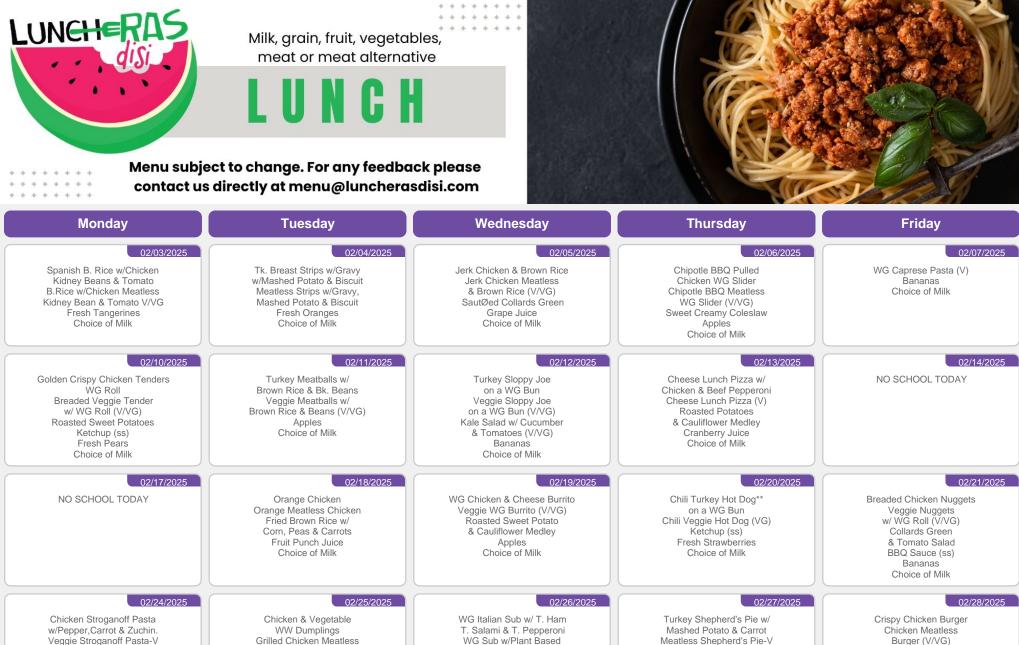
Late Fall/Winter Cycle - LUNCH The Children s Guild DC - K - 8 Lunch HHFKA K-8 (age 5-13)



Ham & Bacon (V)

Roasted Broccoli

Ranch Dressing (ss)

Apples

Choice of Milk

Steamed Brown Rice

Fresh Pears

Choice of Milk

Kale & Mixed Beans Salad

Ketchup (ss)

Fresh Oranges

Choice of Milk

Orange Pineapple Juice

Choice of Milk

over Brown Rice (V/VG)

Soy Sauce Light (ss)

Roasted Sweet Potatoes

& Green Beans

Bananas

Choice of Milk

Available Choice of Milk: Unflavored 1% milk, unflavored 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/WV), Carrots (MD, PA), Sweet Potatoes (NC), Collards Green (NJ), Potatoes (PA/VA), Zucchini (PA/NC), Kale (NJ) Carrots (PA), Mushrooms (PA).

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

WG = Whole Grain WW = Whole Wheat **=Served only for K to 8 meals

Jan 21, 2025