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

Mess Hall

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
10/05/2026 Whole Grain Waffles (V) Syrup Maple (ss) Fresh Apples Choice of Milk	10/06/2026 WG Apple Cinnamon Cereal Cheerios (V/VG) Yoplait Yogurt Bananas Choice of Milk	10/07/2026 WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Grape Juice Choice of Milk	10/08/2026 Cheddar Cheese Frittata-V WG Roll Fresh Oranges Choice of Milk	10/09/2026 Peachy WG Cinnamon Roll Cobbler (V) Cranberry Juice Choice of Milk
10/12/2026 WG Pancake Bites Poffitz (V) Syrup Maple (ss) Fruit Punch Juice Choice of Milk	10/13/2026 WG Pizza Bagel w/egg Mozz. Cheese & Turkey WG Pizza Bagel w/ Egg & Mozzarella Cheese (V) Fresh Apples Choice of Milk	10/14/2026 Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk	10/15/2026 WG French Toast Sticks (V/VG) Turkey Sausage Link** Veggie Breakfast Sausage Strips (V) Syrup Maple (ss) Bananas Choice of Milk	10/16/2026 NO SCHOOL TODAY
10/19/2026 Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Fresh Tangerines Choice of Milk	10/20/2026 Breakfast Bowl w/Potato Tk. Bacon, egg & cheese Veggie Bowl w/Potato, crumbles, egg & cheese(V) Ketchup (ss) Bananas Choice of Milk	10/21/2026 WG Apple Cinnan. Muffin-V Mozzarella Cheese Stick** Fresh Oranges Choice of Milk	10/22/2026 WG English Muffin w/ Chicken Patty & A. Cheese WG English Muffin w/ Veggie Patty & Cheese (V) Ketchup (ss) Jelly (ss) Fresh Apples Choice of Milk	10/23/2026 Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Cranberry Juice Choice of Milk
10/26/2026 WG Banana Muffin (V/DF) Fresh Tangerines Choice of Milk	10/27/2026 Egg Spanish Tortilla w/ Potatoes & Onions (V/DF) White WW Loaf Bananas Choice of Milk	10/28/2026 Cereal Cheerios Honey (V) Yoplait Yogurt Fresh Apples Choice of Milk	10/29/2026 WG White Bagel (V/VG) Strawberry Cream Cheese Cream Cheese (ss) Fruit Punch Juice Choice of Milk	10/30/2026 Spooky Pumpkin WW Waffles (V/VG) Syrup Maple (ss) Fresh Mix Berries Fresh Strawberries (PreK) 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**

Sep 30, 2026