



PORTION GUIDE - Week 1

Fall / Winter 2022-2023

Healthy Choices Menu

	Menu Selection	Preschool	Toddler	School Age
AM	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml		
Monday	Breaded Chicken Pieces	3 Pieces		4.5 Pieces
	Brown Rice	1/3 Cup		
	Peas and Corn	1/4 Cup		
	Plum Sauce	2 Tsp		
	Beef and Tomato Macaroni and Cheese	3/4 Cup		1 Cup
PM	Oatmeal Cranberry Cookie	1 Cookie		
AM	Banana Oatmeal Bar	1 Bar		
Tuesday	Beef Burger	1 Piece		1.5 Pieces
	Hamburger Bun	1 Bun		1.5 Buns
	Diced Carrots	1/4 Cup		
	Turkey Alphabet Pasta Soup	3/4 Cup		1 Cup
	Artisan Roll	1 Roll		
	Baby Carrots	2 - 3 Baby Carrots	2 - 3 Blanched Baby Carrots	
PM	Spice Snap Biscuits / Grape Tomatoes	2 Snaps / 2-3 Tomatoes		
AM	Whole Wheat English Muffin / Apple Butter	1/2 English Muffin / 1 Tbsp		
Wednesday	Scrambled Eggs	1/3 Cup		1/2 Cup
	Shredded Cheddar Cheese	1-2 Tsp		
	Whole Wheat Wrap	1 Piece		1.5 Pieces
	Green Peas	1/4 Cup		
	Chicken Cacciatore Stew	1/2 Cup		3/4 Cup
	Whole Grain Pasta	1/3 Cup		
PM	Whole Wheat Mini Pita / Hummus	2 Pitas / 2 Tbsp		
AM	Organic Whole Wheat Banana Muffin	1 Muffin		
Thursday	Breaded Fish Sticks	2 Pieces		3 Pieces
	Brown Rice	1/3 Cup		
	Leafy Greens / Balsamic Dressing	1/2 Cup / 2 Tsp	1/3 Cup Broccoli	
	Whole Grain Pasta Bolognese (Tomato Beef Sauce)	1/2 Cup Pasta / 1/3 Cup Sauce		3/4 Cup Pasta / 1/2 Cup Sauce
PM	Whole Wheat Crackers / Cheddar Cheese Cubes	10 Crackers / 2 - 3 Cubes		
AM	Whole Grain Shreddies Cereal / Milk	1/2 Cup / 90 ml		
Friday	Turkey Tetrazzini with Whole Grain Pasta	3/4 Cup		1 Cup
	Green Beans	1/4 Cup		
	Maple Mustard Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
	Brown Rice	1/3 Cup		
PM	Whole Wheat Oatmeal Raisin Loaf	1 Piece (1 loaf = 10 portions)		

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If Space is Blank please refer to the Preschool portion

Eat Grow Thrive



PORTION GUIDE - Week 2

Fall / Winter 2022-2023

Healthy Choices Menu

	Menu Selection	Preschool	Toddler	School Age
AM	Corn Flakes Cereal / Milk	1/2 Cup / 90 ml		
Monday	Breaded Chicken	1 Piece		1.5 Pieces
	Brown Rice	1/3 Cup		
	Green and Yellow Beans	1/4 Cup		
	Beef Lasagna	3/4 Cup		1 Cup
PM	Organic Spelt Mini Ginger Snaps / Baby Carrots	8 Snaps / 2 - 3 Baby Carrots	2 - 3 Blanched Baby Carrots	
AM	Whole Wheat Mini Bagel / Apple Butter	1 Bagel / 1 Tbsp		
Tuesday	Three Cheese and Bean Pasta Bake	3/4 Cup		1 Cup
	Mixed Vegetables	1/4 Cup		
	Turkey Burger	1 Piece		1.5 Pieces
	Hamburger Bun	1 Bun		1.5 Buns
	Cheddar Cheese	1/2 Slice		
PM	Banana Oatmeal Bar	1 Bar		
AM	Strawberry Yogurt / Whole Grain Granola	90 ml / 1 Tbsp	2 Social Tea Biscuits	
Wednesday	Filipino Beef Casserole	1/2 Cup		3/4 Cup
	Brown Rice	1/3 Cup		
	Green Peas	1/4 Cup		
	Salsa Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
PM	Whole Wheat Breadsticks / Guacamole	8 Sticks / 1-2 Tbsp	4 Soda Crackers	
AM	Whole Wheat Chunky Apple Muffin	1 Muffin		
Thursday	Minestrone Soup	3/4 Cup		1 Cup
	Whole Wheat Bread	1 Slice		
	Cucumber Slices	2-3 Slices	2-3 Peeled Slices	
	Beef Meatballs in Gravy	4 Meatballs		6 Meatballs
	Whole Wheat Bun	1/2 Bun		
	Diced Carrots	1/4 Cup		
PM	Oatmeal Cookie / Applesauce	1 Cookie / 3 Tbsp		
AM	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml		
Friday	Chicken Alfredo Pasta	3/4 Cup		1 Cup
	Leafy Greens / French Dressing	1/2 Cup / 2 Tsp	1/4 Cup Green Beans	
	Breaded Fish Sticks	2 Pieces		3 Pieces
	Brown Rice	1/3 Cup		
PM	Whole Wheat Blueberry Bran Loaf / Baby Carrots	1 Piece (1 loaf = 10 portions) / 2-3 Baby Carrots	2-3 Blanched Baby Carrots	

