



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
10/05/2026 Whole Grain Waffles (V) Syrup Maple (ss) Fresh Apples Choice of Milk	10/06/2026 WG Apple Cinnamon Cereal Cheerios (V/VG) Yoplait Yogurt Bananas Choice of Milk	10/07/2026 WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Grape Juice Choice of Milk	10/08/2026 Cheddar Cheese Frittata-V WG Roll Fresh Oranges Choice of Milk	10/09/2026 Peachy WG Cinnamon Roll Cobbler (V) Cranberry Juice Choice of Milk
10/12/2026 WG Pancake Bites Poffitz (V) Syrup Maple (ss) Fruit Punch Juice Choice of Milk	10/13/2026 WG Pizza Bagel w/egg Mozz. Cheese & Turkey WG Pizza Bagel w/ Egg & Mozzarella Cheese (V) Fresh Apples Choice of Milk	10/14/2026 Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk	10/15/2026 WG French Toast Sticks (V/VG) Turkey Sausage Link** Veggie Breakfast Sausage Strips (V) Syrup Maple (ss) Bananas Choice of Milk	10/16/2026 NO SCHOOL TODAY
10/19/2026 Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Fresh Tangerines Choice of Milk	10/20/2026 Breakfast Bowl w/Potato Tk. Bacon, egg & cheese Veggie Bowl w/Potato, crumbles, egg & cheese(V) Ketchup (ss) Bananas Choice of Milk	10/21/2026 WG Apple Cinnan. Muffin-V Mozzarella Cheese Stick** Fresh Oranges Choice of Milk	10/22/2026 WG English Muffin w/ Chicken Patty & A. Cheese WG English Muffin w/ Veggie Patty & Cheese (V) Ketchup (ss) Jelly (ss) Fresh Apples Choice of Milk	10/23/2026 Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Cranberry Juice Choice of Milk
10/26/2026 WG Banana Muffin (V/DF) Fresh Tangerines Choice of Milk	10/27/2026 Egg Spanish Tortilla w/ Potatoes & Onions (V/DF) White WW Loaf Bananas Choice of Milk	10/28/2026 Cereal Cheerios Honey (V) Yoplait Yogurt Fresh Apples Choice of Milk	10/29/2026 WG White Bagel (V/VG) Strawberry Cream Cheese Cream Cheese (ss) Fruit Punch Juice Choice of Milk	10/30/2026 Spooky Pumpkin WW Waffles (V/VG) Syrup Maple (ss) Fresh Mix Berries Fresh Strawberries (PreK) 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

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Nutrient Breakdown Summary Report

From Oct 5, 2026 to Oct 9, 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	2.85 g	5.65%	<10.000%				
Sodium	540 mg		540	100%			
Total Sugars	*46 g	*40.4%					*
Added Sugars	*7.30 g	*6.4%	<10.000%				*
Total Fat	9.45 g	18.7%					
Trans Fat	0.00 g	0.0%					
Cholesterol	69 mg						
Carbohydrate	76.63 g	67.5%					
Fiber	6.06 g						
Protein	18.14 g	16.0%					
Vitamin A	*23 mcg RA E						*
Calcium	*367.9 mg						*
Vitamin C	*34.58 mg						*

¹- 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**

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

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Nutrient Breakdown Summary Report

From Oct 5, 2026 to Oct 9, 2026

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

Iron	*11.22 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 10/5/2026

5 Day Week	Mon 10/05/26	Tue 10/06/26	Wed 10/07/26	Thu 10/08/26	Fri 10/09/26			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	2	4	2			12	9	Yes					
Meat/Meat Alt. & Grain: Maximum (oz eq)	2	2	2	4	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	7	Weekly Whole Grain Rich Total	7	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 10/05/26	Tue 10/06/26	Wed 10/07/26	Thu 10/08/26	Fri 10/09/26			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!**

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Nutrient Breakdown Summary Report

