

Luncheras Di Si

Meal Group Contribution Report

The Children's Guild DC - K - 8 Lunch

HHFKA-Lunch-K-8 (age 5-13)

Monday 10/06/2025

Spaghetti & Tk. Meatsauce

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
991400	SPAGHETTI AND TURKEYMEAT SAUCE -3/4 cup: R:3/4	1 serving	2.000	2.000		0.750		2.000		0.750			
992361	Grape Juice - Suncup	4 fl			0.500								
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
231	MILK,Skim	8 fl. oz.					1.000						
Total			2.000	2.000	0.500	0.750	2.000	2.000		0.750			

Tuesday 10/07/2025

Mashed Potato Chicken Bowl

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
993014	Chicken Mash Potato Bowl - S:3/4	4 nuggets	2.500	1.000		0.750						0.750	
991025	ORANGES - (1 orange113-125 ct)- 1/2 cup	1 orange			0.500								
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
231	MILK,Skim	8 fl. oz.					1.000						
Total			2.500	1.000	0.500	0.750	2.000					0.750	

Wednesday 10/08/2025

Fried Rice

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
991301	Chinese Chicken Fried Rice S:1/4, R:1/4, OT:1/4	1 serving	2.000	2.000		0.750		2.000		0.250		0.250	0.250
991007	Banana - 1/2 cup (1 Banana)	1 Bananas			0.500								
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
231	MILK,Skim	8 fl. oz.					1.000						
Total			2.000	2.000	0.500	0.750	2.000	2.000		0.250		0.250	0.250

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The Children's Guild DC - K - 8 Lunch

HHFKA-Lunch-K-8 (age 5-13)

Thursday 10/09/2025

Breaded Mozzarella Sticks

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
993017	V- WG Breaded Mozzarella Sticks	5 sticks	2.000	2.000				2.000					
991071	Marinara Sauce (ss)	57 gr				0.250				0.250			
990921	Bean Dip 1/2 Cup: L: 1/2	1/2 CUP				0.500					0.500		
990398	APPLES - Half Cup (100-134 ct)	1/2 cup			0.500								
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
231	MILK, Skim	8 fl. oz.					1.000						
Total			2.000	2.000	0.500	0.750	2.000	2.000		0.250	0.500		

Friday 10/10/2025

Pepperoni Pizza

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
991746	Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe	4.56oz 5 pepper	2.000	2.000		0.125		2.000		0.125			
992618	Honey Broccoli & Cauliflower3/4CUP: DG:1/2,OT:1/4	3/4 cup				0.750			0.500				0.250
990726	Nectarines, Fresh (56 -64 Count) 1 nectarine	1/2 cup			0.500								
231	MILK, Skim	8 fl. oz.					1.000						
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
Total			2.000	2.000	0.500	0.875	2.000	2.000	0.500	0.125			0.250

Tuesday 10/14/2025

Kung Pao Chicken

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
993012	Kung Pao Chicken R:1/2, OT:1/4	serving.	2.000			0.750				0.500			0.250
990936	Brown Rice - Riceland	3/4 cup		1.750				1.750					
990398	APPLES - Half Cup (100-134 ct)	1/2 cup			0.500								
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
231	MILK, Skim	8 fl. oz.					1.000						
Total			2.000	1.750	0.500	0.750	2.000	1.750		0.500			0.250

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The Children's Guild DC - K - 8 Lunch

HHFKA-Lunch-K-8 (age 5-13)

Wednesday 10/15/2025

WG Cheese Ravioli

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
993003	V- WG Jumbo Cheese Ravioli R:1/2 cup	3.78 oz (3 pc)	2.000	1.000		0.500		1.000		0.500			
993004	V- WG Garlic Knot Roll	2 oz		2.000				2.000					
993006	Rosted Eggplant OT:1/4 cup	1/4				0.250							0.250
992796	BROCCOLI FLORETS - Steamed DG: 1/2	1/2 cup				0.500			0.500				
990703	Cranberry Apple Juice 1/2 cup	4 oz fl			0.500								
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
231	MILK,Skim	8 fl. oz.					1.000						
Total			2.000	3.000	0.500	1.250	2.000	3.000	0.500	0.500			0.250

Thursday 10/16/2025

Turkey Fajitas

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
993008	Ground Turkey Fajitas	2 fajitas 6"	2.000	2.000				2.000					
993050	Black Bean and Corn Salad - L:1/2, S:1/2	1 cup				1.000					0.500	0.500	
991695	SOUR CREAM,FAT FREE (SS)	1oz											
310	PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup			0.500								
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
231	MILK,Skim	8 fl. oz.					1.000						
Total			2.000	2.000	0.500	1.000	2.000	2.000			0.500	0.500	

Monday 10/20/2025

Chicken Parmesan

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
992495	Chicken Parmesan R: 1/4	serving	2.500			0.250				0.250			
990963	MASHED POTATOES - S:1/2 cup	1/2 cup				0.500						0.500	
991056	VG/DF - WG Roll	32 gr		1.000				1.000					
990692	Fruit Punch, Juice 1/2 cup	4 fl.oz.			0.500								
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
231	MILK,Skim	8 fl. oz.					1.000						
Total			2.500	1.000	0.500	0.750	2.000	1.000		0.250		0.500	

