

Spring/Early Fall Cycle - Lunch
The Children's Guild PG/BALTIMORE - 9-12 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

Monday	Tuesday	Wednesday	Thursday	Friday
08/24/2026 NO SCHOOL TODAY	08/25/2026 NO SCHOOL TODAY	08/26/2026 Chicken & Cheese WW Quesadilla Veggie WW Quesadilla (VG) Black Bean, Corn & Tomato Salad Hot sauce (ss) Fresh Tangerines Choice of Milk	08/27/2026 Baked Chicken Penne Pasta w/ Zucchini Baked Chicken Meatless Pasta w/Zucchini (V) Roasted Sweet Potatoes Fresh Apples Cranberry Dried(ss)** Choice of Milk	08/28/2026 Stuffed Crust Ch. Pizza w/Chk. & Beef Pepperoni Stuffed Crust Pizza w/ Cheese (V) Kale Salad w/ Cucumber & Tomatoes (V/VG) Fresh Pears Choice of Milk
08/31/2026 WG Jumbo Cheese Ravioli w/ Marinara Sauce (V) Spaghetti & Plant Based Meat Sauce (V/VG) WG Roll Sweet Potatoes Cranberry Juice Choice of Milk	09/01/2026 Crunchy Turkey Taco Salad Romaine, Tomato & Cucumber Crunchy Veggie Taco Salad w/Rom., Tom. & Cuc. (V) WG Biscuit Fresh Apples Choice of Milk	09/02/2026 Creamy Avocado Chicken Rice Bowl w/Corn & Beans C. Avocado Veggie Rice Bowl w/Corn & Beans (V) Fresh Peaches Choice of Milk	09/03/2026 Baked Peruvian-Style Chicken Drumstick** Baked Peruvian-Style Tofu Strips (V/VG) WG Biscuit Baked Yuca Fries Pico de Gallo Bananas Choice of Milk	09/04/2026 Nashville Style Chicken & Waffles Nashville Style Veggie Tenders & Waffles Green Beans & Corn Medley Fresh Tangerines Choice of Milk
09/07/2026 NO SCHOOL TODAY	09/08/2026 WW Chicken Empanadas Veggie WW Quesadilla (VG) Corn Pico de Gallo Hot sauce (ss) Fresh Tangerines Choice of Milk	09/09/2026 Cajun Alfredo Steak Breadstick Cajun Alfredo Veggie Crumbles Breadstick(V) Roasted Broccoli & Carrot Cranberry Dried(ss)** Fresh Apples Choice of Milk	09/10/2026 Asian BBQ Turkey Veggie Asian BBQ (V/VG) Vegetable Fried Rice w/ Peas, Gr. Beans & Carrot Bananas Choice of Milk	09/11/2026 Crispy Chicken Burger Vegan Burger (V/VG) Balela Salad w/ Garbanzo, Tomato & Cucumber Honey Mustard Sauce (ss) Straw- Kiwi Smoothie Choice of Milk
09/14/2026 One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Tangerines Choice of Milk	09/15/2026 Turkey Hot Dog** & Veggie Chili On Side Grilled Cheese Sand. (V)* Steamed Carrots Ketchup (ss) Fresh Apples Choice of Milk	09/16/2026 WG Italian Sub w/ T. Ham T. Salami & T. Pepperoni Provolone WW Sand. (V) Roasted Potatoes Mayonnaise SS Pouch (LS) Fruit Punch Juice Choice of Milk	09/17/2026 Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (VG/DF) Roasted Sweet Potatoes Fresh Oranges Choice of Milk	09/18/2026 BYO Turkey Nachos w/ Corn Tortilla Chips BYO Veggie Nachos (V) Shredded Romaine Pico de Gallo Sour Cream (ss) Bananas Choice of Milk
09/21/2026 Turkey Hot Dog** on a WG Bun Vegan Burger (V/VG) Garlic Roasted Potatoes Ketchup (ss) Grape Juice Choice of Milk	09/22/2026 Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Fresh Apples Choice of Milk	09/23/2026 WG Cheese Lasagna Rollup w/Marinara (V) WG Garlic Knot Roll (V) Fresh Oranges Choice of Milk	09/24/2026 BBQ Chicken WG Sider BBQ Veggie Sider (V/VG) Sweet Creamy Coleslaw Fresh Pears Choice of Milk	09/25/2026 Breaded Chicken Nuggets WG Biscuit Veggie Nuggets w/ WG Roll (V/VG) Collards Green & Tomato Salad Ketchup (ss) Bananas Choice of Milk
09/28/2026 Teriyaki Beef Meatballs Teriyaki Veggie Meatballs (V/VG) WG Biscuit Honey-Glazed Carrots & Green Beans Fruit Punch Juice Choice of Milk	09/29/2026 WG Mini Cheese Ravioli w/ Marinara Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Roasted Sweet Potatoes Fresh Tangerines Choice of Milk	09/30/2026 Crunchy Turkey Taco Salad Romaine, Tomato & Cucumber Crunchy Veggie Taco Salad w/Rom., Tom. & Cuc. (V) WG Biscuit Fresh Apples Choice of Milk	10/01/2026 Creamy Avocado Chicken Rice Bowl w/Corn & Beans C. Avocado Veggie Rice Bowl w/Corn & Beans (V) Cranberry Dried(ss)** Pineapple Tidbits Choice of Milk	10/02/2026 Nashville Style Chicken & Waffles Nashville Style Veggie Tenders & Waffles Roasted Potatoes & Cauliflower Medley Fresh Oranges Choice of Milk

