

Luncheras Di Si

Meal Group Contribution Report

The Children's Guild- DC - K-8 Grade- Breakfast

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

Monday 01/05/2026

Cheerios

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
992858	Cereal, Lucky Charm SS Bowl	28 gr			1.000	1.000			1.000
991346	Yogurt Yoplait 4oz	4 oz		1.000		1.000			
307	APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup					1.000		
231	MILK,Skim	8 fl. oz.						1.000	
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
Total				1.000	1.000	2.000	1.000	2.000	1.000

Tuesday 01/06/2026

Oatmeal Soft round

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
993002	V-Oatmeal Soft Round Banana Chocolate Chip Bar	66 gr			2.000	2.000			2.000
90	PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup					1.000		
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
231	MILK,Skim	8 fl. oz.						1.000	
Total					2.000	2.000	1.000	2.000	2.000

Wednesday 01/07/2026

Sweet Potato Muffin

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
192	V-WW Sweet Potato Muffin	serving			1.000	1.000			1.000
10	Mozarella, Cheese String	1 oz		1.000		1.000			
990708	Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)					1.000		
231	MILK,Skim	8 fl. oz.						1.000	
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
Total				1.000	1.000	2.000	1.000	2.000	1.000

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The Children's Guild- DC - K-8 Grade- Breakfast

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

Thursday 01/08/2026

French Toast Sticks

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
991061	V/VG- French Toast Sticks PreK-12	4 stick (92 gr)			2.250	2.250			2.250
991123	Syrup Maple SS Sugar Free	32 gr							
991006	Banana - 1 cup (2 Bananas)	2 Bananas					1.000		
231	MILK,Skim	8 fl. oz.						1.000	
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
Total					2.250	2.250	1.000	2.000	2.250

Friday 01/09/2026

mini cinnis Cinnabon

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
991053	Pillsbury Mini Cinnis Cinnamon	65 gr			2.000	2.000			2.000
991024	ORANGES (2 oranges 113-125 ct) - 1 Cup	cup					1.000		
231	MILK,Skim	8 fl. oz.						1.000	
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
Total					2.000	2.000	1.000	2.000	2.000

Monday 01/12/2026

Cereal

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
992601	CEREALS RTE,CINN TOAST CRUNCH (Low Sugar)	1 (28 GR)			1.000	1.000			1.000
991346	Yogurt Yoplait 4oz	4 oz		1.000		1.000			
90	PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup					1.000		
231	MILK,Skim	8 fl. oz.						1.000	
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
Total				1.000	1.000	2.000	1.000	2.000	1.000

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The Children's Guild- DC - K-8 Grade- Breakfast

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

Tuesday 01/13/2026

WG Chocolate Chip Pancakes

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
991372	V- WG Chocolate Chip Pancakes-(Krusteaz)	2 pancakes			2.000	2.000			2.000
991123	Syrup Maple SS Sugar Free	32 gr							
991006	Banana - 1 cup (2 Bananas)	2 Bananas					1.000		
231	MILK,Skim	8 fl. oz.						1.000	
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
Total					2.000	2.000	1.000	2.000	2.000

Wednesday 01/14/2026

French Toast Muffin

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
991524	V- Baked French Toast Muffin	serving		0.500	1.000	1.500			1.000
10	Mozarella, Cheese String	1 oz		1.000		1.000			
991059	Cranberry Apple Juice (1 cup- 2 juices)	2 HC					1.000		
231	MILK,Skim	8 fl. oz.						1.000	
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
Total				1.500	1.000	2.500	1.000	2.000	1.000

Thursday 01/15/2026

Apple Homemade Baked Oatmeal

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
990797	V-Apple Homemade Baked Oatmeal Bar	SERVINGS			1.500	1.500			1.500
991024	ORANGES (2 oranges 113-125 ct) - 1 Cup	cup					1.000		
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
231	MILK,Skim	8 fl. oz.						1.000	
Total					1.500	1.500	1.000	2.000	1.500

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The Children's Guild- DC - K-8 Grade- Breakfast

