



BREAKFAST

milk, grain, fruit, meat or meat alternative



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 WG Blueberry Muffin(V/DF) Mozzarella Cheese Stick** Orange Juice Choice of Milk	08/27/2026 Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Bananas Choice of Milk	08/28/2026 Yogurt Parfait w/ Mango & Pineapple(V) Fruit Punch Juice Choice of Milk
08/31/2026 WG Banana Muffin (V/DF) Fresh Tangerines Applesauce Strawberry Choice of Milk	09/01/2026 Egg Spanish Tortilla w/ Potatoes & Onions (V/DF) White WW Loaf Bananas Choice of Milk	09/02/2026 WG White Bagel w/ Tk. Bacon & American Cheese WG White Bagel w/ Veggie Patty & A. Cheese (V) Fruit Punch Juice Choice of Milk	09/03/2026 Cereal Cheerios Honey Yoplait Yogurt Fresh Apples Choice of Milk	09/04/2026 Whole Grain Pancakes (V) Cinnamon Applesauce Drizzle (V/VG) Diced Peaches Orange Juice Choice of Milk
09/07/2026 NO SCHOOL TODAY	09/08/2026 Cereal WG Cheerios (V/VG) Yoplait Yogurt Bananas Choice of Milk	09/09/2026 Peachy WG Cinnamon Roll Cobbler (V) Cranberry Juice Choice of Milk	09/10/2026 Egg Frittata w/ Ham Cheese & Vegetables Cheddar Cheese Frittata-V White WW Loaf Fresh Pears Choice of Milk	09/11/2026 WG Pancake Bites Poffitz (V) Honey (SS) Fresh Apples Choice of Milk
09/14/2026 WG Pizza Bagel w/egg Mozz. Cheese & Turkey WG Pizza Bagel w/ Egg & Mozzarella Cheese (V) Fresh Pears Choice of Milk	09/15/2026 WG French Toast Sticks (V/VG) Turkey Sausage Link** Veggie Breakfast Sausage Strips (V) Syrup Maple (ss) Fresh Apples Choice of Milk	09/16/2026 Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Bananas Choice of Milk	09/17/2026 Breakfast Bowl w/Potato Tk. Bacon, egg & cheese Veggie Bowl w/Potato, crumbles, egg & cheese(V) Cranberry Juice Choice of Milk	09/18/2026 WG Apple Cinnan. Muffin-V Mozzarella Cheese Stick** Fresh Oranges Applesauce Strawberry Choice of Milk
09/21/2026 Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk	09/22/2026 Sunbutter Overnight Oats (V) Fruit Punch Juice Choice of Milk	09/23/2026 WG English Muffin w/ Chicken Patty & A. Cheese WG English Muffin w/ Veggie Patty & Cheese (V) Ketchup (ss) Fresh Apples Choice of Milk	09/24/2026 WG Blueberry Muffin(V/DF) Mozzarella Cheese Stick** Bananas Choice of Milk	09/25/2026 Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Orange Juice Choice of Milk
09/28/2026 WG Banana Muffin (V/DF) Fresh Tangerines Applesauce Strawberry Choice of Milk	09/29/2026 Egg Spanish Tortilla w/ Potatoes & Onions (V/DF) White WW Loaf Bananas Choice of Milk	09/30/2026 WG White Bagel w/ Tk. Bacon & American Cheese WG White Bagel w/ Veggie Patty & A. Cheese (V) Fruit Punch Juice Choice of Milk	10/01/2026 Cereal Cheerios Honey Yoplait Yogurt Fresh Apples Choice of Milk	10/02/2026 Yogurt Parfait w/ Mango & Pineapple(V) Cranberry Juice Choice of Milk

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

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 Aug 26, 2026 to Aug 28, 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	480		450-500	100%			
Saturated Fat	2.06 g	3.86%	<10.000%				
Sodium	396 mg		540	73%			
Total Sugars	*55 g	*45.5%					*
Added Sugars	*10.92 g	*9.1%	<10.000%				*
Total Fat	7.87 g	14.8%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	31 mg						
Carbohydrate	88.05 g	73.4%					
Fiber	5.16 g						
Protein	16.69 g	13.9%					
Vitamin A	*18 mcg RA E						*
Calcium	383.4 mg						
Vitamin C	12.57 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.