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

ALL MEALS INCLUDE: 1 cup of FRESH FRUIT or 100% Juice & 1 cup of vegetables daily

Locally Grown Components Daily Served :

According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu.

***Vegetarian (V) options available daily. Dairy - Free (DF), Gluten Free (GF), Vegan (VG) - Available Upon Request WG = Whole Grain WW = Whole Wheat**

Aug 18, 2026

Luncheras Di Si

Nutrient Breakdown Summary Report

From Aug 26, 2026 to Aug 28, 2026

61 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	765		750-850	100%			
Saturated Fat	6.09 g	7.16%	<10.000%				
Sodium	1004 mg		1280	78%			
Total Sugars	*50 g	*26.2%					*
Added Sugars	*0.98 g	*0.5%	<10.000%				*
Total Fat	20.22 g	23.8%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	57 mg						
Carbohydrate	112.19 g	58.7%					
Fiber	16.44 g						
Protein	*39.77 g	*20.8%					*
Vitamin A	*220 mcg RA E						*
Calcium	*584.7 mg						*
Vitamin C	*54.44 mg						*

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

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

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Nutrient Breakdown Summary Report

From Aug 26, 2026 to Aug 28, 2026

61 - HHFKA Lunch 9-12 (age 14-18)

Iron	*96.39 mg						*
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Weekly Certification Worksheet

The Children's Guild PG/BALTIMORE - 9-12 Lunch

Lunch 9-12 (age 14-18)

3 Day Week	Wed 08/26/26	Thu 08/27/26	Fri 08/28/26					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					3	3	Yes		3	0	0%	Yes
Vegetables: Minimum (cups)	1	1.25	1.125					3.375	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	0.5					0.5	0.5	Yes					
-Red/Orange	0	1	0.125					1.125	1	Yes					
-Beans, Peas, and Lentils	0.5	0	0					0.5	0.5	Yes					
-Starchy	0.5	0	0					0.5	0.5	Yes					
-Other	0	0.25	0.5					0.75	0.5	Yes					
											3.375	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2	2					6	6	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2					6	7	Yes					
Grain: Minimum (oz eq)	2	2	2					6	6	Yes					
Grain: Maximum (oz eq)	2	2	2					6	7	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						
	Wed 08/26/26	Thu 08/27/26	Fri 08/28/26					Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	2	2	2					6	3	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored, Low-fat(1% or less), flavored, Reduced fat(2%) or whole, unflavored and flavored	Yes	Yes	Yes												

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

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Nutrient Breakdown Summary Report

From Aug 31, 2026 to Sep 4, 2026

61 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	847		750-850	100%			
Saturated Fat	6.45 g	6.85%	<10.000%				
Sodium	1039 mg		1280	81%			
Total Sugars	*45 g	*21.4%					*
Added Sugars	*1.92 g	*0.9%	<10.000%				*
Total Fat	28.76 g	30.6%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	87 mg						
Carbohydrate	114.04 g	53.9%					
Fiber	13.45 g						
Protein	39.52 g	18.7%					
Vitamin A	*166 mcg RA E						*
Calcium	*457.6 mg						*
Vitamin C	*42.64 mg						*

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Nutrient Breakdown Summary Report

From Aug 31, 2026 to Sep 4, 2026

61 - HHFKA Lunch 9-12 (age 14-18)

Iron	*10.19 mg						*
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Weekly Certification Worksheet

The Children's Guild PG/BALTIMORE - 9-12 Lunch

Lunch 9-12 (age 14-18)

