

	Menu Selection	Preschool	Toddler	School Age
AM	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml		
Monday	Vegetable Medley (Green Beans / Peas / Carrots / Corn)	1/4 Cup		
	Beef Chili Mac and Cheese	3/4 Cup		1 Cup
PM	Organic Mini Ginger Snaps	6 Snaps		12 Snaps
AM	Cinnamon Raisin Bagel / Applesauce	1/2 Bagel / 3 Tbsp		
Tuesday	Cheddar Cheese Omelet	1 Piece		1.5 Pieces
	Whole Wheat Bread	1 Slice		
	Diced Carrots	1/4 Cup		
PM	Organic Apple Oatmeal Cookie	1 Cookie		2 Cookies
AM	Banana Oatmeal Bar	1 Bar		
Wednesday	Broccoli	1/4 Cup		
	Whole Grain Bun	1 Bun		1.5 Buns
	Beef Burger	1 Piece		1.5 Pieces
PM	Cheddar Cheese Sandwich on Whole Wheat Bread / Cucumber Slices	1/2 Sandwich / 2 - 3 Slices	2 - 3 Peeled Slices	1 Sandwich / 2 - 3 Slices
AM	Organic Whole Wheat Blueberry Muffin	1 Muffin		
Thursday	Turkey Alphabet Soup	3/4 Cup		1 Cup
	Roll	1 Roll		
	Baby Carrots	2 - 3 Baby Carrots	2 - 3 Blanched Baby Carrots	
PM	Wheat Crackers / Cheese Cubes	4 Crackers / 2 - 3 Cubes		6 Crackers / 3 to 4 Cubes
AM	Whole Wheat Shreddies Cereal / Milk	1/2 Cup / 90 ml		
Friday	Beef and Vegetable Stew	1/2 Cup		3/4 Cup
	Whole Wheat Baguette	1 Slice		
PM	Whole Wheat Lemon Cranberry Loaf	1 Slice (1 Loaf = 10 Portions)		1.5 Slices

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	Menu Selection	Preschool	Toddler	School Age
AM	Whole Grain Life Cereal / Milk	1/2 Cup / 90 ml		
Monday	Breaded Chicken	1 Piece		1.5 Pieces
	Corn and Peas	1/4 Cup		
	Brown Rice	1/3 Cup		
PM	Focaccia Bread / Hummus / Baby Carrots	1 Slice / 2 Tbsp. / 2 - 3 Carrots	2 - 3 Blanched Baby Carrots	1.5 Slices / 2 Tbsp. / 2 - 3 Carrots
AM	Organic Apple Granola Minis / Berry Applesauce	1 Packet / 3 Tbsp		
Tuesday	Whole Grain Pasta Bolognese (Tomato and Beef Sauce)	1/2 Cup Pasta / 1/3 Cup Sauce		3/4 Cup Pasta / 1/2 Cup Sauce
	Vegetable Medley (Green Beans / Peas / Carrots / Corn)	1/4 Cup		
PM	Organic Spelt Mini Lemon Snaps / Cheese Curds	6 Snaps / 2 to 3 Curds		12 Snaps
AM	Strawberry Yogurt / Whole Grain Pumpkin Seed Granola	90 ml / 1 Tbsp.	2 Social Tea Biscuits	
Wednesday	Cuban Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
	Brown Rice	1/3 Cup		
	Green Beans	1/4 cup		
PM	Rice Cake / Apple Butter	1 Cake / 2 Tbsp.		1.5 Cake
AM	Organic Whole Wheat Chunky Apple Muffin	1 Muffin		
Thursday	Beef Meatballs in Gravy	4 Meatballs		6 Meatballs
	Whole Wheat Bun	1 Piece		1 Piece
	Diced Carrots	1/4 Cup		
PM	Banana Oat Chunk	1 Piece		1.5 Pieces
AM	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml		
Friday	Turkey Lasagna	3/4 Cup		1 Cup
	Green Peas	1/4 Cup		
PM	Spice Snaps	2 Snaps		3 Snaps

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PORTION GUIDE - Week 3
Fall / Winter 2021 - 2022