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

Friday 01/16/2026

Waffle Omelet

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
992588	Waffle Omelet w/ cheese & Tk. bacon	1		2.000		2.000			
990672	WG Biscuit 2oz	56g			2.000	2.000			2.000
307	APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup					1.000		
231	MILK,Skim	8 fl. oz.						1.000	
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
Total				2.000	2.000	4.000	1.000	2.000	2.000

Tuesday 01/20/2026

Cheerios

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
991380	Cereal Cheerios MULTIGRAIN (28gr)	28 gr			1.000	1.000			1.000
991346	Yogurt Yoplait 4oz	4 oz		1.000		1.000			
307	APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup					1.000		
231	MILK,Skim	8 fl. oz.						1.000	
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
Total				1.000	1.000	2.000	1.000	2.000	1.000

Wednesday 01/21/2026

Turkey Sausage Patty & WG Pancakes

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
991694	Turkey Sausage Patty WG Pancakes	1 serving		1.000	2.000	3.000			2.000
991123	Syrup Maple SS Sugar Free	32 gr							
90	PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup					1.000		
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
231	MILK,Skim	8 fl. oz.						1.000	
Total				1.000	2.000	3.000	1.000	2.000	2.000

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The Children's Guild- DC - K-8 Grade- Breakfast

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

Thursday 01/22/2026

Gingerbread Muffin

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
991328	V- WW Gingerbread Muffin	56 grams			1.000	1.000			1.000
10	Mozarella, Cheese String	1 oz		1.000		1.000			
991006	Banana - 1 cup (2 Bananas)	2 Bananas					1.000		
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
231	MILK,Skim	8 fl. oz.						1.000	
Total				1.000	1.000	2.000	1.000	2.000	1.000

Monday 01/26/2026

Cheerios

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
992848	V/VG- Cereal, Cheerios Honey SS Bowl	28 gram.			1.000	1.000			1.000
991346	Yogurt Yoplait 4oz	4 oz		1.000		1.000			
90	PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup					1.000		
231	MILK,Skim	8 fl. oz.						1.000	
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
Total				1.000	1.000	2.000	1.000	2.000	1.000

Tuesday 01/27/2026

Pumpkin Carrot Breakfast Loaf

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
991334	V- Pumpkin Carrot Breakfast Loaf	1 squares			1.750	1.750			1.750
991006	Banana - 1 cup (2 Bananas)	2 Bananas					1.000		
231	MILK,Skim	8 fl. oz.						1.000	
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
Total					1.750	1.750	1.000	2.000	1.750

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The Children's Guild- DC - K-8 Grade- Breakfast

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

Wednesday 01/28/2026

Pancakes Bites

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
992993	V-WG Pancake Bites Poffitz (IW)	2.4 oz (68gr)			2.000	2.000			2.000
991123	Syrup Maple SS Sugar Free	32 gr							
991059	Cranberry Apple Juice (1 cup- 2 juices)	2 HC					1.000		
231	MILK,Skim	8 fl. oz.						1.000	
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
Total					2.000	2.000	1.000	2.000	2.000

Thursday 01/29/2026

Egg Burrito

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
991557	Egg, Turkey Breast & Cheese Burrito	1 burrito		1.500	1.750	3.250			1.750
307	APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup					1.000		
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
231	MILK,Skim	8 fl. oz.						1.000	
Total				1.500	1.750	3.250	1.000	2.000	1.750

Friday 01/30/2026

WG Biscuit & Patty Sausage

Recipe #	Recipe Name	Portion Size	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
992533	WG Biscuit 2oz & Tk. Patty Sausage CR	2oz Biscuit		1.000	2.000	3.000			2.000
991024	ORANGES (2 oranges 113-125 ct) - 1 Cup	cup					1.000		
231	MILK,Skim	8 fl. oz.						1.000	
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
Total				1.000	2.000	3.000	1.000	2.000	2.000

	M/MA oz eq	M/MA as Grain oz eq	Grains oz eq	Total Grain oz eq	Fruit cup	Milk cup	Whole Grain oz eq
Grand Total		13.000	28.250	41.250	18.000	36.000	28.250