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Eat Grow Thrive



PORTION GUIDE - Week 3
Fall / Winter 2022-2023

Healthy Choices Menu

	Menu Selection	Preschool	Toddler	School Age
AM	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml		
Monday	Turkey Burrito	1/3 Cup		1/2 Cup
	Shredded Cheddar Cheese	1 - 2 tsp		
	Whole Wheat Wrap	1 Piece		1.5 Pieces
	Peas and Corn	1/4 Cup		
	Egg Patty	1 Piece		1.5 Pieces
	Whole Wheat English Muffin	1 English Muffin		1.5 English Muffins
	Cheddar Cheese	1 Slice		
PM	Organic Spelt Mini Lemon Snaps	8 Snaps		
AM	Mini Strawberry Crackers	10 Bites		
Tuesday	French Lentil Soup	3/4 Cup		1 Cup
	Artisan Roll	1 Roll		
	Baby Carrots	2 - 3 Baby Carrots	2 - 3 Blanched Baby Carrots	
	Breaded Chicken Pieces	3 Pieces		4.5 Pieces
	Brown Rice	1/3 Cup		
	Plum Sauce	2 Tsp		
	Diced Carrots	1/4 Cup		
PM	Spice Snap Biscuits / Cucumber Slices	2 Snaps / 2-3 Slices	2-3 Peeled Slices	
AM	Whole Wheat Shreddies Cereal / Milk	1/2 Cup / 90 ml		
Wednesday	Beef Chili	1/2 Cup		3/4 Cup
	Whole Wheat Bread	1 Slice		
	Green Beans	1/4 Cup		
	BBQ Turkey Meatballs	4 Meatballs		6 Meatballs
	Brown Rice	1/3 Cup		
PM	Whole Wheat Lemon Cranberry Loaf	1 Piece (1 loaf = 10 portions)		
AM	Whole Grain Pancake / Apple Butter	1 Pancake / 1 Tbsp		
Thursday	Classic Mac and Cheese	3/4 Cup		1 Cup
	Mixed Bean Salad	1/4 Cup		
	Sunshine Vegetables	1/4 Cup		
	Beef Burger	1 Piece		1.5 Pieces
	Hamburger Bun	1 Bun		1.5 Buns
PM	Banana Oatmeal Cookie / Baby Carrots	1 Cookie / 2-3 Baby Carrots	2 - 3 Blanched Baby Carrots	
AM	Organic Whole Wheat Lemon Coconut Muffin	1 Muffin		
Friday	Portuguese Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
	Brown Rice	1/3 Cup		
	Green Peas	1/4 Cup		
	Fish Bolognese with Whole Grain Pasta	3/4 Cup		1 Cup
PM	Artisan Bread / Bruschetta	1 Slice / 2 Tbsp		

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Eat Grow Thrive



PORTION GUIDE - Week 4

Fall / Winter 2022-2023

Healthy Choices Menu

	Menu Selection	Preschool	Toddler	School Age
AM	Corn Flakes Cereal / Milk	1/2 Cup / 90 ml		
Monday	Chicken Meatballs in Tomato Sauce	4 Meatballs		6 Meatballs
	Whole Grain Pasta	1/3 Cup		
	Green Peas	1/4 Cup		
	Turkey Pot Pie Whole Grain Pasta Bake	3/4 Cup		1 Cup
PM	Wheat Crackers / Cheese Curds	4 Crackers / 2-3 Curds		
AM	Peach Yogurt / Whole Grain Granola	90 ml / 1 Tbsp	2 Social Tea Biscuits	
Tuesday	Breaded Fish Sticks	2 Pieces		3 Pieces
	Brown Rice	1/3 Cup		
	Sunshine Vegetables	1/4 Cup		
	Classic Chicken Noodle Soup	3/4 Cup		1 Cup
	Artisan Bread	1 Slice		
	Baby Carrots	2 - 3 Baby Carrots	2 - 3 Blanched Baby Carrots	
PM	Whole Wheat Mini Pita / Grape Tomatoes	2 Pitas / 2-3 Tomatoes		
AM	Whole Wheat Banana Oat Bite	1 Bite		
Wednesday	Moroccan Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
	Whole Grain Pasta	1/3 Cup		
	Leafy Greens / Italian Dressing	1/2 Cup / 2 Tsp	1/4 Cup Peas and corn	
	Hearty Beef and Vegetable Stew	3/4 Cup		1 Cup
	Whole Wheat Baguette	1 Slice		
PM	Cinnamon Scone	1 Scone		
AM	Organic Whole Wheat Carrot Zucchini Muffin	1 Muffin		
Thursday	Cheese Omelet	1 Piece		1.5 Pieces
	Whole Wheat Bread	1 Slice		
	Green Beans	1/4 Cup		
	Shepherd's Pie	1/2 Cup		3/4 Cup
PM	Whole Wheat Mini Bagel / Cheddar Cheese Cubes	1 Bagel / 2-3 Cubes		
AM	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml		
Friday	Turkey Teriyaki	1/2 Cup		3/4 Cup
	Brown Rice	1/3 Cup		
	Diced Carrots	1/4 Cup		
	Tikka Masala Fish Filet	1 Piece		1.5 Pieces
PM	Whole Wheat Oat and Date Loaf	1 Piece (1 loaf = 10 portions)		

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