Week of 8/31/2026

5 Day Week	Mon 08/31/26	Tue 09/01/26	Wed 09/02/26	Thu 09/03/26	Fri 09/04/26			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)	1	1	1	1	1			5	5	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	0			0.5	0.5	Yes					
-Red/Orange	1	0.5	0	0.5	0			2	1.25	Yes					
-Beans, Peas, and Lentils	0	0	0.5	0	0			0.5	0.5	Yes					
-Starchy	0	0	0.5	0.25	0.5			1.25	0.5	Yes					
-Other	0	0	0	0.25	0.5			0.75	0.75	Yes					
												5	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	2	2.25	2	3	2			11.25	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2.25	2	3	2			11.25	12	Yes					
Grain: Minimum (oz eq)	2	2	2	2	3			11	10	Yes					
Grain: Maximum (oz eq)	2	2	2	2	3			11	12	Yes					
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 08/31/26	Tue 09/01/26	Wed 09/02/26	Thu 09/03/26	Fri 09/04/26			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, Reduced fat(2%) or whole, unflavored and flavored	Yes	Yes	Yes	Yes	Yes										

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Nutrient Breakdown Summary Report

From Sep 8, 2026 to Sep 11, 2026

61 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	799		750-850	100%			
Saturated Fat	5.82 g	6.56%	<10.000%				
Sodium	1277 mg		1280	100%			
Total Sugars	*50 g	*25.2%					*
Added Sugars	*10.95 g	*5.5%	<10.000%				*
Total Fat	23.54 g	26.5%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	*63 mg						*
Carbohydrate	114.52 g	57.3%					
Fiber	11.98 g						
Protein	*35.16 g	*17.6%					*
Vitamin A	*31 mcg RA E						*
Calcium	*440.3 mg						*
Vitamin C	*81.25 mg						*

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Nutrient Breakdown Summary Report

From Sep 8, 2026 to Sep 11, 2026

61 - HHFKA Lunch 9-12 (age 14-18)

Iron	*7.70 mg						*
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Weekly Certification Worksheet

The Children's Guild PG/BALTIMORE - 9-12 Lunch

Lunch 9-12 (age 14-18)

4 Day Week	Tue 09/08/26	Wed 09/09/26	Thu 09/10/26	Fri 09/11/26				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				4	4	Yes		4	1	25%	Yes
Vegetables: Minimum (cups)	1	1	1	1				4	4	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				0.5	0.5	Yes					
-Red/Orange	0.25	0.5	0.25	0.25				1.25	1.25	Yes					
-Beans, Peas, and Lentils	0	0	0	0.5				0.5	0.5	Yes					
-Starchy	0.5	0	0.5	0				1	0.5	Yes					
-Other	0.25	0	0.25	0.25				0.75	0.75	Yes					
											4	0	0%	Yes	
Meat/Meat Alt: Minimum (oz eq)	2	2.25	2	2				8.25	8	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2.25	2	2				8.25	9.5	Yes					
Grain: Minimum (oz eq)	2	2	2	3				9	8	Yes					
Grain: Maximum (oz eq)	2	2	2	3				9	9.5	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						
	Tue 09/08/26	Wed 09/09/26	Thu 09/10/26	Fri 09/11/26				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, Reduced fat(2%) or whole, unflavored and flavored	Yes	Yes	Yes	Yes											

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Luncheras Di Si

Nutrient Breakdown Summary Report

From Sep 14, 2026 to Sep 18, 2026

61 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	782		750-850	100%			
Saturated Fat	5.60 g	6.45%	<10.000%				
Sodium	788 mg		1280	62%			
Total Sugars	*43 g	*22.2%					*
Added Sugars	*1.10 g	*0.6%	<10.000%				*
Total Fat	22.81 g	26.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	72 mg						
Carbohydrate	114.25 g	58.4%					
Fiber	14.56 g						
Protein	35.80 g	18.3%					
Vitamin A	*444 mcg RA E						*
Calcium	*525.4 mg						*
Vitamin C	*72.88 mg						*

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Nutrient Breakdown Summary Report

From Sep 14, 2026 to Sep 18, 2026

61 - HHFKA Lunch 9-12 (age 14-18)

Iron	*12.20 mg						*
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Weekly Certification Worksheet

The Children's Guild PG/BALTIMORE - 9-12 Lunch

Lunch 9-12 (age 14-18)

Week of 9/14/2026

5 Day Week	Mon 09/14/26	Tue 09/15/26	Wed 09/16/26	Thu 09/17/26	Fri 09/18/26			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)	1	1	1	1	1			5	5	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	0.5	0.5	0	1	0.25			2.25	1.25	Yes					
-Beans, Peas, and Lentils	0	0.5	0	0	0			0.5	0.5	Yes					
-Starchy	0	0	1	0	0			1	0.5	Yes					
-Other	0.5	0	0	0	0.25			0.75	0.75	Yes					
												5	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	2	2	2	2	2			10	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2	2	2			10	12	Yes					
Grain: Minimum (oz eq)	2	2	2	2	2.5			10.5	10	Yes					
Grain: Maximum (oz eq)	2	2	2	2	2.5			10.5	12	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	10.5	Weekly Whole Grain Rich Total	10.5	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 09/14/26	Tue 09/15/26	Wed 09/16/26	Thu 09/17/26	Fri 09/18/26			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, Reduced fat(2%) or whole, unflavored and flavored	Yes	Yes	Yes	Yes	Yes										

