



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 / Applesauce | 3 Snaps / 3 Tbsp | | |
| 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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**WHOLESOME
KIDS
CATERING**

PORTION GUIDE - Week 2

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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 | 1/3 Cup | | 1/2 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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PORTION GUIDE - Week 3

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Healthy Choices Menu

| | Menu Selection | Preschool | Toddler | School Age |
|-----------|--|--------------------------------|-----------------------------|---------------------|
| AM | Multigrain Cheerios Cereal / Milk | 1/2 Cup / 90 ml | | |
| Monday | Turkey Burrito | 1/4 Cup | | 1/3 Cup |
| | White Rice | 1/4 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 | 12 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 / Grape Tomatoes | 3 Snaps / 2-3 Tomatoes | | |
| 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 / Applesauce | 1 Slice / 3 Tbsp | | |

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PORTION GUIDE - Week 4

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| | 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 Potato Stew | 1/3 Cup | | 1/2 Cup |
| | Whole Wheat Baguette | 1 Slice | | |
| | Peas and Corn | 1/4 Cup | | |
| 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 | | |
| | Beef and Gravy | 1/4 Cup | | 1/3 Cup |
| | Mashed Potato | 1/4 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 Meatballs in Tomato Sauce | 4 Meatballs | | 6 Meatballs |
| | Brown Rice | 1/3 Cup | | |
| | Diced Carrots | 1/4 Cup | | |
| | White Fish Macaroni and Cheese | 3/4 Cup | | 1 Cup |
| PM | Whole Wheat Oat and Date Loaf | 1 Piece (1 loaf = 10 portions) | | |

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