



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">03/04/2024</p> <p>Turkey Hot Dog** on a WG Bun Veggie Hot Dog** Roasted Sweet Potatoes Ketchup (ss) Fresh Pears Choice of Milk</p>	<p style="text-align: right;">03/05/2024</p> <p>Roasted Chicken Baked Chickenless (V/VG) Middle Eastern Brown Rice w/Lentils (V/VG) Apples Choice of Milk</p>	<p style="text-align: right;">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;">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;">03/08/2024</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender-VG Garlic Roasted Potatoes Ketchup (ss) Bananas Choice of Milk</p>
<p style="text-align: right;">03/11/2024</p> <p>Turkey Latin Br. Rice & Bl. Beans Veggie Latin Rice & Bl. Beans (V/VG) Apples Choice of Milk</p>	<p style="text-align: right;">03/12/2024</p> <p>Creamy Baked Chicken WG Penne Pasta Baked Chicken Meatless WG Pasta (V/VG) Roasted Cauliflower Fresh Pears Choice of Milk</p>	<p style="text-align: right;">03/13/2024</p> <p>Crunchy Chicken WG Wrap w/Buffalo & Ranch Dress. Veggie Chicken WG Wrap w/Buffalo & Ranch Dress. Roasted Broccoli w/Garlic & Parmesan Orange Juice Choice of Milk</p>	<p style="text-align: right;">03/14/2024</p> <p>Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Green Beans & Corn Medley Fresh Tangerines Choice of Milk</p>	<p style="text-align: right;">03/15/2024</p> <p>NO SCHOOL TODAY</p>
<p style="text-align: right;">03/18/2024</p> <p>WW Chicken Fajitas w/ Red Peppers WW Chicken Meatless Fajita w/Rd. Pepper(V/VG) Sour Cream (ss) Apples Choice of Milk</p>	<p style="text-align: right;">03/19/2024</p> <p>One-Pan Turkey Taco WG Macaroni & Cheese One-Pan Veggie Taco WG Macaroni & Cheese(V) Broccoli Florets Fruit Punch Juice Choice of Milk</p>	<p style="text-align: right;">03/20/2024</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget(VG) BBQ Sauce (ss) Roasted Sweet Potatoes Bananas Choice of Milk</p>	<p style="text-align: right;">03/21/2024</p> <p>Black Beans & Rice WW Burrito w/Cheese (V) Fresh Pears Choice of Milk</p>	<p style="text-align: right;">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;">03/25/2024</p> <p>Fiesta Brown Rice Chicken w/ Corn, G. Peas & Carrot Br. Rice Chicken Meatless Corn,G. Peas &Carrot(V/VG) Fresh Pears Choice of Milk</p>	<p style="text-align: right;">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;">03/27/2024</p> <p>Cranberry Turkey Chili over Brown Rice Cranberry Plant Based Chili & Brown Rice (V/VG) Apples Choice of Milk</p>	<p style="text-align: right;">03/28/2024</p> <p>Chicken & Tk. Bacon WG Pasta w/Tomato & Spinach Chicken Meatless WG Pasta w/Tomato & Spinach(V) Grape Juice Choice of Milk</p>	<p style="text-align: right;">03/29/2024</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Roasted Potatoes & Broccoli Medley Bananas Choice of Milk</p>

Available Choice of Milk: Unflavored 1% milk, unflavored 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 (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 **=Served only for K to 8 meals

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Nutrient Breakdown Summary Report

From Mar 4, 2024 to Mar 8, 2024

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	647		600-650	100%			
Saturated Fat	4.52 g	6.29%	<10.000%				
Sodium	662 mg		1110	60%			
Total Sugars	*33 g	*20.4%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	18.30 g	25.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	53 mg						
Carbohydrate	90.40 g	55.9%					
Fiber	10.97 g						
Protein	34.12 g	21.1%					
Vitamin A	*10951 IU						*
Calcium	*173.0 mg						*
Vitamin C	*37.15 mg						*
Iron	*9.68 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 3/4/2024