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Nutrient Breakdown Summary Report

From Aug 26, 2026 to Aug 28, 2026

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

Iron	*9.80 mg						*
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Weekly Certification Worksheet

The Children's Guild PG/BALTIMORE - K-12 Breakfast

Breakfast K-12 (age 5-18)

3 Day Week	Wed 08/26/26	Thu 08/27/26	Fri 08/28/26					Weekly Total	Weekly Rqmt. 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	1.5	50%	Yes
Vegetables: Minimum (cups)	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	N/A	N/A						
-Red/Orange	0	0	0				0	N/A	N/A						
-Beans, Peas, and Lentils	0	0	0				0	N/A	N/A						
-Starchy	0	0	0				0	N/A	N/A						
-Other	0	0	0				0	N/A	N/A						
	0	0	0				0	N/A	N/A		0	0	0%	Yes	
Meat/Meat Alt. & Grain: Minimum (oz eq)	2	2	2					6	5.5	Yes					
Meat/Meat Alt. & Grain: Maximum (oz eq)	2	2	2					6	6	Yes					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	4	Weekly Whole Grain Rich Total	4	% 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

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	1.35 g	2.70%	<10.000%				
Sodium	478 mg		540	89%			
Total Sugars	*47 g	*41.8%					*
Added Sugars	*4.50 g	*4.0%	<10.000%				*
Total Fat	7.14 g	14.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	66 mg						
Carbohydrate	80.49 g	71.5%					
Fiber	5.97 g						
Protein	18.04 g	16.0%					
Vitamin A	*27 mcg RA E						*
Calcium	*375.3 mg						*
Vitamin C	*22.56 mg						*

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Nutrient Breakdown Summary Report

From Aug 31, 2026 to Sep 4, 2026

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

Iron	*6.88 mg						*
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Weekly Certification Worksheet

The Children's Guild PG/BALTIMORE - K-12 Breakfast

Breakfast K-12 (age 5-18)

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	1.5	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. & Grain: Minimum (oz eq)	1	3	6	2	2			14	9	Yes					
Meat/Meat Alt. & Grain: Maximum (oz eq)	1	3	6	2	2			14	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	9	Weekly Whole Grain Rich Total	9	% 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

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	2.21 g	4.42%	<10.000%				
Sodium	496 mg		540	92%			
Total Sugars	*44 g	*39.4%					*
Added Sugars	*9.73 g	*8.6%	<10.000%				*
Total Fat	9.83 g	19.7%					
Trans Fat	0.00 g	0.0%					
Cholesterol	68 mg						
Carbohydrate	77.58 g	69.0%					
Fiber	7.09 g						
Protein	17.42 g	15.5%					
Vitamin A	*18 mcg RA E						*
Calcium	*381.0 mg						*
Vitamin C	*9.95 mg						*

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Nutrient Breakdown Summary Report

From Sep 8, 2026 to Sep 11, 2026

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

Iron	*4.80 mg						*
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Weekly Certification Worksheet

The Children's Guild PG/BALTIMORE - K-12 Breakfast

Breakfast K-12 (age 5-18)

