



## PORTION GUIDE - Week 1

Fall / Winter 2023-2024

Healthy Choices Plus Menu

	Menu Selection	Preschool	Toddler	School Age
AM	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml		
Monday	Beef Burger	1 Piece		1.5 Pieces
	Hamburger Bun	1 Bun		1.5 Buns
	Green Beans	1/4 Cup		
	Chicken Macaroni and Cheese	3/4 Cup		1 Cup
PM	Spice Snaps / Peach Yogurt	3 Biscuits / 90 mL		
AM	Banana Oatmeal Bar	1 Bar		
Tuesday	Scrambled Eggs	1/3 Cup		1/2 Cup
	Shredded Cheddar Cheese	1-2 Tsp		
	Whole Wheat Bread	1 Slice		
	Diced Carrots	1/4 Cup		
	Turkey and Whole Grain Noodle Soup	3/4 Cup		1 Cup
	Artisan Roll	1 Roll		
	Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots	
PM	Whole Wheat Melba Toast / Cheddar Cheese Slice	1 Package / 1 Slice	4 Whole Wheat Soda Crackers	
AM	Whole Wheat Pancake / Apple Butter	1 Pancake / 1 Tbsp		
Wednesday	Breaded Chicken Pieces	3 Pieces		4.5 Pieces
	Brown Rice	1/3 Cup		
	Plum Sauce	2 Tsp		
	Peas and Corn	1/4 Cup		
	Creamy Tomato Beef and Whole Grain Pasta	3/4 Cup		1 Cup
PM	Whole Wheat Oatmeal Cookie / Applesauce / Edamame	1 Cookie / 3 Tbsp / 2 Tbsp		
AM	Organic Whole Wheat Carrot Muffin	1 Muffin		
Thursday	Turkey Cacciatore Stew	1/2 Cup		3/4 Cup
	Whole Wheat Roll	1 Roll		
	Leafy Greens / Balsamic Dressing	1/2 Cup / 2 Tsp	1/4 Cup Green Peas	
	Teriyaki Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
	Brown Rice	1/3 Cup		
	Green Peas	1/4 Cup		
PM	Whole Wheat Breadsticks / Hummus / Cucumber Slices	8 Sticks / 2 Tbsp / 2-3 Slices	10 Whole Wheat Crackers / 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		
	Sweet and Sour Beef	1/3 Cup		1/2 Cup
	Whole Grain Rotini Pasta	1/3 Cup		
PM	Whole Wheat Apple Cranberry Loaf / Baby Carrots / Cheddar Cheese Cubes	1 Slice (1 loaf = 10 portions) / 2-3 Baby Carrots / 2-3 Cubes	2-3 Blanched Baby Carrots	

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If Space is Blank please refer to the Preschool portion

