



Monday	Tuesday	Wednesday	Thursday	Friday
<p>08/22/2022</p> <p>Tomato N' Cheese Pasta(V) Apples Choice of Milk</p>	<p>08/23/2022</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Sweet Plantains (V) Fresh Pears Choice of Milk</p>	<p>08/24/2022</p> <p>BYO Turkey Nachos WG w/ Romaine & Corn Pico BYO Meatless Nachos WG w/Rom. & Corn Pico (V/VG) Sour Cream (ss) Bananas Choice of Milk</p>	<p>08/25/2022</p> <p>Hawaiian Chicken WW Wrap w/ Broccoli & Carrot H. Chicken Meatless Wrap w/Broccoli & Carrots (V) Fruit Punch Juice Choice of Milk</p>	<p>08/26/2022</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Green Beans & Corn Medley Ranch Dressing (ss) Fresh Oranges Choice of Milk</p>
<p>08/29/2022</p> <p>Turkey Breast & Provolone WW Sandwich Plant Based Tk. Slices & Provolone WW Sandwich (V) Veggie Stir-Fry w/Ginger, Carrot, Gn.Beans & Broc. Bananas Choice of Milk</p>	<p>08/30/2022</p> <p>WG Caprese Pasta (V) Fresh Peaches** Choice of Milk</p>	<p>08/31/2022</p> <p>Brown Rice w/ Cheese w/Pinto Beans & Corn(V) Fresh Oranges Choice of Milk</p>	<p>09/01/2022</p> <p>Cheese Burger & WG Bun Cheese Veggie Burger & WG Bun (V) Potato French Fries Mayonnaise SS Pouch (LS) Ketchup (ss) Apples Choice of Milk</p>	<p>09/02/2022</p> <p>Chicken Drumstick Baked Chickenless (V/VG) Savory Brown Rice Pilaf Roasted Broccoli Cranberry Juice Choice of Milk</p>
<p>09/05/2022</p> <p>NO SCHOOL TODAY</p>	<p>09/06/2022</p> <p>Turkey Bacon, Lettuce & Tomato (BLT) Wrap Veggie BLT WW Wrap w/Lettuce & Tomato (V/VG) Ranch Dressing (ss) Fresh Nectarines** Choice of Milk</p>	<p>09/07/2022</p> <p>Chicken WG Noddles w/Carrots & Spinach Chk. Meatless WG Noddle w/Carrots & Spinach (V) Bananas Choice of Milk</p>	<p>09/08/2022</p> <p>Turkey Hot Dog** on a WG Bun Veggie Hot Dog** Curry Vegetables w/Potato Tomatos & Green Beans Mayonnaise SS Pouch (LS) Ketchup (ss) Fruit Punch Juice Choice of Milk</p>	<p>09/09/2022</p> <p>Great Garden Stew w/ Squash, Corn & Beans Meatless Stew w/ Squash, Corn & Beans (V) Steamed Brown Rice Apples Choice of Milk</p>
<p>09/12/2022</p> <p>WG Pasta & Turkey Meat Sauce WG Pasta & Turkey Meatless Sauce (V/VG) Bananas Choice of Milk</p>	<p>09/13/2022</p> <p>WW Italian Wrap w/ T. Ham T. Salami & T. Pepperoni WW Wrap w/Plant Based Ham & Bacon (V/VG) Roasted Broccoli Ranch Dressing (ss) Apples Choice of Milk</p>	<p>09/14/2022</p> <p>Stir-Fry Chicken, Squash & Corn over Brown Rice Chicken Meatless, Squash & Corn over Brown Rice Cranberry Juice Choice of Milk</p>	<p>09/15/2022</p> <p>Turkey Sloppy Joe on a WG Bun Veggie Sloppy Joe on a WG Bun (V/VG) Corn,Zucchini, & Tomato Pie w/ Parmesan (V) Fresh Oranges Choice of Milk</p>	<p>09/16/2022</p> <p>Grilled Chicken & WG Pita Grilled Chicken Meatless & WG Pita (V/VG) Balela Salad w/ Garbanzo, Tomato & Cucumber Fresh Pears Choice of Milk</p>

