



Milk, grain, fruit, meat or meat alternative

BREAKFAST



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>03/02/2026</p> <p>Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk</p>	<p>03/03/2026</p> <p>WG Pancakes Buttermilk Maple Cinnamon (V) Syrup Maple (ss) Fresh Tangerines Choice of Milk</p>	<p>03/04/2026</p> <p>Baked French Toast WW Muffin (V) Mozzarella Cheese Stick** Grape Juice Choice of Milk</p>	<p>03/05/2026</p> <p>WG English Muffin (V) & Cream Cheese Bananas Choice of Milk</p>	<p>03/06/2026</p> <p>One-Pan Breakfast Potato, Egg Scramble & Roll (V) Fresh Apples Choice of Milk</p>
<p>03/09/2026</p> <p>WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Fruit Punch Juice Choice of Milk</p>	<p>03/10/2026</p> <p>Egg Cheese Bite Round (V) WG Biscuit Fresh Pears Choice of Milk</p>	<p>03/11/2026</p> <p>Chocolate Chip Oatmeal Muffin (V) Fresh Apples Choice of Milk</p>	<p>03/12/2026</p> <p>Yoplait Yogurt & Granola (V) Bananas Choice of Milk</p>	<p>03/13/2026</p> <p>Peachy WG Cinnamon Roll Cobbler (V) Cranberry Juice Choice of Milk</p>
<p>03/16/2026</p> <p>Cereal Cheerios Honey Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p>03/17/2026</p> <p>Whole Grain Pancakes (V) Syrup Maple (ss) Bananas Choice of Milk</p>	<p>03/18/2026</p> <p>Turkey Sausage WG Pizza Breakfast Cheese WG Pizza Break.(V) Fresh Pears Choice of Milk</p>	<p>03/19/2026</p> <p>WG Apple Cinnan. Muffin-V Mozzarella Cheese Stick** Grape Juice Choice of Milk</p>	<p>03/20/2026</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Fresh Tangerines Choice of Milk</p>
<p>03/23/2026</p> <p>Eggo Mini Pancakes Blueberry Maple Syrup (ss) Fruit Punch Juice Choice of Milk</p>	<p>03/24/2026</p> <p>Cinn. Raisin WG Bagel(VG) Cream Cheese Jelly (ss) Fresh Pears Choice of Milk</p>	<p>03/25/2026</p> <p>WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Taco Bk. w/Tofu,Vegan Ch. & Veggie Crumbles (V/VG) Fresh Apples Choice of Milk</p>	<p>03/26/2026</p> <p>Waffle Omelet w/ Cheese & Turkey Bacon Waffle Omelet w/Cheese(V) WG Roll Bananas Choice of Milk</p>	<p>03/27/2026</p> <p>WG Biscuit & Turkey Sausage Link Veggie Patty & Biscuit -V Egg Cheese Bite Round (V) Cranberry Juice Choice of Milk</p>
<p>03/30/2026</p> <p>NO SCHOOL TODAY</p>	<p>03/31/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/01/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/02/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/03/2026</p> <p>NO SCHOOL TODAY</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 (NC)**

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

WG = Whole Grain WW = Whole Wheat

Luncheras Di Si

Nutrient Breakdown Summary Report

From Mar 2, 2026 to Mar 6, 2026

78 - HHFKA Breakfast K-12 (age 5-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	457		450-500	100%			
Saturated Fat	3.16 g	6.22%	<10.000%				
Sodium	475 mg		540	88%			
Total Sugars	*47 g	*41.5%					*
Added Sugars	*7.48 g	*6.5%	<10.000%				*
Total Fat	8.35 g	16.4%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	77 mg						
Carbohydrate	81.24 g	71.1%					
Fiber	6.78 g						
Protein	18.94 g	16.6%					
Vitamin A	*50 mcg RA E						*
Calcium	*382.5 mg						*
Vitamin C	*23.56 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

Added Sugars target is informational only, with an effective date of July 1, 2027.

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

Nutrient Breakdown Summary Report

From Mar 2, 2026 to Mar 6, 2026

78 - HHFKA Breakfast K-12 (age 5-18)

Iron	*5.04 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

Added Sugars target is informational only, with an effective date of July 1, 2027.

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 PG/BALTIMORE - K-12 Breakfast

Breakfast K-12 (age 5-18)

Week of 3/2/2026

5 Day Week	Mon 03/02/26	Tue 03/03/26	Wed 03/04/26	Thu 03/05/26	Fri 03/06/26			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, and Lentils	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	2	2.5	2	3			11.5	9	Yes					
Grain: Maximum (oz eq)	2	2	2.5	2	3			11.5	10	OVER					
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	7	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 03/02/26	Tue 03/03/26	Wed 03/04/26	Thu 03/05/26	Fri 03/06/26			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 Mar 9, 2026 to Mar 12, 2026

78 - HHFKA Breakfast K-12 (age 5-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	452		450-500	100%			
Saturated Fat	4.23 g	8.42%	<10.000%				
Sodium	478 mg		540	89%			
Total Sugars	*47 g	*41.6%					*
Added Sugars	*7.71 g	*6.8%	<10.000%				*
Total Fat	15.81 g	31.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	54 mg						
Carbohydrate	77.99 g	69.0%					
Fiber	5.70 g						
Protein	18.22 g	16.1%					
Vitamin A	*22 mcg RA E						*
Calcium	*395.3 mg						*
Vitamin C	*8.44 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

Added Sugars target is informational only, with an effective date of July 1, 2027.

