

Spring/Fall - LUNCH (Prek 3/4 to 8th) HHFKA K-8 (age 5-13)

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
| <p>07/01/2024</p> <p>Chili Flavor Turkey<br/>Tomato Macaroni<br/>Chili Flavor Meatless<br/>Tomato Macaroni (V/VG)<br/>Fresh Nectarines**<br/>Bananas *PreK Only<br/>Choice of Milk</p> | <p>07/02/2024</p> <p>Turkey Breast Sandwich<br/>w/ Provolone Cheese<br/>Veggie Club Sandwich (V)<br/>Kale Salad w/ Cucumber<br/>&amp; Tomatoes (V/VG)<br/>Mayonnaise SS Pouch (LS)<br/>Fresh Plums**<br/>Fresh Tangerines *PreK Only<br/>Choice of Milk</p> | <p>07/03/2024</p> <p>WW Turkey Tacos<br/>Al Pastor<br/>WW Veggie Tacos<br/>Al Pastor (V/VG)<br/>Black Beans w/ Tomato<br/>&amp; Corn Salad<br/>Sour Cream (ss)<br/>Fruit Punch Juice<br/>Choice of Milk</p> | <p>07/04/2024</p> <p>NO SCHOOL TODAY</p>  | <p>07/05/2024</p> <p>Breaded Chicken Nuggets<br/>Veggie Nuggets<br/>w/ WG Roll (V/VG)<br/>Potato French Fries<br/>Ketchup (ss)<br/>Apples<br/>Choice of Milk</p>                               |
| <p>07/08/2024</p> <p>Tomato N' Cheese Pasta(V)<br/>Apples<br/>Choice of Milk</p>   | <p>07/09/2024</p> <p>Chicken Caesar WW Wrap<br/>Chicken Meatless<br/>Caesar WW Wrap (V)<br/>Celery Sticks<br/>Fruit Punch Juice<br/>Choice of Milk</p>  | <p>07/10/2024</p> <p>WW Chicken Fajitas<br/>Ck. Meatless Fajita(V/VG)<br/>Corn Pico de Gallo<br/>Sour Cream (ss)<br/>Fresh Pears<br/>Choice of Milk</p>   | <p>07/11/2024</p> <p>Chicken Stir-Fry Rice<br/>w/ Broccoli &amp; Carrots<br/>Veggie Stir-Fry Rice<br/>w/ Broccoli &amp; Carrots<br/>Fresh Tangerines<br/>Choice of Milk</p> | <p>07/12/2024</p> <p>Cheese Lunch Pizza w/<br/>Chicken &amp; Beef Pepperoni<br/>WG Cheese Pizza (V)<br/>Balela Salad w/ Garbanzo,<br/>Tomato &amp; Cucumber<br/>Bananas<br/>Choice of Milk</p> |
| <p>07/15/2024</p> <p>Chicken Parmesan<br/>Ck. Meatless Parmesan(V)<br/>Steamed Brown Rice<br/>Sweet Creamy Coleslaw<br/>Fresh Pears<br/>Choice of Milk</p>                             | <p>07/16/2024</p> <p>Creamy Cilantro Lime<br/>Chicken WW Burrito<br/>Veggie WW Burrito (V)<br/>Broccoli Florets<br/>Fresh Tangerines<br/>Choice of Milk</p>   | <p>07/17/2024</p> <p>BYO Turkey Nachos<br/>BYO Meatless Nachos<br/>Pico de Gallo w/<br/>Tomatoes &amp; Onions<br/>Sour Cream (ss)<br/>Bananas<br/>Choice of Milk</p>  | <p>07/18/2024</p> <p>Chicken Meatballs w/<br/>Brown Rice &amp; Bk. Beans<br/>Veggie Meatballs w/<br/>Brown Rice &amp; Beans (V/VG)<br/>Apples<br/>Choice of Milk</p>        | <p>07/19/2024</p> <p>Buffalo Chicken<br/>WG Mac &amp; Cheese<br/>Buffalo Chicken Meatless<br/>WG Mac &amp; Cheese (V)<br/>Garlic Roasted Potatoes<br/>Cranberry Juice<br/>Choice of Milk</p>   |
| <p>07/22/2024</p> <p>NO SCHOOL TODAY</p>   | <p>07/23/2024</p> <p>NO SCHOOL TODAY</p>  | <p>07/24/2024</p> <p>NO SCHOOL TODAY</p>  | <p>07/25/2024</p> <p>NO SCHOOL TODAY</p>  | <p>07/26/2024</p> <p>NO SCHOOL TODAY</p>   |
| <p>07/29/2024</p> <p>NO SCHOOL TODAY</p>   | <p>07/30/2024</p> <p>NO SCHOOL TODAY</p>  | <p>07/31/2024</p> <p>NO SCHOOL TODAY</p>  | <p>08/01/2024</p> <p>NO SCHOOL TODAY</p>  | <p>08/02/2024</p> <p>NO SCHOOL TODAY</p>   |

