



## PORTION GUIDE - Week 1

Spring / Summer 2023

Healthy Choices Plus Menu

	Menu Selection	Preschool	Toddler	School Age
AM	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml		
Monday	Breaded Chicken Pieces	3 Pieces		4.5 Pieces
	Brown Rice	1/3 Cup		
	Plum Sauce	2 Tsp		
	Diced Carrots	1/4 Cup		
	Mexican Beef Pasta	3/4 Cup		1 Cup
PM	Coconut Chia Snaps / Vanilla Yogurt	8 Snaps / 90 mL	2 Digestive Cookies	
AM	Whole Wheat Mini Bagel / Apple Butter / Applesauce	1 Bagel / 1 Tbsp / 3 Tbsp		
Tuesday	Egg Patty	1 Piece		1.5 Pieces
	Whole Wheat English Muffin	1 English Muffin		1.5 English Muffins
	Cheddar Cheese Slice	1 Slice		
	Green Peas	1/4 Cup		
	Turkey Alphabet Soup	3/4 Cup		1 Cup
	Artisan Roll	1 Roll		
	Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots	
PM	Whole Wheat Breadsticks / Cheese Curds / Guacamole	8 Sticks / 2-3 Curds / 1-2 Tbsp	4 Wheat Crackers	
AM	Banana Oatmeal Bar	1 Bar		
Wednesday	Beef Burger	1 Piece		1.5 Pieces
	Hamburger Bun	1 Bun		1.5 Buns
	Green Beans	1/4 Cup		
	Diced Chicken in Gravy	1/4 Cup		1/3 Cup
	Mashed Potatoes	1/4 Cup		
	Whole Wheat Bread	1 Slice		
PM	Spice Snap Biscuits / Edamame	3 Biscuits / 2 Tbsp		
AM	Organic Whole Wheat Summer Berry Muffin	1 Muffin		
Thursday	Turkey Macaroni and Cheese	3/4 Cup		1 Cup
	Leafy Greens / Balsamic Dressing	1/2 Cup / 2 Tsp	1/4 Cup Peas and Corn	
	Mild Cajun Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
	Brown Rice	1/3 Cup		
PM	Whole Wheat Pita Pocket / Hummus / Cucumber Slices	1/2 Pita / 2 Tbsp / 2-3 Slices	2-3 Peeled Slices	
AM	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml		
Friday	Breaded Fish Sticks	2 Pieces		3 Pieces
	Whole Wheat Wrap	1 Wrap		
	Sunrise Vegetables	1/4 Cup		
	Beef Burrito	1/4 Cup		1/3 Cup
	White Rice	1/4 Cup		
	Shredded Cheddar Cheese	1-2 Tsp		
PM	Whole Wheat Banana Loaf / Applesauce / Cheddar Cheese Cubes	1 Slice (1 loaf = 10 portions) / 3 Tbsp / 2-3 Cubes		

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**Eat Grow Thrive**



## PORTION GUIDE - Week 2

Spring / Summer 2023

Healthy Choices Plus Menu

	Menu Selection	Preschool	Toddler	School Age
AM	Corn Flakes Cereal / Milk	1/2 Cup / 90 ml		
Monday	Turkey Burger	1 Piece		1.5 Pieces
	Hamburger Bun	1 Bun		1.5 Buns
	Cheddar Cheese Slice	1/2 Slice		
	Green Beans	1/4 Cup		
	Ground Beef in Gravy	1/4 Cup		1/3 Cup
	Mashed Potatoes	1/4 Cup		
	Whole Wheat Bread	1 Slice		
PM	Banana Oatmeal Cookie / Baby Carrots / Vanilla Yogurt	1 Cookie / 2-3 Baby Carrots / 90 mL	2 - 3 Blanched Baby Carrots	
AM	Whole Wheat Cinnamon Raisin Bagel / Apple Butter	1 Bagel / 1 Tbsp		
Tuesday	Vegetarian Hidden Bean Lasagna	3/4 Cup		1 Cup
	Carrots and Turnips	1/4 Cup		
	Tikka Masala Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
	Brown Rice	1/3 Cup		
PM	Organic Spelt Ginger Snaps / Cheese Curds	8 Snaps / 2-3 Curds		
AM	Strawberry Yogurt / Whole Grain Granola	90 ml / 1 Tbsp	2 Social Tea Biscuits	
Wednesday	Sweet and Sour Chicken Meatballs	4 Meatballs		6 Meatballs
	Whole Grain Penne Pasta	1/3 Cup		
	Sunrise Vegetables	1/4 Cup		
	Beef Chili	1/2 Cup		3/4 Cup
	Cornbread	1/2 Slice		
PM	Whole Wheat Apple Cinnamon Loaf / Cucumber Slices / Hardboiled Egg	1 Slice (1 loaf = 10 portions) / 2-3 Slices / 1 Egg	2-3 Peeled Slices	
AM	Organic Whole Wheat Lemon Blueberry Muffin	1 Muffin		
Thursday	Turkey and Pasta Soup	3/4 Cup		1 Cup
	Whole Wheat Baguette	1 Slice		
	Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots	
	Breaded Chicken	1 Piece		1.5 Pieces
	Hamburger Bun	1 Bun		1.5 Buns
	Diced Carrots	1/4 Cup		
PM	Banana Oatmeal Bar / Edamame	1 Bar / 2 Tbsp		
AM	Whole Wheat Shreddies Cereal / Milk	1/2 Cup / 90 ml		
Friday	Italian Beef and Shell Pasta in Tomato Sauce	3/4 Cup		1 Cup
	Green Peas	1/4 Cup		
	Cheddar Cheese Omelet	1 Piece		1.5 Pieces
	Whole Wheat Bread	1 Slice		
PM	Vanilla Yogurt / Whole Wheat Mini Bagel	90 ml / 1 Bagel		

