meatless WG Pasta w/Zuch. (V/VG) Apples Choice of Milk</p>	<p>09/21/2023</p> <p>Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice (V/VG) Fresh Oranges Choice of Milk</p>	<p>09/22/2023</p> <p>BYO Turkey Nachos WG w/ Romaine & Corn Pico BYO Meatless Nachos WG w/Rom. & Corn Pico (V) Fruit Punch Juice Choice of Milk</p>

09/25/2023

WG Caprese Pasta (V)
Apples
Choice of Milk

09/26/2023

Crunchy Chicken WG Wrap
w/ Buffalo & Ranch Dress.
Crunchy Veggie WG Wrap
w/ Buffalo & Ranch Dress.
Corn Salad w/ Celery
Gr. Pepper & Tomato
Bananas
Choice of Milk

09/27/2023

Grilled Chicken
over Brown Rice
Grilled Chicken Meatless
over Brown Rice*
Tomato-Garlic
Lentils Bowls (V)
Mixed Tropical Fruit
Choice of Milk

09/28/2023

Strawberry & Mix Greens
Salad w/ Chicken & Feta C.
Strawberry & Mix Greens
Salad w/ Meatless Chicken
WG Roll
Fresh Oranges
Choice of Milk

09/29/2023

Turkey Taco Rice w/ Corn,
Red & Gr. Peppers
Meatless Taco Rice w/ Corn
Red & Gr. Peppers (V/VG)
Sour Cream (ss)
Cranberry Juice
Choice of Milk

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

**** Denotes meals only for K to 8th**

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), Peaches (PA /VA/MD), Zucchini (MD), Carrots (MD/PA), Cucumbers (PA), Romaine Lettuce (PA), Tomato (VA/PA/MD), Spinach (PA/MD), Peppers (PA/MD), Squash (PA/MD), Kale (MD), Mushrooms (PA), Broccoli (PA), Cabbage (PA/MD), Onions (MD), Celery (PA), Cauliflower (PA/MD).

Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.

WG = Whole Grain WW = Whole Wheat

Please reach out to us if you have questions or comments at menu@luncherasdisi.com

Aug 9, 2023

Luncheras Di Si

Nutrient Breakdown Summary Report

From Aug 28, 2023 to Sep 1, 2023

34 - HHFKA Lunch K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	600		600-650	100%			
Saturated Fat	5.10 g	7.65%	<10.000%				
Sodium	719 mg		1110	65%			
Total Sugars	*36 g	*24.0%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	14.18 g	21.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	*59 mg						*
Carbohydrate	83.89 g	55.9%					
Fiber	*8.81 g						*
Protein	35.04 g	23.4%					
Vitamin A	*4033 IU						*
Calcium	*95.5 mg						*
Vitamin C	*49.28 mg						*
Iron	*15.42 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 Lunch

Lunch 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)	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	0.75	0.75	0.75	0.875			3.875	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	0.75	0	0			0.75	0.5	Yes					
-Red/Orange	0.5	0.25	0	0.25	0.375			1.375	0.75	Yes					
-Beans & Peas (Legumes)	0	0.5	0	0	0			0.5	0.5	Yes					
-Starchy	0	0	0	0.25	0.25			0.5	0.5	Yes					
-Other	0.25	0	0	0.25	0.25			0.75	0.5	Yes					
											3.875	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2			10	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2			10	10	Yes					
Grain: Minimum (oz eq)	2	1.75	1.25	2	2			9	8	Yes					
Grain: Maximum (oz eq)	2	1.75	1.25	2	2			9	9	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	9	Weekly Whole Grain Rich Total	9	% 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

34 - HHFKA Lunch K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	612		600-650	100%			
Saturated Fat	4.52 g	6.65%	<10.000%				
Sodium	799 mg		1110	72%			
Total Sugars	*30 g	*19.6%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	16.87 g	24.8%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	64 mg						
Carbohydrate	80.00 g	52.3%					
Fiber	10.06 g						
Protein	33.69 g	22.0%					
Vitamin A	*5289 IU						*
Calcium	*91.4 mg						*
Vitamin C	*25.74 mg						*
Iron	*10.72 mg						*

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Weekly Certification Worksheet

Capital Village K-8 Lunch

Lunch 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)	0.5	0.5	0.5	0.5				2	2	Yes		2	0.5	25%	Yes
Vegetables: Minimum (cups)	0.75	0.75	0.75	0.75				3	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	0.5	0.25	0			0.75	0.5	Yes						
-Red/Orange	0	0	0.5	0.25			0.75	0.75	Yes						
-Beans & Peas (Legumes)	0.5	0	0	0			0.5	0.5	Yes						
-Starchy	0	0	0	0.5			0.5	0.5	Yes						
-Other	0.25	0.25	0	0			0.5	0.5	Yes						
												3	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2.5				8.5	7	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2.5				8.5	8	OVER					
Grain: Minimum (oz eq)	2	2	2	2				8	6.5	Yes					
Grain: Maximum (oz eq)	2	2	2	2				8	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	8	Weekly Whole Grain Rich Total	8	% 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

