



Spring/Early Fall - LUNCH  
The Children's Guild PG/ BALTIMORE- K-8 Lunch

Milk, grain, fruit, vegetables,  
meat or meat alternative

# LUNCH



Menu subject to change. For any feedback please  
contact us directly at [menu@luncherasdisi.com](mailto:menu@luncherasdisi.com)

## Monday

03/02/2026

Turkey Latin  
Br. Rice & Bl. Beans  
Veggie Latin Rice  
& Bl. Beans (V/VG)  
Apples  
Choice of Milk

## Tuesday

03/03/2026

Cheese Lunch Pizza w/  
Chicken & Beef Pepperoni  
Cheese Lunch Pizza (V)  
Roasted Potatoes  
Bananas  
Choice of Milk

## Wednesday

03/04/2026

Grilled Chicken  
over Brown Rice  
Grilled Chicken Meatless  
over Brown Rice (VG/DF)  
Romaine, Tomato  
& Onion Salad  
Vinaigrette Balsamic SS  
Fresh Oranges  
Choice of Milk

## Thursday

03/05/2026

Crispy Chicken Burger  
Vegan Burger (V/VG)  
Ketchup (ss)  
Roasted Sweet Potatoes  
& Cauliflower  
Fresh Strawberries  
Choice of Milk

## Friday

03/06/2026

Chili Flavor Turkey  
Tomato Macaroni  
Chili Flavor Meatless  
Tomato Macaroni (V/VG)  
Fruit Punch Juice  
Choice of Milk

03/09/2026

Jerk Chicken & Brown Rice  
Jerk Chicken Meatless  
& Brown Rice (V/VG)  
Sauted Collards Green  
Apples  
Choice of Milk

03/10/2026

Golden Crispy Chicken Tenders  
Breaded Veggie Tender  
w/ WG Roll (V/VG)  
Garlic Roasted Potatoes  
BBQ Sauce (ss)  
Bananas  
Choice of Milk

03/11/2026

Chicken Enchiladas  
Veggie Enchiladas (V)  
Black Beans w/ Tomato  
& Corn Salad  
Fresh Pears  
Choice of Milk

03/12/2026

Buffalo Chicken  
WG Mac & Cheese  
Buffalo Chicken Meatless  
WG Mac & Cheese (V)  
Kale Salad w/ Cucumber  
& Tomatoes (V/VG)  
Fruit Punch Juice  
Choice of Milk

03/13/2026

Turkey Hot Dog\*\*  
on a WG Bun  
Vegan Burger (V/VG)  
Roasted Sweet Potatoes  
Ketchup (ss)  
Fresh Tangerines  
Choice of Milk

03/16/2026

Corn Dog Chicken Mini WG  
Veggie Nuggets  
w/ WG Roll (V/VG)  
WG Biscuit  
Green Beans & Corn Medley  
Ketchup (ss)  
Fresh Pears  
Choice of Milk

03/17/2026

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

03/18/2026

Chipotle BBQ Pulled  
Chicken WG Slider  
Chipotle BBQ Meatless  
WG Slider (V/VG)  
Sweet Creamy Coleslaw  
Fresh Oranges  
Choice of Milk

03/19/2026

Baked Chicken WG Penne  
Pasta w/ Zucchini  
Baked Chicken Meatless  
WG Pasta w/Zuch. (V/VG)  
Bananas  
Choice of Milk

03/20/2026

Stuffed Crust Pizza  
w/ Cheese (V)  
Collards Green  
& Tomato Salad  
Fruit Punch Juice  
Choice of Milk

03/23/2026

Chinese Chicken Fried  
Rice w/Corn, Peas, G Beans  
Veggie Fried Rice w/  
Carrot, Corn, Peas, G Beans  
Apples  
Choice of Milk

03/24/2026

Breaded Chicken Nuggets  
Veggie Nuggets  
w/ WG Roll (V/VG)  
Roasted Broccoli  
& Potato Medley  
Honey Mustard Sauce (ss)  
Fresh Oranges  
Choice of Milk