09/19/2022

WG Mac & Cheese (V)
Green Beans & Corn Medley
Apples
Choice of Milk

09/20/2022

BYO Turkey Nachos WG
w/ Romaine & Corn Pico
BYO Meatless Nachos WG
w/Rom. & Corn Pico (V/VG)
Sour Cream (ss)
Fresh Oranges
Choice of Milk

09/21/2022

Spanish B. Rice w/Chicken
Kidney Beans & Tomato
B.Rice w/Chicken Meatless
Kidney Bean & Tomato V/VG
Fresh Pears
Choice of Milk

09/22/2022

WG Penne Pasta
& Meatballs
WG Penne Pasta &
Veggie Meatballs (V/VG)
Bananas
Choice of Milk

09/23/2022

Hawaiian Chicken WW Wrap
w/ Broccoli & Carrot
H. Chicken Meatless Wrap
w/Broccoli & Carrots (V)
Fruit Punch Juice
Choice of Milk

09/26/2022

Turkey Breast & Provolone
WW Sandwich
Plant Based Tk. Slices &
Provolone WW Sandwich (V)
Veggie Stir-Fry w/Ginger,
Carrot, Gn.Beans & Broc.
Bananas
Choice of Milk

09/27/2022

Cheese Lunch Pizza w/
Chicken & Beef Pepperoni
Cheese Lunch Pizza (V)
Roasted Broccoli
and Cauliflower Medley
Ranch Dressing (ss)
Fresh Oranges
Choice of Milk

09/28/2022

WG Caprese Pasta (V)
Cranberry Juice
Choice of Milk

09/29/2022

Brown Rice w/ Cheese
w/Pinto Beans & Corn(V)
Fresh Pears
Choice of Milk

09/30/2022

Cheese Burger & WG Bun
Cheese Veggie Burger
& WG Bun (V)
Potato French Fries
Mayonnaise SS Pouch (LS)
Ketchup (ss)
Apples
Choice of Milk

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

***Denotes meals only for PreK ** Denotes meals 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/VA), Pears (MD/ PA), Peaches (VA/ PA/ MD), Nectarines (PA), Broccoli (PA), Carrots (MD, PA), Tomatoes (VA / PA/ MD), Potatoes (PA), Sweet Potatoes (MD/PA), Cabbage(PA/MD), Cauliflower (PA/MD), Peppers (PA/ MD), Peppers (DE/VA), Celery (PA), Lettuce (PA), Spinach (PA/ MD), Cucumbers (PA), Zucchini (MD, NC), Squash (PA/MD), Onions (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

Luncheras Di Si

Nutrient Breakdown Summary Report

From Aug 22, 2022 to Aug 26, 2022

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	611		600-650	100%			
Saturated Fat	5.61 g	8.26%	<10.000%				
Sodium	700 mg		1230	57%			
Sugars	*33 g	*21.6%					*
Total Fat	18.27 g	26.9%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	54 mg						
Carbohydrate	81.00 g	53.0%					
Fiber	9.46 g						
Protein	*31.67 g	*20.7%					*
Vitamin A	*2702 IU						*
Calcium	*80.3 mg						*
Vitamin C	*35.62 mg						*
Iron	*15.15 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

The Children's Guild - K - 8 Lunch

Lunch K-8 (age 5-13)

Week of 8/22/2022

5 Day Week	Mon 08/22/22	Tue 08/23/22	Wed 08/24/22	Thu 08/25/22	Fri 08/26/22			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	0.25	0.5	0			0.75	0.5	Yes					
-Red/Orange	0.75	0	0.25	0.25	0.125			1.375	0.75	Yes					
-Beans & Peas (Legumes)	0	0.5	0	0	0			0.5	0.5	Yes					
-Starchy	0	0	0.25	0	0.25			0.5	0.5	Yes					
-Other	0	0.25	0	0	0.375			0.625	0.5	Yes					
Meat/Meat Alt: Minimum (oz eq)	1.5	2	2	2	2			9.5	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	1.5	2	2	2	2			9.5	10	Yes					
Grain: Minimum (oz eq)	2	1.75	1.25	2.25	2			9.25	8	Yes					
Grain: Maximum (oz eq)	2	1.75	1.25	2.25	2			9.25	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	9.25	Weekly Whole Grain Rich Total	9.25	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 08/22/22	Tue 08/23/22	Wed 08/24/22	Thu 08/25/22	Fri 08/26/22			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 Aug 29, 2022 to Sep 2, 2022