**PreK 3/4 servings must include 6 oz of unflavored skim and 1% milk. 1-1.5 M/MA, 1/2 serving of grain, 1/4 cup of fruit and 1/4 cup of vegetables. PreK will always have sliced or finely chopped fruits.**

**\* MEALS ONLY FOR PreK**

**\*\* Denotes meal 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 (MD/PA/VA), Watermelon (DE), Sweet Potatoes (NC), Broccoli (MD/PA/DE), Kale (MD/NC), Tomato (DE/MD), Onions (VA/ MD), Potatoes (VA/DE/MD), Cabbage (NC,PA/VA, Green Beans (VA/DE), Cucumbers (VA/MD/PA/NC), Spinach (NJ/MD), Cauliflower (MD/PA).**

**Available Choice of Milk: Unflavored 1%, Skim unflavored, 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**

**Please reach out to us if you have questions or comments at [menu@luncherasdisi.com](mailto:menu@luncherasdisi.com)**

Jun 10, 2024

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jul 1, 2024 to Jul 5, 2024

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

| Nutrient      | Average   | % of Cals | Weekly Target | % of Target <sup>1</sup> | Shortfall <sup>1</sup> | Overage <sup>1</sup> | Missing Data |
|---------------|-----------|-----------|---------------|--------------------------|------------------------|----------------------|--------------|
| Calories      | 613       |           | 600-650       | 100%                     |                        |                      |              |
| Saturated Fat | 5.61 g    | 8.24%     | <10.000%      |                          |                        |                      |              |
| Sodium        | 897 mg    |           | 1110          | 81%                      |                        |                      |              |
| Total Sugars  | *30 g     | *19.6%    |               |                          |                        |                      | *            |
| Added Sugars  | *0 g      | *0.0%     |               |                          |                        |                      | *            |
| Total Fat     | 20.62 g   | 30.3%     |               |                          |                        |                      |              |
| Trans Fat     | *0.00 g   | *0.0%     |               |                          |                        |                      | *            |
| Cholesterol   | 76 mg     |           |               |                          |                        |                      |              |
| Carbohydrate  | 76.12 g   | 49.7%     |               |                          |                        |                      |              |
| Fiber         | 9.50 g    |           |               |                          |                        |                      |              |
| Protein       | *35.69 g  | *23.3%    |               |                          |                        |                      | *            |
| Vitamin A     | *1524 IU  |           |               |                          |                        |                      | *            |
| Calcium       | *209.2 mg |           |               |                          |                        |                      | *            |
| Vitamin C     | *34.86 mg |           |               |                          |                        |                      | *            |
| Iron          | *7.41 mg  |           |               |                          |                        |                      | *            |

<sup>1</sup>- 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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# Luncheras Di Si

## Weekly Certification Worksheet

E.L Haynes PCS - PreK (3/4) to 8 - Lunch

Lunch K-8 (age 5-13)