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## PORTION GUIDE - Week 3

Spring / Summer 2023

Healthy Choices Plus Menu

	Menu Selection	Preschool	Toddler	School Age
AM	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml		
Monday	Breaded Fish Sticks	2 Pieces		3 Pieces
	Whole Wheat Wrap	1 Wrap		
	Vegetable Medley	1/4 Cup		
	Chicken Alfredo Pasta	3/4 Cup		1 Cup
PM	Whole Wheat Crackers / Cheese Curds / Grape Tomatoes	10 Crackers / 2-3 Curds / 2-3 Tomatoes		
AM	Whole Wheat Banana Oat Bite	1 Bite		
Tuesday	Cheddar Cheese Omelet	1 Piece		1.5 Pieces
	Whole Wheat Bread	1 Slice		
	Peas and Corn	1/4 Cup		
	Chicken and Rice Soup	3/4 Cup		1 Cup
	Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots	
PM	Cinnamon Scone / Edamame	1 Scone / 2 Tbsp		
AM	Oatmeal Cookie / Applesauce	1 Cookie / 3 Tbsp		
Wednesday	Sweet and Sour Beef	1/3 Cup		1/2 Cup
	Brown Rice	1/3 Cup		
	Sunrise Vegetables	1/4 Cup		
	Teriyaki Turkey Meatballs	4 Meatballs		6 Meatballs
PM	Whole Wheat Mini Pita / Cheddar Cheese Slice / Cucumber Slices	2 Pita / 1 Slice / 2-3 Slices	2-3 Peeled Slices	
AM	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml		
Thursday	Butter Chicken	1/2 Cup		3/4 Cup
	Whole Wheat Naan Bread	1/2 Piece		
	Green Beans	1/4 Cup		
	Beef Burger in Gravy	1 Piece		1.5 Pieces
	Texas Toast	1 Slice		
PM	Organic Mixed Berry Granola Minis / Baby Carrots / Vanilla Yogurt	1 Package / 2-3 Baby Carrots / 90 mL	2-3 Blanched Baby Carrots	
AM	Organic Whole Wheat Summer Berry Muffin	1 Muffin		
Friday	Turkey Lasagna	3/4 Cup		1 Cup
	Leafy Greens / Balsamic Dressing	1/2 Cup / 2 Tsp	1/4 Cup Diced Carrots	
	BBQ Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
	Brown Rice	1/3 Cup		
	Diced Carrots	1/4 Cup		
PM	Whole Wheat Wrap / Hardboiled Egg	1 Wrap / 1 Egg		

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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	Moroccan Chickpeas	1/2 Cup		3/4 Cup
	Whole Wheat Naan Bread	1/2 Piece		
	Carrots and Turnips	1/4 Cup		
	Chicken Meatballs in Gravy	4 Meatballs		6 Meatballs
	Wheat Bun	1 Bun		
PM	Oatmeal Cranberry Cookie / Grape Tomatoes / Cheese Curds	1 Cookie / 2-3 Tomatoes / 2-3 Curds		
AM	Peach Yogurt / Whole Grain Granola	90 ml / 1 Tbsp	2 Arrowroot Cookies	
Tuesday	Breaded Chicken Pieces	3 Pieces		4.5 Pieces
	Brown Rice	1/3 Cup		
	Plum Sauce	2 Tsp		
	Peas and Corn	1/4 Cup		
	BBQ Shredded Turkey	1/2 Cup		3/4 Cup
PM	Whole Wheat Melba Toast / Cheddar Cheese Slice	1 Package / 1 Slice	4 Wheat Crackers	
AM	Whole Grain Pancake / Apple Butter	1 Pancake / 1 Tbsp		
Wednesday	Turkey Bolognese with Whole Grain Pasta	3/4 Cup		1 Cup
	Vegetable Medley	1/4 Cup		
	Egg Square	1 Piece		1.5 Pieces
	Whole Wheat Bread	1 Slice		
	Cheddar Cheese Slice	1/2 Slice		
PM	Whole Wheat Mini Pita / Vanilla Yogurt / Cucumber Slices	2 Pitas / 90 mL / 2-3 Slices	2-3 Peeled Slices	
AM	Organic Whole Wheat Lemon Blueberry Muffin	1 Muffin		
Thursday	Lemon Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
	Whole Grain Penne Pasta	1/3 Cup		
	Leafy Greens / French Dressing	1/2 Cup / 2 Tsp	1/4 Cup Diced Carrots	
	Classic Macaroni and Cheese	3/4 Cup		1 Cup
	Garbanzo Bean Salad	1/4 Cup		
	Diced Carrots	1/4 Cup		
PM	Spice Snap Biscuits / Cheddar Cheese Cubes	3 Biscuits / 2-3 Cubes		
AM	Whole Wheat Shreddies Cereal / Milk	1/2 Cup / 90 ml		
Friday	Beef Burger	1 Piece		1.5 Pieces
	Hamburger Bun	1 Bun		1.5 Buns
	Broccoli	1/3 Cup		
	Whitefish Lasagna	3/4 Cup		1 Cup
PM	Whole Grain Digestive Cookies / Edamame	2 Cookies / 2 Tbsp		

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