Fish Free - YMCA GTA Menu

	Menu Selection	Preschool	Toddler	School Age
AM	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml		
Monday	Vegetable Medley (Green Beans / Peas / Carrots / Corn)	1/4 Cup		
	Salisbury Steak	1 Piece		1.5 Pieces
	Whole Wheat Bread	1 Slice		
	Mashed Potato	1/3 Cup		
PM	Whole Wheat Oatmeal Raisin Cookie / Baby Carrots / Vanilla Yogurt	1 Cookie / 2 - 3 Carrots / 90 ml	2 - 3 Baby Carrots	3 - 4 Carrots
AM	Banana Oatmeal Bar / Applesauce	1 Bar / 3 Tbsp		
Tuesday	Turkey Meatballs in Tomato Sauce	4 Meatballs		6 Meatballs
	Whole Wheat Bun	1 Bun		
	Green Beans	1/4 Cup		
PM	Whole Wheat Pita Pocket / Cheese Slice	1/2 Pita / 1 Slice		
AM	Blueberry Clusters	3 pieces	2 Social Tea Biscuits	
Wednesday	Sunshine Mixed Vegetables (Carrots, Green Beans)	1/4 Cup		
	Jerk Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
	Rice	1/3 Cup		
PM	Whole Wheat Pumpkin Loaf /Cucumber	1 Slice (1 loaf = 10 Portions) / 2 - 3 Cucmber Slices	2 - 3 Peeled Cucumber Slices	1.5 Loaf Slice
AM	Whole Wheat Shreddies Cereal / Milk	1/2 Cup / 90 ml		
Thursday	Chicken Rice Soup	3/4 Cup		1 Cup
	Whole Wheat Bread	1 Slice		
	Baby Carrots	2 - 3 Baby Carrots	2 - 3 Blanched Baby Carrots	
PM	Organic Strawberry Granola Bar	1 Bar		1.5 Bars
AM	Organic Whole Wheat Banana Muffin	1 Muffin		
Friday	Classic Macaroni and Cheese	3/4 Cup		1 Cup
	Garbanzo Bean Salad	1/4 Cup		
	Carrots and Corn	1/4 Cup		
PM	Wheat Crackers / Cheese Curds	4 Crackers / 2 - 3 Curds		6 Crackers

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Eat Grow Thrive



PORTION GUIDE - Week 4

Fall / Winter 2021 - 2022

Fish Free - YMCA GTA Menu

	Menu Selection	Preschool	Toddler	School Age
AM	Whole Grain Oatmeal Squares Cereal / Milk	1/2 Cup / 90 ml		
Monday	Brown Rice	1/3 Cup		
	Turnip and Carrots	1/4 Cup		
	Lemon Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
PM	Rice Cake / Hummus / Baby Carrots	1 Rice Cake / 2 Tbsp. / 2 - 3 Carrots	2 - 3 Blanched Baby Carrots	3 to 4 Carrots
AM	Peach Yogurt / Whole Grain Pumpkin Seed Granola	90 ml / 1 Tbsp.	2 Social Tea Biscuits	
Tuesday	Green Beans	1/4 Cup		
	Beef Chili	1/2 Cup		3/4 Cup
	Naan Bread	1 Piece		
PM	Whole Wheat Oatmeal Banana Cookie	1 Cookie		2 Cookies
AM	Whole Grain Mini Bagel / Apple Butter	1 Bagel / 2 Tbsp.		
Wednesday	Coconut Chickpea Curry	1/2 Cup		3/4 Cup
	Sunshine Mixed Vegetables (Carrots, Green Beans)	1/4 Cup		
	Rice	1/3 Cup		
PM	Social Tea Biscuits	3 Biscuits / 2 - 3 Curds		3 Biscuits
AM	Organic Whole Wheat Orange Cranberry Muffin	1 Muffin		
Thursday	Leafy Greens / French Dressing	1/2 Cup / 2 Tsp.	2 to 3 Blanched Baby Carrots	
	Chicken Noodle Soup	3/4 Cup		1 Cup
	Whole Wheat Roll	1 Piece		
PM	Whole Grain Cereal Mix	1/2 Cup / 90 ml		3/4 Cup
AM	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml		
Friday	Beef Shepherds Pie	1/2 Cup		3/4 Cup
	Peas and Corns	1/4 Cup		
	Whole Wheat Bread	1 Slice		
PM	Whole Wheat Mini Pita / Cheese Curds	2 Pitas / 2 - 3 curds		3 Pitas

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Eat Grow Thrive