Week of 7/1/2024

| 4 Day Week   | Mon<br>07/01/24           | Tue<br>07/02/24 | Wed<br>07/03/24                           | Fri<br>07/05/24 |                                |         |  | Weekly<br>Total | Weekly<br>Rqmt.         | Weekly<br>Rqmt.<br>Check | Weekly Fruit<br>Juice Limit<br>Check (no<br>more than<br>half of<br>Total Fruit) | Total<br>Weekly<br>Fruit | Total<br>Weekly<br>Fruit<br>Juice | % of Total<br>Weekly<br>Fruit that<br>is Juice   | Weekly<br>Rqmt.<br>Check |
|--|---------------------------|-----------------|---|-----------------|--------------------------------|---------|--|-----------------|-------------------------|--------------------------|--|--------------------------|-----------------------------------|--|--------------------------|
|  | Fruit: Minimum (cups)     | 0.5             | 0.5                                       | 0.5             | 0.5                            |         |  |                 | 2                       | 2                        | Yes  |                          | 2                                 | 0.5  | 25%                      |
| Vegetables: Minimum (cups)   | 0.75                      | 1               | 0.75                                      | 0.75            |                                |         |  | 3.25            | 3                       | Yes                      | Weekly<br>Veg. Juice<br>Limit Check<br>(no more than<br>half of Total<br>Veg.)   | Total<br>Weekly<br>Veg.  | Total<br>Weekly<br>Veg.<br>Juice  | % of Total<br>Weekly<br>Veg.<br>that is<br>Juice | Weekly<br>Rqmt.<br>Check |
| -Dark Green  | 0                         | 0.5             | 0   | 0               |                                |         |  | 0.5             | 0.5                     | Yes                      |  |                          |                                   |  |                          |
| -Red/Orange  | 0.75                      | 0               | 0   | 0               |                                |         |  | 0.75            | 0.75                    | Yes                      |  |                          |                                   |  |                          |
| -Beans & Peas (Legumes)  | 0                         | 0               | 0.5                                       | 0               |                                |         |  | 0.5             | 0.5                     | Yes                      |  |                          |                                   |  |                          |
| -Starchy   | 0                         | 0               | 0.25                                      | 0.75            |                                |         |  | 1               | 0.5                     | Yes                      |  |                          |                                   |  |                          |
| -Other   | 0                         | 0.5             | 0   | 0               |                                |         |  | 0.5             | 0.5                     | Yes                      |  |                          |                                   |  |                          |
|  |                           |                 |   |                 |                                |         |  |                 |                         |                          | 3.25   | 0                        | 0%                                | Yes  |                          |
| Meat/Meat Alt: Minimum (oz eq)   | 2                         | 2               | 2   | 2               |                                |         |  | 8               | 7                       | Yes                      |  |                          |                                   |  |                          |
| Meat/Meat Alt: Maximum (oz eq)   | 2                         | 2               | 2   | 2               |                                |         |  | 8               | 8                       | Yes                      |  |                          |                                   |  |                          |
| Grain: Minimum (oz eq)   | 2                         | 2               | 2   | 1               |                                |         |  | 7               | 6.5                     | Yes                      |  |                          |                                   |  |                          |
| Grain: Maximum (oz eq)   | 2                         | 2               | 2   | 1               |                                |         |  | 7               | 7                       | Yes                      |  |                          |                                   |  |                          |
| Grain Based Dessert Total for all weekly meals   |                           |                 |   |                 |                                |         |  | 0               | No more<br>than 2 oz    | Yes                      |  |                          |                                   |  |                          |
| Whole Grain Rich Weekly Amount   | Weekly<br>Grains<br>Total | 7               | Weekly<br>Whole<br>Grain<br>Rich<br>Total | 9               | % of<br>Whole<br>Grain<br>Rich | 128.57% |  |                 | 80% Whole<br>Grain Rich | Yes                      |  |                          |                                   |  |                          |
|  | Mon<br>07/01/24           | Tue<br>07/02/24 | Wed<br>07/03/24                           | Fri<br>07/05/24 |                                |         |  | Weekly<br>Total | Weekly<br>Rqmt.         | Weekly<br>Rqmt.<br>Check |  |                          |                                   |  |                          |
| Milk: Minimum (cups)   | 2                         | 2               | 2   | 2               |                                |         |  | 8               | 4                       | Yes                      |  |                          |                                   |  |                          |
| Variety: Skim/Fat-free<br>unflavored, Skim/fat-free<br>flavored, Low-fat(1% or less)<br>unflavored, Low-fat(1% or less),<br>flavored | Yes                       | Yes             | Yes                                       | Yes             |                                |         |  |                 |                         |                          |  |                          |                                   |  |                          |
| Reduced fat(2%) or whole,<br>unflavored and flavored   |                           |                 |   |                 |                                |         |  |                 |                         |                          |  |                          |                                   |  |                          |

