



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

LUNCH

Spring/Early Fall - LUNCH
The Children s Guild DC - K - 8 Lunch



**Menu subject to change. For any feedback please
contact us directly at menu@luncherasdisi.com**

Monday

10/06/2025

WG Spaghetti &
Turkey Meat Sauce
Spaghetti & Plant Based
Meat Sauce (V/VG)
Grape Juice
Choice of Milk

Tuesday

10/07/2025

Chicken Mash Potato Bowl
w/Corn & Gravy
Veggie Mash Potato Bowl
w/Corn & Gravy
Fresh Oranges
Choice of Milk

Wednesday

10/08/2025

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

Thursday

10/09/2025

WG Breaded Mozzarella St.
Marinara Sauce (ss)
Black Bean Dip
Apples
Choice of Milk

Friday

10/10/2025

Cheese Lunch Pizza w/
Chicken & Beef Pepperoni
Cheese Lunch Pizza (V)
Honey Garlic
Broccoli & Cauliflower
Fresh Nectarines**
Choice of Milk

10/13/2025

NO SCHOOL TODAY

10/14/2025

Kung Pao Chicken w/
Carrots & Peppers
Veggie Kung Pao Chicken
w/Carrots & Peppers(V/VG)
Steamed Brown Rice
Apples
Choice of Milk

10/15/2025

WG Jumbo Cheese Ravioli
w/ Marinara Sauce (V)
WG Garlic Knot Roll (V)
Roasted Eggplant
Steamed Broccoli
Cranberry Juice
Choice of Milk

10/16/2025

Ground Turkey Fajitas
Veggie Fajitas (V/VG)
Black Bean, Corn
& Tomato Salad
Sour Cream (ss)
Fresh Pears
Choice of Milk

10/17/2025

NO SCHOOL TODAY

10/20/2025

Chicken Parmesan
Ck. Meatless Parmesan(V)
Creamy Mashed Potatoes
WG Roll
Fruit Punch Juice
Choice of Milk

10/21/2025

Turkey Burger
& WG Bun
Vegan Burger (V/VG)
Ketchup (ss)
Green Beans & Broccoli
Fresh Oranges
Choice of Milk

10/22/2025

Ground Turkey
Veggie Crumbles (V/VG)
Steamed Brown Rice
and Black Beans
Baked Plantains
Seedless Grapes**
Choice of Milk

10/23/2025

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

10/24/2025

NO SCHOOL TODAY

10/27/2025

Turkey Hot Dog**
on a WG Bun
Veggie Hot Dog**
Grilled Cheese Sandwich*
Garlic Roasted Potatoes
Ketchup (ss)
Grape Juice
Choice of Milk

10/28/2025

Lime Chicken Black
Beans & Br. Rice
Lime Chicken Meatless w/
Bk. Bean & Br. Rice(V/VG)
Apples
Choice of Milk

10/29/2025

WG Cheese Lasagna
Rollup w/Marinara (V)
WG Garlic Knot Roll (V)
Fresh Oranges
Choice of Milk

10/30/2025

BBQ Chicken WG Sider
BBQ Veggie Sider (V/VG)
Sweet Creamy Coleslaw
Fresh Pears
Choice of Milk

10/31/2025

Breaded Chicken Nuggets
WG Biscuit
Veggie Nuggets w/WG Roll
Collards Green & Tomato
Ketchup (ss)
Bananas
Choice of Milk

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