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Luncheras Di Si

Nutrient Breakdown Summary Report

From Sep 21, 2026 to Sep 25, 2026

61 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	847		750-850	100%			
Saturated Fat	5.16 g	5.48%	<10.000%				
Sodium	969 mg		1280	76%			
Total Sugars	*58 g	*27.6%					*
Added Sugars	*2.25 g	*1.1%	<10.000%				*
Total Fat	19.07 g	20.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	64 mg						
Carbohydrate	138.08 g	65.2%					
Fiber	15.72 g						
Protein	36.26 g	17.1%					
Vitamin A	*103 mcg RA E						*
Calcium	*509.2 mg						*
Vitamin C	*109.33 mg						*

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Nutrient Breakdown Summary Report

From Sep 21, 2026 to Sep 25, 2026

61 - HHFKA Lunch 9-12 (age 14-18)

Iron	*7.72 mg						*
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Luncheras Di Si

Weekly Certification Worksheet

The Children's Guild PG/BALTIMORE - 9-12 Lunch

Lunch 9-12 (age 14-18)

Week of 9/21/2026

5 Day Week	Mon 09/21/26	Tue 09/22/26	Wed 09/23/26	Thu 09/24/26	Fri 09/25/26			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)	1	1	1	1	1			5	5	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	1	0.25	0.5			1.75	1.25	Yes					
-Beans, Peas, and Lentils	0	0.75	0	0	0			0.75	0.5	Yes					
-Starchy	1	0	0	0	0			1	0.5	Yes					
-Other	0	0.25	0	0.75	0			1	0.75	Yes					
												5	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	2	2	2.5	2	2			10.5	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2	2	2.5	2	2			10.5	12	Yes					
Grain: Minimum (oz eq)	2	2	4	2	3			13	10	Yes					
Grain: Maximum (oz eq)	2	2	4	2	3			13	12	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	13	Weekly Whole Grain Rich Total	13	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 09/21/26	Tue 09/22/26	Wed 09/23/26	Thu 09/24/26	Fri 09/25/26			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, Reduced fat(2%) or whole, unflavored and flavored	Yes	Yes	Yes	Yes	Yes										

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

Luncheras Di Si

Nutrient Breakdown Summary Report

From Sep 28, 2026 to Oct 2, 2026

61 - HHFKA Lunch 9-12 (age 14-18)

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	796		750-850	100%			
Saturated Fat	6.95 g	7.86%	<10.000%				
Sodium	1086 mg		1280	85%			
Total Sugars	*50 g	*25.4%					*
Added Sugars	*5.19 g	*2.6%	<10.000%				*
Total Fat	27.64 g	31.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	77 mg						
Carbohydrate	106.64 g	53.6%					
Fiber	11.73 g						
Protein	34.57 g	17.4%					
Vitamin A	*228 mcg RA E						*
Calcium	*450.9 mg						*
Vitamin C	*61.24 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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Luncheras Di Si

Nutrient Breakdown Summary Report

From Sep 28, 2026 to Oct 2, 2026

61 - HHFKA Lunch 9-12 (age 14-18)

Iron	*9.18 mg						*
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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.

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Luncheras Di Si

Weekly Certification Worksheet

The Children's Guild PG/BALTIMORE - 9-12 Lunch

Lunch 9-12 (age 14-18)

Week of 9/28/2026

5 Day Week	Mon 09/28/26	Tue 09/29/26	Wed 09/30/26	Thu 10/01/26	Fri 10/02/26			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)	1	1	1	1	1			5	5	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	0.5	1	0.5	0	0			2	1.25	Yes					
-Beans, Peas, and Lentils	0	0	0	0.5	0			0.5	0.5	Yes					
-Starchy	0	0	0	0.5	0.5			1	0.5	Yes					
-Other	0.5	0	0	0	0.5			1	0.75	Yes					
												5	0	0%	Yes
Meat/Meat Alt: Minimum (oz eq)	2.25	4	2.25	2	2			12.5	10	Yes					
Meat/Meat Alt: Maximum (oz eq)	2.25	4	2.25	2	2			12.5	12	OVER					
Grain: Minimum (oz eq)	2	2	2	2	3			11	10	Yes					
Grain: Maximum (oz eq)	2	2	2	2	3			11	12	Yes					
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 09/28/26	Tue 09/29/26	Wed 09/30/26	Thu 10/01/26	Fri 10/02/26			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, Reduced fat(2%) or whole, unflavored and flavored	Yes	Yes	Yes	Yes	Yes										

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