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

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jul 8, 2024 to Jul 12, 2024

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

| Nutrient      | Average   | % of Cals | Weekly Target | % of Target <sup>1</sup> | Shortfall <sup>1</sup> | Overage <sup>1</sup> | Missing Data |
|---------------|-----------|-----------|---------------|--------------------------|------------------------|----------------------|--------------|
| Calories      | 601       |           | 600-650       | 100%                     |                        |                      |              |
| Saturated Fat | 4.58 g    | 6.86%     | <10.000%      |                          |                        |                      |              |
| Sodium        | 820 mg    |           | 1110          | 74%                      |                        |                      |              |
| Total Sugars  | *30 g     | *20.0%    |               |                          |                        |                      | *            |
| Added Sugars  | *0 g      | *0.0%     |               |                          |                        |                      | *            |
| Total Fat     | 14.39 g   | 21.5%     |               |                          |                        |                      |              |
| Trans Fat     | *0.00 g   | *0.0%     |               |                          |                        |                      | *            |
| Cholesterol   | *83 mg    |           |               |                          |                        |                      | *            |
| Carbohydrate  | 84.09 g   | 56.0%     |               |                          |                        |                      |              |
| Fiber         | 10.18 g   |           |               |                          |                        |                      |              |
| Protein       | 34.00 g   | 22.6%     |               |                          |                        |                      |              |
| Vitamin A     | *4848 IU  |           |               |                          |                        |                      | *            |
| Calcium       | *136.9 mg |           |               |                          |                        |                      | *            |
| Vitamin C     | *32.96 mg |           |               |                          |                        |                      | *            |
| Iron          | *16.30 mg |           |               |                          |                        |                      | *            |

<sup>1</sup>- Data comparisons are not available for date ranges outside of a valid menu week.

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

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# Luncheras Di Si

## Weekly Certification Worksheet

E.L Haynes PCS - PreK (3/4) to 8 - Lunch

Lunch K-8 (age 5-13)

