



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



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

LUNCH

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



Monday

01/05/2026

WG Caprese Pasta (V)
 Diced Peaches
 Choice of Milk

Tuesday

01/06/2026

Cheese Beef Burger
 & WG Bun
 Vegan Burger (V/VG)
 Roasted Potatoes
 & Broccoli Medley
 Ketchup (ss)
 Mayo Light (ss)
 Fresh Apples
 Choice of Milk

Wednesday

01/07/2026

Turkey Meatballs w/
 Brown Rice & Bk. Beans
 Veggie Meatballs w/
 Brown Rice & Beans (V/VG)
 Bananas
 Choice of Milk

Thursday

01/08/2026

Chicken & Tk. Bacon WG
 Pasta w/Tomato & Spinach
 Chicken Meatless WG Pasta
 w/Tomato & Spinach(V)
 Fresh Tangerines
 Choice of Milk

Friday

01/09/2026

Golden Crispy Chicken Tenders
 WG Roll
 Breaded Veggie Tender
 w/ WG Roll (V/VG)
 Roasted Sweet Potatoes
 & Cauliflower
 Ketchup (ss)
 Grape Juice
 Choice of Milk

01/12/2026

Turkey Taco Rice w/Corn
 Red & Gr. Peppers
 Meatless Taco Rice w/Corn
 Red & Gr. Peppers (V/VG)
 Sour Cream (ss)
 Apples
 Choice of Milk

01/13/2026

Stuffed Crust Pizza
 w/ Cheese (V)
 Balela Salad w/ Garbanzo,
 Tomato & Cucumber
 Fresh Oranges
 Choice of Milk

01/14/2026

WG Spaghetti &
 Beef Meatballs
 WG Spaghetti
 & Veggie Meatballs
 Fresh Pears
 Choice of Milk

01/15/2026

Fiesta Brown Rice Chicken
 w/ Corn, G. Peas & Carrot
 Br. Rice Chicken Meatless
 Corn, G. Peas & Carrot (V/VG)
 Bananas
 Choice of Milk

01/16/2026

WG Breaded Mozzarella St.
 Marinara Sauce (ss)
 Honey Garlic
 Broccoli & Cauliflower
 Fruit Punch Juice
 Choice of Milk

01/19/2026

NO SCHOOL TODAY

01/20/2026

WG Cheese Pizza (V)
 Roasted Potatoes
 & Broccoli
 Fresh Pears
 Choice of Milk

01/21/2026

WG Pasta Carbonara
 w/ Turkey Bacon
 WG Pasta Carbonara w/
 Meatless Bacon (V)
 Steamed Carrots
 Orange Juice
 Choice of Milk

01/22/2026

Enchilada Brown Rice w/
 Bk. Beans & Gr. Peppers-V
 Apples
 Choice of Milk

01/23/2026

NO SCHOOL TODAY

01/26/2026

Corn Dog Chicken Mini WG
 Grilled Cheese Sand. (V)*
 Sweet Potatoes &
 Kale Salad
 Ketchup (ss)
 Grape Juice
 Choice of Milk

01/27/2026

Turkey Meatballs
 WG Sub. w/Cheese
 Veggie Meatballs
 WG Submarine (V/VG)
 Sautéed Green Collards
 Fresh Tangerines
 Choice of Milk

01/28/2026

WW Chicken Fajitas
 w/Green Peppers
 Ck. Meatless Fajita (V/VG)
 Corn Pico de Gallo
 Sour Cream (ss)
 Apples
 Choice of Milk

01/29/2026

Turkey Breast & Provolone
 Cheese WW Sandwich
 Provolone WW Sand. (V)
 Garlic Roasted Potatoes
 Bananas
 Choice of Milk

01/30/2026

Turkey Chili
 over Brown Rice
 Plant Based
 Chili & Brown Rice (V/VG)
 Fresh Pears
 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), Winter Squash (PA/NC), Kale (NJ) Carrots (PA), Mushrooms (PA), Collards Green (NC), Cucumber (MD)

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