From Oct 12, 2026 to Oct 15, 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	471		450-500	100%			
Saturated Fat	2.34 g	4.47%	<10.000%				
Sodium	519 mg		540	96%			
Total Sugars	*45 g	*38.1%					*
Added Sugars	*9.42 g	*8.0%	<10.000%				*
Total Fat	10.52 g	20.1%					
Trans Fat	0.00 g	0.0%					
Cholesterol	40 mg						
Carbohydrate	81.82 g	69.5%					
Fiber	6.35 g						
Protein	17.71 g	15.0%					
Vitamin A	*28 mcg RA E						*
Calcium	394.7 mg						
Vitamin C	*9.95 mg						*

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Nutrient Breakdown Summary Report

From Oct 12, 2026 to Oct 15, 2026

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

Iron	*4.04 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	Mon 10/12/26	Tue 10/13/26	Wed 10/14/26	Thu 10/15/26				Weekly Total	Weekly Rqmt. Check	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)	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	2.25	2	3.25				9.5	7	Yes					
Meat/Meat Alt. & Grain: Maximum (oz eq)	2	2.25	2	3.25				9.5	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	6.5	Weekly Whole Grain Rich Total	6.5	% of Whole Grain Rich	100%		80% Whole Grain Rich	Yes						
	Mon 10/12/26	Tue 10/13/26	Wed 10/14/26	Thu 10/15/26				Weekly Total	Weekly Rqmt. Check	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 Oct 19, 2026 to Oct 23, 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	463		450-500	100%			
Saturated Fat	2.60 g	5.05%	<10.000%				
Sodium	535 mg		540	99%			
Total Sugars	*47 g	*40.7%					*
Added Sugars	*6.62 g	*5.7%	<10.000%				*
Total Fat	9.21 g	17.9%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	64 mg						
Carbohydrate	78.51 g	67.8%					
Fiber	*6.36 g						*
Protein	19.86 g	17.2%					
Vitamin A	*41 mcg RA E						*
Calcium	414.6 mg						
Vitamin C	*47.38 mg						*

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Nutrient Breakdown Summary Report

From Oct 19, 2026 to Oct 23, 2026

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

Iron	*19.69 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 10/19/2026

5 Day Week	Mon 10/19/26	Tue 10/20/26	Wed 10/21/26	Thu 10/22/26	Fri 10/23/26			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	2.5	2	3.5	2			12	9	Yes					
Meat/Meat Alt. & Grain: Maximum (oz eq)	2	2.5	2	3.5	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	6	Weekly Whole Grain Rich Total	6	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 10/19/26	Tue 10/20/26	Wed 10/21/26	Thu 10/22/26	Fri 10/23/26			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 Oct 26, 2026 to Oct 30, 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	1.62 g	3.24%	<10.000%				
Sodium	372 mg		540	69%			
Total Sugars	*46 g	*40.6%					*
Added Sugars	*7.19 g	*6.4%	<10.000%				*
Total Fat	7.51 g	15.0%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	64 mg						
Carbohydrate	81.48 g	72.4%					
Fiber	6.87 g						
Protein	16.88 g	15.0%					
Vitamin A	*36 mcg RA E						*
Calcium	*366.0 mg						*
Vitamin C	*35.42 mg						*

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Nutrient Breakdown Summary Report

From Oct 26, 2026 to Oct 30, 2026

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

Iron	*5.13 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 10/26/2026

5 Day Week	Mon 10/26/26	Tue 10/27/26	Wed 10/28/26	Thu 10/29/26	Fri 10/30/26			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)	1	3	2	2	1.75			9.75	9	Yes					
Meat/Meat Alt. & Grain: Maximum (oz eq)	1	3	2	2	1.75			9.75	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	6.75	Weekly Whole Grain Rich Total	6.75	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 10/26/26	Tue 10/27/26	Wed 10/28/26	Thu 10/29/26	Fri 10/30/26			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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