Week of 7/8/2024

| 5 Day Week   | Mon<br>07/08/24           | Tue<br>07/09/24 | Wed<br>07/10/24                           | Thu<br>07/11/24 | Fri<br>07/12/24                |      |  | Weekly<br>Total | Weekly<br>Rqmt.         | Weekly<br>Rqmt.<br>Check | Weekly Fruit<br>Juice Limit<br>Check (no<br>more than<br>half of<br>Total Fruit) | Total<br>Weekly<br>Fruit | Total<br>Weekly<br>Fruit<br>Juice | % of Total<br>Weekly<br>Fruit that<br>is Juice   | Weekly<br>Rqmt.<br>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                      | 1               | 0.75                                      | 0.75            | 0.875                          |      |  | 4.125           | 3.75                    | Yes                      | Weekly<br>Veg. Juice<br>Limit Check<br>(no more than<br>half of Total<br>Veg.)   | Total<br>Weekly<br>Veg.  | Total<br>Weekly<br>Veg.<br>Juice  | % of Total<br>Weekly<br>Veg.<br>that is<br>Juice | Weekly<br>Rqmt.<br>Check |
| -Dark Green  | 0                         | 0.5             | 0   | 0.5             | 0                              |      |  | 1               | 0.5                     | Yes                      |  |                          |                                   |  |                          |
| -Red/Orange  | 0.75                      | 0               | 0.25                                      | 0.25            | 0.25                           |      |  | 1.5             | 0.75                    | Yes                      |  |                          |                                   |  |                          |
| -Beans & Peas (Legumes)  | 0                         | 0               | 0   | 0               | 0.5                            |      |  | 0.5             | 0.5                     | Yes                      |  |                          |                                   |  |                          |
| -Starchy   | 0                         | 0               | 0.5                                       | 0               | 0                              |      |  | 0.5             | 0.5                     | Yes                      |  |                          |                                   |  |                          |
| -Other   | 0                         | 0.5             | 0   | 0               | 0.125                          |      |  | 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                         | 2.25            | 2   | 2               | 2                              |      |  | 10.25           | 8                       | Yes                      |  |                          |                                   |  |                          |
| Grain: Maximum (oz eq)   | 2                         | 2.25            | 2   | 2               | 2                              |      |  | 10.25           | 9                       | OVER                     |  |                          |                                   |  |                          |
| Grain Based Dessert Total for all weekly meals   |                           |                 |   |                 |                                |      |  | 0               | No more<br>than 2 oz    | Yes                      |  |                          |                                   |  |                          |
| Whole Grain Rich Weekly Amount   | Weekly<br>Grains<br>Total | 10.25           | Weekly<br>Whole<br>Grain<br>Rich<br>Total | 10.25           | % of<br>Whole<br>Grain<br>Rich | 100% |  |                 | 80% Whole<br>Grain Rich | Yes                      |  |                          |                                   |  |                          |
|  | Mon<br>07/08/24           | Tue<br>07/09/24 | Wed<br>07/10/24                           | Thu<br>07/11/24 | Fri<br>07/12/24                |      |  | Weekly<br>Total | Weekly<br>Rqmt.         | Weekly<br>Rqmt.<br>Check |  |                          |                                   |  |                          |
| Milk: Minimum (cups)   | 2                         | 2               | 2   | 2               | 2                              |      |  | 10              | 5                       | Yes                      |  |                          |                                   |  |                          |
| Variety: Skim/Fat-free<br>unflavored, Skim/fat-free<br>flavored, Low-fat(1% or less)<br>unflavored, Low-fat(1% or less),<br>flavored | Yes                       | Yes             | Yes                                       | Yes             | Yes                            |      |  |                 |                         |                          |  |                          |                                   |  |                          |
| Reduced fat(2%) or whole,<br>unflavored and flavored   |                           |                 |   |                 |                                |      |  |                 |                         |                          |  |                          |                                   |  |                          |

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

## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Jul 15, 2024 to Jul 19, 2024

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

| Nutrient      | Average   | % of Cals | Weekly Target | % of Target <sup>1</sup> | Shortfall <sup>1</sup> | Overage <sup>1</sup> | Missing Data |
|---------------|-----------|-----------|---------------|--------------------------|------------------------|----------------------|--------------|
| Calories      | 616       |           | 600-650       | 100%                     |                        |                      |              |
| Saturated Fat | 5.56 g    | 8.12%     | <10.000%      |                          |                        |                      |              |
| Sodium        | 603 mg    |           | 1110          | 54%                      |                        |                      |              |
| Total Sugars  | *29 g     | *18.8%    |               |                          |                        |                      | *            |
| Added Sugars  | *0 g      | *0.0%     |               |                          |                        |                      | *            |
| Total Fat     | 17.51 g   | 25.6%     |               |                          |                        |                      |              |
| Trans Fat     | *0.00 g   | *0.0%     |               |                          |                        |                      | *            |
| Cholesterol   | 73 mg     |           |               |                          |                        |                      |              |
| Carbohydrate  | 82.24 g   | 53.4%     |               |                          |                        |                      |              |
| Fiber         | 8.37 g    |           |               |                          |                        |                      |              |
| Protein       | 33.34 g   | 21.6%     |               |                          |                        |                      |              |
| Vitamin A     | *2607 IU  |           |               |                          |                        |                      | *            |
| Calcium       | *176.3 mg |           |               |                          |                        |                      | *            |
| Vitamin C     | *56.21 mg |           |               |                          |                        |                      | *            |
| Iron          | *8.22 mg  |           |               |                          |                        |                      | *            |

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

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# Luncheras Di Si

## Weekly Certification Worksheet

E.L Haynes PCS - PreK (3/4) to 8 - Lunch

Lunch K-8 (age 5-13)