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	642		600-650	100%			
Saturated Fat	6.51 g	9.13%	<10.000%				
Sodium	780 mg		1230	63%			
Sugars	*32 g	*19.9%					*
Total Fat	19.25 g	27.0%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	68 mg						
Carbohydrate	80.39 g	50.1%					
Fiber	8.96 g						
Protein	36.03 g	22.4%					
Vitamin A	*1279 IU						*
Calcium	*176.6 mg						*
Vitamin C	*40.87 mg						*
Iron	*9.92 mg						*

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Weekly Certification Worksheet

The Children's Guild - K - 8 Lunch

Lunch K-8 (age 5-13)

Week of 8/29/2022

5 Day Week	Mon 08/29/22	Tue 08/30/22	Wed 08/31/22	Thu 09/01/22	Fri 09/02/22			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	0.25	0	0	0	0.5			0.75	0.5	Yes					
-Red/Orange	0.25	0.5	0.125	0	0			0.875	0.75	Yes					
-Beans & Peas (Legumes)	0	0	0.5	0	0			0.5	0.5	Yes					
-Starchy	0	0	0.125	0.75	0			0.875	0.5	Yes					
-Other	0.25	0.25	0	0	0.25			0.75	0.5	Yes					
												3.75	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	2.25	2	1	2.5	2.5			10.25	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	2.25	2	1	2.5	2.5			10.25	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 08/29/22	Tue 08/30/22	Wed 08/31/22	Thu 09/01/22	Fri 09/02/22			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 6, 2022 to Sep 9, 2022

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	610		600-650	100%			
Saturated Fat	4.39 g	6.48%	<10.000%				
Sodium	887 mg		1230	72%			
Sugars	*31 g	*20.3%					*
Total Fat	15.80 g	23.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	65 mg						
Carbohydrate	85.35 g	56.0%					
Fiber	10.34 g						
Protein	*32.87 g	*21.6%					*
Vitamin A	*8088 IU						*
Calcium	*80.9 mg						*
Vitamin C	*18.51 mg						*
Iron	*12.84 mg						*

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Weekly Certification Worksheet

The Children's Guild - K - 8 Lunch

Lunch K-8 (age 5-13)

4 Day Week	Tue 09/06/22	Wed 09/07/22	Thu 09/08/22	Fri 09/09/22				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	0.5	0.125	0	0			0.625	0.5	Yes						
-Red/Orange	0.25	0.5	0	0			0.75	0.75	Yes						
-Beans & Peas (Legumes)	0	0	0	0.5			0.5	0.5	Yes						
-Starchy	0	0	0.5	0			0.5	0.5	Yes						
-Other	0	0.125	0.25	0.25			0.625	0.5	Yes						
											3	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	1	2	2	2				7	7	Yes					
Meat/Meat Alt: Maximum (oz eq)	1	2	2	2				7	8	Yes					
Grain: Minimum (oz eq)	2.25	2	2	2				8.25	6.5	Yes					
Grain: Maximum (oz eq)	2.25	2	2	2				8.25	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	8.25	Weekly Whole Grain Rich Total	8.25	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Tue 09/06/22	Wed 09/07/22	Thu 09/08/22	Fri 09/09/22				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 12, 2022 to Sep 16, 2022

60 - 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	3.79 g	5.68%	<10.000%				
Sodium	631 mg		1230	51%			
Sugars	*29 g	*19.3%					*
Total Fat	17.96 g	26.9%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	*84 mg						*
Carbohydrate	74.86 g	49.8%					
Fiber	9.20 g						
Protein	34.08 g	22.7%					
Vitamin A	*2324 IU						*
Calcium	*97.9 mg						*
Vitamin C	*43.05 mg						*
Iron	*10.38 mg						*

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Weekly Certification Worksheet

The Children's Guild - K - 8 Lunch

Lunch K-8 (age 5-13)