03/25/2026

WW Turkey Tacos  
Al Pastor  
WW Veggie Tacos  
Al Pastor (V/VG)  
Black Beans w/ Tomato  
& Corn Salad  
Sour Cream (ss)  
Bananas  
Choice of Milk

03/26/2026

Chicken & Tk. Bacon WG  
Pasta w/Tomato & Spinach  
Chicken Meatless WG Pasta  
w/Tomato & Spinach (V)  
Grape Juice  
Choice of Milk

03/27/2026

BYO Turkey Nachos  
w/ Corn Tortilla Chips  
BYO Meatless WG Pasta  
w/ Corn Tortillas Chips  
Pico de Gallo  
Sour Cream (ss)  
Fresh Pears  
Choice of Milk

03/30/2026

NO SCHOOL TODAY

03/31/2026

NO SCHOOL TODAY

04/01/2026

NO SCHOOL TODAY

04/02/2026

NO SCHOOL TODAY

04/03/2026

NO SCHOOL TODAY

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), Cucumbers (DE,VA,DE,MD,PA), Romaine Lettuce (PA, MD), Spinach (MD), Peppers (DE,VA,PA,MD), Broccoli (VA,PA), Potato (MD,PA), Collards Green (NC), Kale (MD,NC,NJ), Cabbage, (VA,MD,PA,DE,VA), Sweet Potato (NC), Tomato (MD,DE,PA,VA,NC),Cauliflower (PA,MD), Eggplant (VA,PA,NJ,DE/MD), Zucchini (NC), Carrots (PA,NJ,MD), Onions (PA), Squash summer (NC,VA,MD,PA,DE)**

**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

84 - 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	650		600-650	100%			
Saturated Fat	3.91 g	5.41%	<10.000%				
Sodium	815 mg		1110	73%			
Total Sugars	*29 g	*18.0%					*
Added Sugars	*1.18 g	*0.7%	<10.000%				*
Total Fat	17.74 g	24.6%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	62 mg						
Carbohydrate	88.52 g	54.5%					
Fiber	10.14 g						
Protein	35.26 g	21.7%					
Vitamin A	*126 mcg RA E						*
Calcium	*429.9 mg						*
Vitamin C	*49.60 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

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

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## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Mar 2, 2026 to Mar 6, 2026

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

Iron	*9.94 mg						*
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# Luncheras Di Si

## Weekly Certification Worksheet

The Children's Guild PG/ BALTIMORE- K-8 Lunch

Lunch K-8 (age 5-13)

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)	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	0	0.5	0	0			0.5	0.5	Yes					
-Red/Orange	0.25	0.125	0.25	0.25	0.75			1.625	0.75	Yes					
-Beans, Peas, and Lentils	0.5	0	0	0	0			0.5	0.5	Yes					
-Starchy	0	0.75	0	0	0			0.75	0.5	Yes					
-Other	0	0	0	0.5	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)	1.75	2	2	3	2			10.75	8	Yes					
Grain: Maximum (oz eq)	1.75	2	2	3	2			10.75	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	10.75	Weekly Whole Grain Rich Total	10.75	% 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 13, 2026

84 - 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	649		600-650	100%			
Saturated Fat	4.03 g	5.59%	<10.000%				
Sodium	830 mg		1110	75%			
Total Sugars	*32 g	*19.7%					*
Added Sugars	*1.47 g	*0.9%	<10.000%				*
Total Fat	17.04 g	23.6%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	55 mg						
Carbohydrate	93.37 g	57.5%					
Fiber	10.18 g						
Protein	33.00 g	20.3%					
Vitamin A	*351 mcg RA E						*
Calcium	*531.4 mg						*
Vitamin C	*40.47 mg						*

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

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## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Mar 9, 2026 to Mar 13, 2026

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

Iron	*5.52 mg						*
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# Luncheras Di Si