4 Day Week	Tue 09/08/26	Wed 09/09/26	Thu 09/10/26	Fri 09/11/26				Weekly Total	Weekly Rqmt. 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	0.5	12.5%	Yes
Vegetables: Minimum (cups)	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	N/A	N/A					
-Red/Orange	0	0	0	0				0	N/A	N/A					
-Beans, Peas, and Lentils	0	0	0	0				0	N/A	N/A					
-Starchy	0	0	0	0				0	N/A	N/A					
-Other	0	0	0	0				0	N/A	N/A					
	0	0	0	0				0	N/A	N/A		0	0	0%	Yes
Meat/Meat Alt. & Grain: Minimum (oz eq)	2	2	3.25	2				9.25	7	Yes					
Meat/Meat Alt. & Grain: Maximum (oz eq)	2	2	3.25	2				9.25	8	OVER					
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					
	Tue 09/08/26	Wed 09/09/26	Thu 09/10/26	Fri 09/11/26				Weekly Total	Weekly Rqmt. 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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Nutrient Breakdown Summary Report

From Sep 14, 2026 to Sep 18, 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	459		450-500	100%			
Saturated Fat	3.24 g	6.35%	<10.000%				
Sodium	523 mg		540	97%			
Total Sugars	*43 g	*37.8%					*
Added Sugars	*7.95 g	*6.9%	<10.000%				*
Total Fat	10.64 g	20.9%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	63 mg						
Carbohydrate	74.00 g	64.5%					
Fiber	*6.02 g						*
Protein	19.72 g	17.2%					
Vitamin A	*30 mcg RA E						*
Calcium	397.8 mg						
Vitamin C	*21.90 mg						*

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Nutrient Breakdown Summary Report

From Sep 14, 2026 to Sep 18, 2026

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

Iron	*3.85 mg						*
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Weekly Certification Worksheet

The Children's Guild PG/BALTIMORE - K-12 Breakfast

Breakfast K-12 (age 5-18)

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)	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. & Grain: Minimum (oz eq)	2.25	3.25	2	2.5	2			12	9	Yes					
Meat/Meat Alt. & Grain: Maximum (oz eq)	2.25	3.25	2	2.5	2			12	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	5.5	Weekly Whole Grain Rich Total	5.5	% 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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Nutrient Breakdown Summary Report

From Sep 21, 2026 to Sep 25, 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	490		450-500	100%			
Saturated Fat	2.23 g	4.10%	<10.000%				
Sodium	485 mg		540	90%			
Total Sugars	*47 g	*38.7%					*
Added Sugars	*6.82 g	*5.6%	<10.000%				*
Total Fat	10.55 g	19.4%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	33 mg						
Carbohydrate	81.74 g	66.7%					
Fiber	6.63 g						
Protein	20.02 g	16.3%					
Vitamin A	*33 mcg RA E						*
Calcium	399.3 mg						
Vitamin C	*16.95 mg						*

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Nutrient Breakdown Summary Report

From Sep 21, 2026 to Sep 25, 2026

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

Iron	*22.81 mg						*
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Weekly Certification Worksheet

The Children's Guild PG/BALTIMORE - K-12 Breakfast

Breakfast K-12 (age 5-18)

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	1.5	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. & Grain: Minimum (oz eq)	2	2	3.5	2	2			11.5	9	Yes					
Meat/Meat Alt. & Grain: Maximum (oz eq)	2	2	3.5	2	2			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 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

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	454		450-500	100%			
Saturated Fat	1.45 g	2.87%	<10.000%				
Sodium	419 mg		540	78%			
Total Sugars	*49 g	*43.0%					*
Added Sugars	*6.77 g	*6.0%	<10.000%				*
Total Fat	7.36 g	14.6%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	65 mg						
Carbohydrate	80.10 g	70.6%					
Fiber	5.50 g						
Protein	18.49 g	16.3%					
Vitamin A	*27 mcg RA E						*
Calcium	399.4 mg						
Vitamin C	*16.66 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 Sep 28, 2026 to Oct 2, 2026

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

Iron	*5.84 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 - K-12 Breakfast

Breakfast K-12 (age 5-18)

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	1.5	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. & Grain: Minimum (oz eq)	1	3	6	2	2			14	9	Yes					
Meat/Meat Alt. & Grain: Maximum (oz eq)	1	3	6	2	2			14	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	8	Weekly Whole Grain Rich Total	8	% 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!