

Luncheras Di Si

Meal Group Contribution Report

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

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

Monday 08/17/2026

French Toast & Sausage Link

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
993205	Turkey Sausage Links, 3", .67 oz	2 (0.67oz each)	1.000						
991123	Syrup Maple SS Sugar Free	32 gr							
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		2.250	2.250	1.000	2.000	2.250

Tuesday 08/18/2026

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			
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				1.000	1.000	2.000	1.000	2.000	1.000

Wednesday 08/19/2026

Breakfast Bowl

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
993203	Breakfast Bowl w/ potato,Tk. bacon, egg & cheese	serving	2.500						
991059	Cranberry Apple Juice (1 cup- 2 juices per kid)	2 HC					1.000		
231	MILK,Skim	8 fl. oz.						1.000	
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
Total			2.500				1.000	2.000	

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

Thursday 08/20/2026

WG 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
993124	V- WG Apple Cinnamon Muffin (Muffin Town)	57 gr			1.000	1.000			1.000
10	Mozarella, Cheese String	1 oz		1.000		1.000			
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				1.000	1.000	2.000	1.000	2.000	1.000

Friday 08/21/2026

Overnight Oats

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
993204	V-Sunbutter Overnight Oats	serving	1.000		1.000	1.000			1.000
990597	PEACHES, DICED IN JUICE SS PLASTIC CUP - HC	HC					0.500		
990692	Fruit Punch, Juice 1/2 cup	4 fl.oz.					0.500		
231	MILK,Skim	8 fl. oz.						1.000	
190	Low Fat Milk - 1%	8 fl. oz.						1.000	
Total			1.000		1.000	1.000	1.000	2.000	1.000

Monday 08/24/2026

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
991380	Cereal Cheerios MULTIGRAIN (28gr)	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

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Tuesday 08/25/2026

English 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
993206	WG English Muffin w/Chicken Patty Sausage & Cheese	serving	1.500		2.000	2.000			2.000
222	KETCHUP: individual	9 gr							
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			1.500		2.000	2.000	1.000	2.000	2.000

Wednesday 08/26/2026

Blueberry Muffins

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
991210	V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr			1.000	1.000			1.000
10	Mozarella, Cheese String	1 oz		1.000		1.000			
992366	Orange Juice - Suncup - 1 cup: 2 juices	8 fl. (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

Thursday 08/27/2026

Mini Waffles

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
990645	V-Eggo Bites Waffles Maple	2.64 oz			2.000	2.000			2.000
991123	Syrup Maple SS Sugar Free	32 gr							
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					2.000	2.000	1.000	2.000	2.000

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Friday 08/28/2026

Yogurt Parfait

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
993207	Yogurt Parfait w/ Mango & Pineapple	serving	1.000		1.000	1.000	0.500		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			1.000		1.000	1.000	1.000	2.000	1.000

	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	7.000	4.000	12.250	16.250	10.000	20.000	12.250