

Spring/ Early Fall Cycle - Breakfast
The Children's Guild- DC - K-8 Grade- Breakfast
HHFKA K-8 (age 5-13)



BREAKFAST

milk, grain, fruit, meat or meat alternative



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

Monday	Tuesday	Wednesday	Thursday	Friday
08/17/2026 WG French Toast Sticks (V/VG) Turkey Sausage Link Veggie Breakfast Sausage Strips (V) Syrup Maple (ss) Fresh Apples Choice of Milk	08/18/2026 Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Bananas Choice of Milk	08/19/2026 Breakfast Bowl w/Potato Tk. Bacon, egg & cheese Veggie Bowl w/Potato, crumbles, egg & cheese(V) Cranberry Juice Choice of Milk	08/20/2026 WG Apple Cinnan. Muffin-V Mozzarella Cheese Stick** Fresh Pears Choice of Milk	08/21/2026 Sunbutter Overnight Oats (V) Diced Peaches Fruit Punch Juice Choice of Milk
08/24/2026 Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk	08/25/2026 WG English Muffin w/ Chicken Patty & A. Cheese WG English Muffin w/ Veggie Patty & Cheese (V) Ketchup (ss) Fresh Apples Choice of Milk	08/26/2026 WG Blueberry Muffin(V/DF) Mozzarella Cheese Stick** Orange Juice Choice of Milk	08/27/2026 Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Bananas Choice of Milk	08/28/2026 Yogurt Parfait w/ Mango & Pineapple(V) Fruit Punch Juice Choice of Milk

Available Choice of Milk: **Unflavored 1% or 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**

**Dairy - Free (DF), Gluten Free (GF), Vegan (VG), *Vegetarian (V) options available daily upon
request.**

WG = Whole Grain WW = Whole Wheat

Aug 12, 2026

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Nutrient Breakdown Summary Report

From Aug 17, 2026 to Aug 21, 2026

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	498		400-500	100%			
Saturated Fat	3.05 g	5.51%	<10.000%				
Sodium	469 mg		540	87%			
Total Sugars	*45 g	*36.2%					*
Added Sugars	*8.40 g	*6.7%	<10.000%				*
Total Fat	12.88 g	23.3%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	52 mg						
Carbohydrate	76.90 g	61.8%					
Fiber	*6.30 g						*
Protein	20.53 g	16.5%					
Vitamin A	*34 mcg RA E						*
Calcium	374.3 mg						
Vitamin C	*16.83 mg						*

¹- Data comparisons are not available for date ranges outside of a valid menu week.

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient**

*** - denotes combined nutrient totals with either missing or incomplete nutrient data**

Added Sugars target is informational only, with an effective date of July 1, 2027.

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Nutrient Breakdown Summary Report

From Aug 17, 2026 to Aug 21, 2026

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

Iron	*6.76 mg						*
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Weekly Certification Worksheet

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

Breakfast K-8 (age 5-13)

Week of 8/17/2026

5 Day Week	Mon 08/17/26	Tue 08/18/26	Wed 08/19/26	Thu 08/20/26	Fri 08/21/26			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check (no more than half of Total Fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
Fruit: Minimum (cups)	1	1	1	1	1			5	5	Yes		5	1.5	30%	Yes
Vegetables: Minimum (cups)	0	0	0	0	0			0	N/A	N/A	Weekly Veg. Juice Limit Check (no more than half of Total Veg.)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0	0	0	0			0	N/A	N/A					
-Red/Orange	0	0	0	0	0			0	N/A	N/A					
-Beans, Peas, and Lentils	0	0	0	0	0			0	N/A	N/A					
-Starchy	0	0	0	0	0			0	N/A	N/A					
-Other	0	0	0	0	0			0	N/A	N/A					
Meat/Meat Alt. & Grain: Minimum (oz eq)	3.25	2	2.5	2	2			11.75	8	Yes					
Meat/Meat Alt. & Grain: Maximum (oz eq)	3.25	2	2.5	2	2			11.75	10	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	5.25	Weekly Whole Grain Rich Total	5.25	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 08/17/26	Tue 08/18/26	Wed 08/19/26	Thu 08/20/26	Fri 08/21/26			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	2	2	2	2	2			10	5	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored, Low-fat(1% or less), flavored, Reduced fat(2%) or whole, unflavored and flavored	Yes	Yes	Yes	Yes	Yes										

** Cells with this background color signify Requirements not being met!

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Nutrient Breakdown Summary Report

From Aug 24, 2026 to Aug 28, 2026

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

Nutrient	Average	% of Cals	Weekly Target	% of Target ¹	Shortfall ¹	Overage ¹	Missing Data
Calories	451		400-500	100%			
Saturated Fat	1.89 g	3.77%	<10.000%				
Sodium	472 mg		540	87%			
Total Sugars	*48 g	*42.9%					*
Added Sugars	*9.34 g	*8.3%	<10.000%				*
Total Fat	7.49 g	14.9%					
Trans Fat	*0.00 g	*0.0%					*
Cholesterol	33 mg						
Carbohydrate	80.93 g	71.8%					
Fiber	5.69 g						
Protein	18.02 g	16.0%					
Vitamin A	*18 mcg RA E						*
Calcium	396.6 mg						
Vitamin C	*11.38 mg						*

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Nutrient Breakdown Summary Report

From Aug 24, 2026 to Aug 28, 2026

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

Iron	*20.59 mg						*
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Weekly Certification Worksheet

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

Breakfast K-8 (age 5-13)

Week of 8/24/2026

5 Day Week	Mon 08/24/26	Tue 08/25/26	Wed 08/26/26	Thu 08/27/26	Fri 08/28/26			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check	Weekly Fruit Juice Limit Check (no more than half of Total Fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	% of Total Weekly Fruit that is Juice	Weekly Rqmt. Check
Fruit: Minimum (cups)	1	1	1	1	1			5	5	Yes		5	1.5	30%	Yes
Vegetables: Minimum (cups)	0	0	0	0	0			0	N/A	N/A	Weekly Veg. Juice Limit Check (no more than half of Total Veg.)	Total Weekly Veg.	Total Weekly Veg. Juice	% of Total Weekly Veg. that is Juice	Weekly Rqmt. Check
-Dark Green	0	0	0	0	0			0	N/A	N/A					
-Red/Orange	0	0	0	0	0			0	N/A	N/A					
-Beans, Peas, and Lentils	0	0	0	0	0			0	N/A	N/A					
-Starchy	0	0	0	0	0			0	N/A	N/A					
-Other	0	0	0	0	0			0	N/A	N/A					
Meat/Meat Alt. & Grain: Minimum (oz eq)	2	3.5	2	2	2			11.5	8	Yes					
Meat/Meat Alt. & Grain: Maximum (oz eq)	2	3.5	2	2	2			11.5	10	OVER					
Grain Based Dessert Total for all weekly meals								0	No more than 2 oz	Yes					
Whole Grain Rich Weekly Amount	Weekly Grains Total	7	Weekly Whole Grain Rich Total	7	% of Whole Grain Rich	100%			80% Whole Grain Rich	Yes					
	Mon 08/24/26	Tue 08/25/26	Wed 08/26/26	Thu 08/27/26	Fri 08/28/26			Weekly Total	Weekly Rqmt.	Weekly Rqmt. Check					
Milk: Minimum (cups)	2	2	2	2	2			10	5	Yes					
Variety: Skim/Fat-free unflavored, Skim/fat-free flavored, Low-fat(1% or less) unflavored, Low-fat(1% or less), flavored, Reduced fat(2%) or whole, unflavored and flavored	Yes	Yes	Yes	Yes	Yes										

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