Week of 7/15/2024

| 5 Day Week   | Mon<br>07/15/24           | Tue<br>07/16/24 | Wed<br>07/17/24                           | Thu<br>07/18/24 | Fri<br>07/19/24                |      |  | Weekly<br>Total | Weekly<br>Rqmt.         | Weekly<br>Rqmt.<br>Check | Weekly Fruit<br>Juice Limit<br>Check (no<br>more than<br>half of<br>Total Fruit) | Total<br>Weekly<br>Fruit | Total<br>Weekly<br>Fruit<br>Juice | % of Total<br>Weekly<br>Fruit that<br>is Juice   | Weekly<br>Rqmt.<br>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<br>Veg. Juice<br>Limit Check<br>(no more than<br>half of Total<br>Veg.)   | Total<br>Weekly<br>Veg.  | Total<br>Weekly<br>Veg.<br>Juice  | % of Total<br>Weekly<br>Veg.<br>that is<br>Juice | Weekly<br>Rqmt.<br>Check |
| -Dark Green  | 0                         | 0.75            | 0   | 0               | 0                              |      |  | 0.75            | 0.5                     | Yes                      |  |                          |                                   |  |                          |
| -Red/Orange  | 0.5                       | 0               | 0.25                                      | 0.25            | 0                              |      |  | 1               | 0.75                    | Yes                      |  |                          |                                   |  |                          |
| -Beans & Peas (Legumes)  | 0                         | 0               | 0   | 0.5             | 0                              |      |  | 0.5             | 0.5                     | Yes                      |  |                          |                                   |  |                          |
| -Starchy   | 0                         | 0               | 0   | 0               | 0.75                           |      |  | 0.75            | 0.5                     | Yes                      |  |                          |                                   |  |                          |
| -Other   | 0.25                      | 0               | 0.5                                       | 0               | 0                              |      |  | 0.75            | 0.5                     | Yes                      |  |                          |                                   |  |                          |
|  |                           |                 |   |                 |                                |      |  |                 |                         |                          | 3.75   | 0                        | 0%                                | Yes  |                          |
| Meat/Meat Alt: Minimum (oz eq)   | 2.5                       | 2               | 2   | 2               | 2                              |      |  | 10.5            | 9                       | Yes                      |  |                          |                                   |  |                          |
| Meat/Meat Alt: Maximum (oz eq)   | 2.5                       | 2               | 2   | 2               | 2                              |      |  | 10.5            | 10                      | OVER                     |  |                          |                                   |  |                          |
| Grain: Minimum (oz eq)   | 1.75                      | 2.25            | 1.25                                      | 2               | 2                              |      |  | 9.25            | 8                       | Yes                      |  |                          |                                   |  |                          |
| Grain: Maximum (oz eq)   | 1.75                      | 2.25            | 1.25                                      | 2               | 2                              |      |  | 9.25            | 9                       | OVER                     |  |                          |                                   |  |                          |
| Grain Based Dessert Total for all weekly meals   |                           |                 |   |                 |                                |      |  | 0               | No more<br>than 2 oz    | Yes                      |  |                          |                                   |  |                          |
| Whole Grain Rich Weekly Amount   | Weekly<br>Grains<br>Total | 9.25            | Weekly<br>Whole<br>Grain<br>Rich<br>Total | 9.25            | % of<br>Whole<br>Grain<br>Rich | 100% |  |                 | 80% Whole<br>Grain Rich | Yes                      |  |                          |                                   |  |                          |
|  | Mon<br>07/15/24           | Tue<br>07/16/24 | Wed<br>07/17/24                           | Thu<br>07/18/24 | Fri<br>07/19/24                |      |  | Weekly<br>Total | Weekly<br>Rqmt.         | Weekly<br>Rqmt.<br>Check |  |                          |                                   |  |                          |
| Milk: Minimum (cups)   | 2                         | 2               | 2   | 2               | 2                              |      |  | 10              | 5                       | Yes                      |  |                          |                                   |  |                          |
| Variety: Skim/Fat-free<br>unflavored, Skim/fat-free<br>flavored, Low-fat(1% or less)<br>unflavored, Low-fat(1% or less),<br>flavored | Yes                       | Yes             | Yes                                       | Yes             | Yes                            |      |  |                 |                         |                          |  |                          |                                   |  |                          |
| Reduced fat(2%) or whole,<br>unflavored and flavored   |                           |                 |   |                 |                                |      |  |                 |                         |                          |  |                          |                                   |  |                          |

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