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The Children's Guild DC - K - 8 Lunch

HHFKA-Lunch-K-8 (age 5-13)

Tuesday 10/21/2025

Turkey Burger

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
990986	Turkey Burger	3.5 oz	2.000	2.000				2.000					
222	KETCHUP: individual	9 gr											
991803	Green Beans, Broccoli Medley DG:1/2, OT:1/4	3/4				0.750			0.500				0.250
991025	ORANGES - (1 orange113-125 ct)- 1/2 cup	1 orange			0.500								
231	MILK,Skim	8 fl. oz.					1.000						
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
Total			2.000	2.000	0.500	0.750	2.000	2.000	0.500				0.250

Wednesday 10/22/2025

Ground Turkey and rice

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
993010	Ground Turkey	2.87 oz	2.000										
991245	Brown Rice and Black Beans - L:1/2 cup	serving		2.000		0.500		2.000			0.500		
992886	Baked Plantains S: 1/4	1/4 cup				0.250						0.250	
990457	GRAPES,Fresh - Half Cup	14 grapes			0.500								
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
231	MILK,Skim	8 fl. oz.					1.000						
Total			2.000	2.000	0.500	0.750	2.000	2.000			0.500	0.250	

Thursday 10/23/2025

Baked Chicken Penne Pasta

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
991095	Baked Chicken Penne Pasta R:1/2, Ot: 1/4	3/4 cup	2.000	2.000		0.750		2.000		0.500			0.250
990398	APPLES - Half Cup (100-134 ct)	1/2 cup			0.500								
231	MILK,Skim	8 fl. oz.					1.000						
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
Total			2.000	2.000	0.500	0.750	2.000	2.000		0.500			0.250

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The Children's Guild DC - K - 8 Lunch

HHFKA-Lunch-K-8 (age 5-13)

Monday 10/27/2025

Turkey Hot Dog

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
991027	Turkey Hot Dog	serving	2.000	2.000				2.000					
992509	Garlic Roasted Potatoes 3/4 cup: S: 3/4	3/4 cup				0.750						0.750	
222	KETCHUP: individual	9 gr											
992361	Grape Juice - Suncup	4 fl			0.500								
231	MILK,Skim	8 fl. oz.					1.000						
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
Total			2.000	2.000	0.500	0.750	2.000	2.000				0.750	

Tuesday 10/28/2025

Lime Chicken & Black Beans

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
992357	Lime Chicken Bl. Bean & Rice 3/4 cup:L:1/2,OT:1/4	serving	2.000	2.000		0.750		2.000			0.500		0.250
990398	APPLES - Half Cup (100-134 ct)	1/2 cup			0.500								
231	MILK,Skim	8 fl. oz.					1.000						
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
Total			2.000	2.000	0.500	0.750	2.000	2.000			0.500		0.250

Wednesday 10/29/2025

Lasagna

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
993005	V- Lasagna, Cheese WG Pasta w/ Marinara R:3/4	3.5 oz	1.250	1.000		0.750		1.000		0.750			
993004	V- WG Garlic Knot Roll	2 oz		2.000				2.000					
991025	ORANGES - (1 orange113-125 ct)- 1/2 cup	1 orange			0.500								
231	MILK,Skim	8 fl. oz.					1.000						
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
Total			1.250	3.000	0.500	0.750	2.000	3.000		0.750			

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Meal Group Contribution Report

The Children's Guild DC - K - 8 Lunch

HHFKA-Lunch-K-8 (age 5-13)

Thursday 10/30/2025

BBQ Chicken Slider

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
990402	BBQ Chicken WG Slider	serving	2.000	2.000				2.000					
990604	CREAMY COLESLAW OT: 1/2, R:1/4	3/4 cup				0.750				0.250			0.500
310	PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup			0.500								
231	MILK,Skim	8 fl. oz.					1.000						
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
Total			2.000	2.000	0.500	0.750	2.000	2.000		0.250			0.500

Friday 10/31/2025

Chicken Nuggets

Recipe #	Recipe Name	Portion Size	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg, Beans, Peas, and Lentils cup	Veg Starchy cup	Veg Other cup
991084	Chicken Nuggets Breaded	4 pc (91 gr)	2.000	1.000				1.000					
341	WG Biscuit - 1 oz	28 g		1.000				1.000					
992817	Collards Green & Tomato Salad - DG:1/2, R:1/4	3/4 cup				0.750			0.500	0.250			
222	KETCHUP: individual	9 gr											
991007	Banana - 1/2 cup (1 Banana)	1 Bananas			0.500								
190	Low Fat Milk - 1%	8 fl. oz.					1.000						
231	MILK,Skim	8 fl. oz.					1.000						
Total			2.000	2.000	0.500	0.750	2.000	2.000	0.500	0.250			

	M/MA oz eq	Grains oz eq	Fruit cup	Veg cup	Milk cup	Whole Grain oz eq	Veg Drk Grn cup	Veg Red/Org cup	Veg Lentils cup	Veg Starchy cup	Veg Other cup
Grand Total	34.250	33.750	8.500	13.625	34.000	32.750	2.000	4.375	2.000	3.000	2.250