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

Nutrient Breakdown Summary Report

From Mar 9, 2026 to Mar 12, 2026

78 - HHFKA Breakfast K-12 (age 5-18)

Iron	*5.62 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

Added Sugars target is informational only, with an effective date of July 1, 2027.

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 PG/BALTIMORE - K-12 Breakfast

Breakfast K-12 (age 5-18)

Week of 3/9/2026

5 Day Week	Mon 03/09/26	Tue 03/10/26	Wed 03/11/26	Thu 03/12/26	Fri 03/13/26			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	1.5	30%	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, and Lentils	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	2.5	1	2	2			9.5	9	Yes					
Grain: Maximum (oz eq)	2	2.5	1	2	2			9.5	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 03/09/26	Tue 03/10/26	Wed 03/11/26	Thu 03/12/26	Fri 03/13/26			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 Mar 16, 2026 to Mar 20, 2026

78 - HHFKA Breakfast K-12 (age 5-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	450		450-500	100%			
Saturated Fat	1.88 g	3.76%	<10.000%				
Sodium	438 mg		540	81%			
Total Sugars	*48 g	*42.6%					*
Added Sugars	*7.08 g	*6.3%	<10.000%				*
Total Fat	6.49 g	13.0%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	20 mg						
Carbohydrate	83.85 g	74.5%					
Fiber	6.76 g						
Protein	16.68 g	14.8%					
Vitamin A	*34 mcg RA E						*
Calcium	373.7 mg						
Vitamin C	*21.09 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

Added Sugars target is informational only, with an effective date of July 1, 2027.

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

Nutrient Breakdown Summary Report

From Mar 16, 2026 to Mar 20, 2026

78 - HHFKA Breakfast K-12 (age 5-18)

Iron	*5.92 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

Added Sugars target is informational only, with an effective date of July 1, 2027.

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 PG/BALTIMORE - K-12 Breakfast

Breakfast K-12 (age 5-18)

Week of 3/16/2026

5 Day Week	Mon 03/16/26	Tue 03/17/26	Wed 03/18/26	Thu 03/19/26	Fri 03/20/26			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, and Lentils	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	2	2.5	2	1.75			10.25	9	Yes					
Grain: Maximum (oz eq)	2	2	2.5	2	1.75			10.25	10	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	7.25	Weekly Whole Grain Rich Total	7.25	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 03/16/26	Tue 03/17/26	Wed 03/18/26	Thu 03/19/26	Fri 03/20/26			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 Mar 23, 2026 to Mar 27, 2026

78 - HHFKA Breakfast K-12 (age 5-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	469		450-500	100%			
Saturated Fat	4.50 g	8.64%	<10.000%				
Sodium	515 mg		540	95%			
Total Sugars	*44 g	*37.7%					*
Added Sugars	*6.20 g	*5.3%	<10.000%				*
Total Fat	10.67 g	20.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	81 mg						
Carbohydrate	74.97 g	63.9%					
Fiber	*5.50 g						*
Protein	19.64 g	16.8%					
Vitamin A	*18 mcg RA E						*
Calcium	*362.0 mg						*
Vitamin C	*6.78 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

Added Sugars target is informational only, with an effective date of July 1, 2027.

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

Nutrient Breakdown Summary Report

From Mar 23, 2026 to Mar 27, 2026

78 - HHFKA Breakfast K-12 (age 5-18)

Iron	*8.14 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

Added Sugars target is informational only, with an effective date of July 1, 2027.

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 PG/BALTIMORE - K-12 Breakfast

Breakfast K-12 (age 5-18)

Week of 3/23/2026

5 Day Week	Mon 03/23/26	Tue 03/24/26	Wed 03/25/26	Thu 03/26/26	Fri 03/27/26			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	2	40%	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, and Lentils	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	2			2	N/A	N/A					
Meat/Meat Alt: Maximum (oz eq)	0	0	0	0	2			2	N/A	N/A					
Grain: Minimum (oz eq)	2	2	3	2	2.5			11.5	9	Yes					
Grain: Maximum (oz eq)	2	2	3	2	2.5			11.5	10	OVER					
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	7	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 03/23/26	Tue 03/24/26	Wed 03/25/26	Thu 03/26/26	Fri 03/27/26			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!