## Weekly Certification Worksheet

The Children's Guild PG/ BALTIMORE- K-8 Lunch

Lunch K-8 (age 5-13)

Week of 2/9/2026

5 Day Week	Mon 02/09/26	Tue 02/10/26	Wed 02/11/26	Thu 02/12/26	Fri 02/13/26			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)	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	1	0.75			4.125	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	0.5	0			0.5	0.5	Yes					
-Red/Orange	0.75	0.125	0.25	0.5	0			1.625	0.75	Yes					
-Beans, Peas, and Lentils	0	0	0	0	0.5			0.5	0.5	Yes					
-Starchy	0	0.75	0.25	0	0			1	0.5	Yes					
-Other	0	0	0.25	0	0.25			0.5	0.5	Yes					
												4.125	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	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 02/09/26	Tue 02/10/26	Wed 02/11/26	Thu 02/12/26	Fri 02/13/26			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

84 - 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	624		600-650	100%			
Saturated Fat	4.82 g	6.95%	<10.000%				
Sodium	808 mg		1110	73%			
Total Sugars	*34 g	*21.9%					*
Added Sugars	*1.87 g	*1.2%	<10.000%				*
Total Fat	17.16 g	24.8%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	61 mg						
Carbohydrate	86.33 g	55.3%					
Fiber	10.95 g						
Protein	34.80 g	22.3%					
Vitamin A	*82 mcg RA E						*
Calcium	*438.7 mg						*
Vitamin C	*52.95 mg						*

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## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Mar 16, 2026 to Mar 20, 2026

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

Iron	*11.41 mg						*
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# Luncheras Di Si

## Weekly Certification Worksheet

The Children's Guild PG/ BALTIMORE- K-8 Lunch

Lunch K-8 (age 5-13)

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)	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	0.5			0.5	0.5	Yes					
-Red/Orange	0	0.25	0.25	0.5	0.375			1.375	0.75	Yes					
-Beans, Peas, and Lentils	0	0.5	0	0	0			0.5	0.5	Yes					
-Starchy	0.5	0	0	0	0			0.5	0.5	Yes					
-Other	0.25	0	0.5	0.25	0			1	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)	3	2	2	2	2			11	8	Yes					
Grain: Maximum (oz eq)	3	2	2	2	2			11	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	Weekly Whole Grain Rich Total	11	% 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															

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## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Mar 23, 2026 to Mar 27, 2026

84 - 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	602		600-650	100%			
Saturated Fat	5.54 g	8.28%	<10.000%				
Sodium	686 mg		1110	62%			
Total Sugars	*31 g	*20.7%					*
Added Sugars	*0.90 g	*0.6%	<10.000%				*
Total Fat	17.74 g	26.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	116 mg						
Carbohydrate	77.93 g	51.8%					
Fiber	9.33 g						
Protein	34.06 g	22.6%					
Vitamin A	*59 mcg RA E						*
Calcium	*405.4 mg						*
Vitamin C	*38.40 mg						*

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## Luncheras Di Si

### Nutrient Breakdown Summary Report

From Mar 23, 2026 to Mar 27, 2026

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

Iron	*9.83 mg						*
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# Luncheras Di Si

## Weekly Certification Worksheet

The Children's Guild PG/ BALTIMORE- K-8 Lunch

Lunch K-8 (age 5-13)

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)	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	0.5	0	0.25	0			0.75	0.5	Yes					
-Red/Orange	0.25	0	0	0.5	0.5			1.25	0.75	Yes					
-Beans, Peas, and Lentils	0	0	0.5	0	0			0.5	0.5	Yes					
-Starchy	0.25	0.25	0.25	0	0			0.75	0.5	Yes					
-Other	0.25	0	0	0	0.25			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	1	2	2	1.25			8.25	8	Yes					
Grain: Maximum (oz eq)	2	1	2	2	1.25			8.25	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	8.25	Weekly Whole Grain Rich Total	10.25	% of Whole Grain Rich	124.24%			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!