Week of 9/12/2022

5 Day Week	Mon 09/12/22	Tue 09/13/22	Wed 09/14/22	Thu 09/15/22	Fri 09/16/22			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	0.75	0	0.375	0.25	0.125			1.5	0.75	Yes					
-Beans & Peas (Legumes)	0	0	0	0	0.5			0.5	0.5	Yes					
-Starchy	0	0	0.25	0.25	0			0.5	0.5	Yes					
-Other	0	0	0.125	0.25	0.125			0.5	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	2.25	2	2	1			9.25	8	Yes					
Grain: Maximum (oz eq)	2	2.25	2	2	1			9.25	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	9.25	Weekly Whole Grain Rich Total	9.25	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 09/12/22	Tue 09/13/22	Wed 09/14/22	Thu 09/15/22	Fri 09/16/22			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 19, 2022 to Sep 23, 2022

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	609		600-650	100%			
Saturated Fat	5.34 g	7.89%	<10.000%				
Sodium	628 mg		1230	51%			
Sugars	*31 g	*20.4%					*
Total Fat	16.36 g	24.2%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	61 mg						
Carbohydrate	85.82 g	56.4%					
Fiber	11.00 g						
Protein	*33.10 g	*21.7%					*
Vitamin A	*3869 IU						*
Calcium	*175.3 mg						*
Vitamin C	*36.35 mg						*
Iron	*10.95 mg						*

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Luncheras Di Si

Weekly Certification Worksheet

The Children's Guild - K - 8 Lunch

Lunch K-8 (age 5-13)

Week of 9/19/2022

5 Day Week	Mon 09/19/22	Tue 09/20/22	Wed 09/21/22	Thu 09/22/22	Fri 09/23/22			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	0	0.5			0.75	0.5	Yes					
-Red/Orange	0	0.25	0.25	0.75	0.25			1.5	0.75	Yes					
-Beans & Peas (Legumes)	0	0	0.5	0	0			0.5	0.5	Yes					
-Starchy	0.25	0.25	0	0	0			0.5	0.5	Yes					
-Other	0.5	0	0	0	0			0.5	0.5	Yes					
												3.75	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	1.5	2	2	2.25	2			9.75	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	1.5	2	2	2.25	2			9.75	10	Yes					
Grain: Minimum (oz eq)	2	1.25	2	2	2.25			9.5	8	Yes					
Grain: Maximum (oz eq)	2	1.25	2	2	2.25			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 09/19/22	Tue 09/20/22	Wed 09/21/22	Thu 09/22/22	Fri 09/23/22			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!

Luncheras Di Si

Nutrient Breakdown Summary Report

From Sep 26, 2022 to Sep 30, 2022

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	622		600-650	100%			
Saturated Fat	6.78 g	9.81%	<10.000%				
Sodium	943 mg		1230	77%			
Sugars	*31 g	*19.9%					*
Total Fat	19.07 g	27.6%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	46 mg						
Carbohydrate	76.56 g	49.2%					
Fiber	9.65 g						
Protein	33.65 g	21.6%					
Vitamin A	*1197 IU						*
Calcium	*179.7 mg						*
Vitamin C	*41.56 mg						*
Iron	*14.87 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

NOTICE: The data contained within this report and the MOSAIC® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Luncheras Di Si

Weekly Certification Worksheet

The Children's Guild - K - 8 Lunch

Lunch K-8 (age 5-13)

Week of 9/26/2022

5 Day Week	Mon 09/26/22	Tue 09/27/22	Wed 09/28/22	Thu 09/29/22	Fri 09/30/22			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	0.75			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	0.25	0.5	0	0	0			0.75	0.5	Yes					
-Red/Orange	0.25	0.125	0.5	0.125	0			1	0.75	Yes					
-Beans & Peas (Legumes)	0	0	0	0.5	0			0.5	0.5	Yes					
-Starchy	0	0	0	0.125	0.75			0.875	0.5	Yes					
-Other	0.25	0.25	0.25	0	0			0.75	0.5	Yes					
											3.875	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2.25	2	2	1	2.5			9.75	9	Yes					
Meat/Meat Alt: Maximum (oz eq)	2.25	2	2	1	2.5			9.75	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	10	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 09/26/22	Tue 09/27/22	Wed 09/28/22	Thu 09/29/22	Fri 09/30/22			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!