5 Day Week	Mon 03/04/24	Tue 03/05/24	Wed 03/06/24	Thu 03/07/24	Fri 03/08/24			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)	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	1	0.75	0.75			4	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	0.5	0	0			0.5	0.5	Yes					
-Red/Orange	0.75	0	0.5	0.25	0			1.5	0.75	Yes					
-Beans & Peas (Legumes)	0	0.5	0	0	0			0.5	0.5	Yes					
-Starchy	0	0	0	0	0.75			0.75	0.5	Yes					
-Other	0	0.25	0	0.5	0			0.75	0.5	Yes					
											4	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	2.25	2	1			9	8	Yes					
Grain: Maximum (oz eq)	2	1.75	2.25	2	1			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 03/04/24	Tue 03/05/24	Wed 03/06/24	Thu 03/07/24	Fri 03/08/24			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															

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

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Nutrient Breakdown Summary Report

From Mar 11, 2024 to Mar 14, 2024

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	651		600-650	100%		1.00	
Saturated Fat	5.56 g	7.69%	<10.000%				
Sodium	696 mg		1110	63%			
Total Sugars	*30 g	*18.4%					*
Added Sugars	*0 g	*0.0%					*
Total Fat	20.34 g	28.1%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	74 mg						
Carbohydrate	84.88 g	52.2%					
Fiber	10.10 g						
Protein	36.72 g	22.6%					
Vitamin A	*911 IU						*
Calcium	*96.8 mg						*
Vitamin C	*46.10 mg						*
Iron	*16.72 mg						*

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Weekly Certification Worksheet

Capital Village K-8 Lunch

Lunch K-8 (age 5-13)

4 Day Week	Mon 03/11/24	Tue 03/12/24	Wed 03/13/24	Thu 03/14/24				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)	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	1				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	0	0.75	0			0.75	0.5	Yes						
-Red/Orange	0.25	0.5	0	0.25			1	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	0.25	0	0.25			0.5	0.5	Yes						
											3.25	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2	2.5	2				8.5	7	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2.5	2				8.5	8	OVER					
Grain: Minimum (oz eq)	1.75	2	3	2				8.75	6.5	Yes					
Grain: Maximum (oz eq)	1.75	2	3	2				8.75	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	8.75	Weekly Whole Grain Rich Total	8.75	% 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				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 Mar 18, 2024 to Mar 22, 2024

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	657		600-650	101%		7.00	
Saturated Fat	4.52 g	6.19%	<10.000%				
Sodium	819 mg		1110	74%			
Total Sugars	*32 g	*19.5%					*
Added Sugars	*1 g	*0.6%					*
Total Fat	20.49 g	28.1%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	62 mg						
Carbohydrate	87.75 g	53.4%					
Fiber	11.85 g						
Protein	33.43 g	20.4%					
Vitamin A	*6688 IU						*
Calcium	*179.4 mg						*
Vitamin C	*56.07 mg						*
Iron	*8.35 mg						*

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Weekly Certification Worksheet

Capital Village K-8 Lunch

Lunch K-8 (age 5-13)

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)	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	0.75	0	0	0			0.75	0.5	Yes					
-Red/Orange	0.5	0	0.75	0	0			1.25	0.75	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	0.25	0.25			0.75	0.5	Yes					
											3.75	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	3	2	1.5	2			10.5	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	3	2	1.5	2			10.5	10	OVER					
Grain: Minimum (oz eq)	2	2	1	3	2			10	8	Yes					
Grain: Maximum (oz eq)	2	2	1	3	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 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

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	601		600-650	100%			
Saturated Fat	3.99 g	5.98%	<10.000%				
Sodium	695 mg		1110	63%			
Total Sugars	*37 g	*24.6%					*
Added Sugars	*1 g	*0.7%					*
Total Fat	12.82 g	19.2%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	62 mg						
Carbohydrate	88.83 g	59.1%					
Fiber	10.51 g						
Protein	34.07 g	22.7%					
Vitamin A	*3088 IU						*
Calcium	*72.5 mg						*
Vitamin C	*51.92 mg						*
Iron	*14.58 mg						*

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Weekly Certification Worksheet

Capital Village K-8 Lunch

Lunch K-8 (age 5-13)

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)	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	0.25	0.25			0.5	0.5	Yes					
-Red/Orange	0.25	0.25	0.25	0.5	0.125			1.375	0.75	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	0.5	0	0	0			0.5	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	2	1.5	2	2			9.5	8	Yes					
Grain: Maximum (oz eq)	2	2	1.5	2	2			9.5	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	9.5	Weekly Whole Grain Rich Total	9.5	% 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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