34 - HHFKA Lunch K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	630		600-650	100%			
Saturated Fat	6.48 g	9.26%	<10.000%				
Sodium	957 mg		1110	86%			
Total Sugars	*31 g	*19.7%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	20.29 g	29.0%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	*55 mg						*
Carbohydrate	81.98 g	52.1%					
Fiber	10.76 g						
Protein	32.85 g	20.9%					
Vitamin A	*4205 IU						*
Calcium	*57.9 mg						*
Vitamin C	*55.49 mg						*
Iron	*12.39 mg						*

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Weekly Certification Worksheet

Capital Village K-8 Lunch

Lunch 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)	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	0.75	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	0.5	0	0			0.75	0.5	Yes					
-Red/Orange	0.25	0.25	0	0.75	0.25			1.5	0.75	Yes					
-Beans & Peas (Legumes)	0.5	0	0	0	0			0.5	0.5	Yes					
-Starchy	0	0.25	0.25	0	0			0.5	0.5	Yes					
-Other	0	0	0	0	0.5			0.5	0.5	Yes					
												3.75	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2.25	1			9.25	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2.25	1			9.25	10	Yes					
Grain: Minimum (oz eq)	2	2.25	3	2	2			11.25	8	Yes					
Grain: Maximum (oz eq)	2	2.25	3	2	2			11.25	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	11.25	Weekly Whole Grain Rich Total	11.25	% 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

34 - HHFKA Lunch K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	608		600-650	100%			
Saturated Fat	5.33 g	7.89%	<10.000%				
Sodium	532 mg		1110	48%			
Total Sugars	*31 g	*20.4%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	17.63 g	26.1%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	80 mg						
Carbohydrate	82.38 g	54.2%					
Fiber	9.65 g						
Protein	34.07 g	22.4%					
Vitamin A	*3667 IU						*
Calcium	*73.5 mg						*
Vitamin C	*43.51 mg						*
Iron	*14.52 mg						*

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Weekly Certification Worksheet

Capital Village K-8 Lunch

Lunch 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)	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	0.75	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	0	0	0.5			0.5	0.5	Yes					
-Red/Orange	0.75	0.25	0.5	0	0			1.5	0.75	Yes					
-Beans & Peas (Legumes)	0	0	0	0.5	0			0.5	0.5	Yes					
-Starchy	0	0.25	0	0	0.25			0.5	0.5	Yes					
-Other	0	0.25	0.25	0.25	0			0.75	0.5	Yes					
												3.75	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2			10	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2			10	10	Yes					
Grain: Minimum (oz eq)	2	1.75	2	2	1.25			9	8	Yes					
Grain: Maximum (oz eq)	2	1.75	2	2	1.25			9	9	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	9	Weekly Whole Grain Rich Total	9	% of Whole Grain Rich	100%			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

34 - HHFKA Lunch K-8 (age 5-13)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	616		600-650	100%			
Saturated Fat	5.11 g	7.47%	<10.000%				
Sodium	678 mg		1110	61%			
Total Sugars	*31 g	*20.1%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	16.76 g	24.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	*63 mg						*
Carbohydrate	82.50 g	53.6%					
Fiber	*8.45 g						*
Protein	35.45 g	23.0%					
Vitamin A	*3752 IU						*
Calcium	*48.8 mg						*
Vitamin C	*31.27 mg						*
Iron	*13.33 mg						*

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Luncheras Di Si

Weekly Certification Worksheet

Capital Village K-8 Lunch

Lunch 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)	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	0.75	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	0	0.75	0			0.75	0.5	Yes					
-Red/Orange	0.5	0	0.25	0	0.25			1	0.75	Yes					
-Beans & Peas (Legumes)	0	0	0.5	0	0			0.5	0.5	Yes					
-Starchy	0	0.5	0	0	0.25			0.75	0.5	Yes					
-Other	0.25	0.25	0	0	0.25			0.75	0.5	Yes					
Meat/Meat Alt: Minimum (oz eq)								10.5	9	Yes					
Meat/Meat Alt: Maximum (oz eq)								10.5	10	OVER					
Grain: Minimum (oz eq)								9.75	8	Yes					
Grain: Maximum (oz eq)								9.75	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	9.75	Weekly Whole Grain Rich Total	9.75	% 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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