**Eat Grow Thrive**



## PORTION GUIDE - Week 2

Fall / Winter 2023-2024

Healthy Choices Plus Menu

	Menu Selection	Preschool	Toddler	School Age
AM	Corn Flakes Cereal / Milk	1/2 Cup / 90 ml		
Monday	Brazilian Chicken Stew	1/2 Cup		3/4 Cup
	Whole Wheat Naan	1/2 Piece		
	Green and Yellow Beans	1/4 Cup		
	Beef Meatballs in Tomato Sauce	4 Meatballs		6 Meatballs
	Brown Rice	1/3 Cup		
PM	Organic Spelt Mini Ginger Snaps / Baby Carrots / Vanilla Yogurt	8 Snaps / 2-3 Baby Carrots / 90 mL	2 - 3 Blanched Baby Carrots	
AM	Whole Wheat Mini Bagel / Apple Butter	1 Bagel / 1 Tbsp		
Tuesday	Vegetarian Cheeseburger Mac	3/4 Cup		1 Cup
	Vegetable Medley	1/4 Cup		
	Breaded Chicken	1 Piece		1.5 Pieces
	Whole Grain Rotini Pasta	1/3 Cup		
PM	Whole Wheat Crackers / Cheese Curds / Guacamole	10 Crackers / 2-3 Curds / 2 Tbsp		
AM	Peach Yogurt / Whole Grain Granola	90 ml / 1 Tbsp	2 Social Tea Biscuits	
Wednesday	Turkey Burger	1 Burger		1.5 Burger
	Hamburger Bun	1 Bun		1.5 Buns
	Cheddar Cheese Slice	1/2 Slice		
	Sunrise Vegetables	1/4 Cup		
	Beef Chili	1/2 Cup		3/4 Cup
	Cornbread	1/2 Slice		
PM	Whole Wheat Oat and Date Loaf / Cucumber Slices / Hardboiled Egg	1 Slice (1 loaf = 10 portions) / 2-3 Slices / 1 Egg	2-3 Peeled Slices	
AM	Organic Whole Wheat Banana Muffin / Applesauce	1 Muffin / 3 Tbsp		
Thursday	Beef in Gravy	1/3 Cup		1/2 Cup
	Whole Grain Rotini Pasta	1/3 Cup		
	Diced Carrots	1/4 Cup		
	Egg Square	1 Piece		1.5 Pieces
	Shredded Cheddar Cheese	1-2 Tsp		
	Whole Wheat Bread	1 Slice		
PM	Banana Oatmeal Bar / Edamame	1 Bar / 2 Tbsp		
AM	Whole Wheat Shreddies Cereal / Milk	1/2 Cup / 90 ml		
Friday	Fish Lasagna	3/4 Cup		1 Cup
	Leafy Greens / French 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	Vanilla Yogurt / Whole Wheat Digestive Cookies	90 ml / 2 Cookies		

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## PORTION GUIDE - Week 3

Fall / Winter 2023-2024

Healthy Choices Plus Menu

	Menu Selection	Preschool	Toddler	School Age
AM	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml		
Monday	Egg Patty	1 Piece		1.5 Pieces
	Whole Wheat English Muffin	1 English Muffin		1.5 English Muffins
	Cheddar Cheese Slice	1/2 Slice		
	Vegetable Medley	1/4 Cup		
	Beef in Gravy	1/4 Cup		1/3 Cup
	Mashed Potato	1/4 Cup		
	Whole Wheat Bread	1 Slice		
PM	Whole Wheat Soda Crackers / Cheese Curds / Grape Tomatoes	4 Crackers / 2-3 Curds / 2-3 Tomatoes		
AM	Whole Wheat Cinnamon Scone	1 Scone		
Tuesday	Breaded Fish Sticks	2 Pieces		3 Pieces
	Whole Wheat Wrap	1 Wrap		
	Diced Carrots	1/4 Cup		
	Chicken Noodle Soup	3/4 Cup		1 Cup
	Whole Wheat Roll	1 Roll		
	Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots	
PM	Whole Wheat Banana Oat Bite / Edamame	1 Bite / 2 Tbsp		
AM	Whole Wheat Oatmeal Cranberry Cookie / Applesauce	1 Cookie / 3 Tbsp		
Wednesday	Beef Bolognese with Whole Grain Pasta	1/2 Cup Pasta / 1/3 Cup Sauce		3/4 Cup Pasta / 1/2 Cup Sauce
	Sunrise Vegetables	1/4 Cup		
	Turkey Meatballs in Tomato Sauce	4 Meatballs		6 Meatballs
	Whole Wheat Bun	1/2 Bun		
PM	Whole Wheat Breadsticks / Cheddar Cheese Slice / Cucumber Slices	8 Sticks / 1 Slice / 2-3 Slices	10 Whole Wheat Crackers / 2-3 Peeled Slices	
AM	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml		
Thursday	Salsa Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
	Brown Rice	1/3 Cup		
	Peas and Corn	1/4 Cup		
	Classic Mac and Cheese	3/4 Cup		1 Cup
	Edamame and Pepper Salad	1/4 Cup		
PM	Spice Snaps / Hardboiled Egg	3 Biscuits / 1 Egg		
AM	Organic Whole Wheat Carrot Muffin	1 Muffin		
Friday	Beef Burger	1 Piece		1.5 Pieces
	Hamburger Bun	1 Bun		1.5 Buns
	Broccoli	1/3 Cup		
	Butter Chicken	1/2 Cup		3/4 Cup
	Brown Rice	1/3 Cup		
PM	Organic Whole Grain Strawberry Granola Bar / Baby Carrots / Vanilla Yogurt	1 Bar / 2-3 Baby Carrots / 90 mL	2-3 Blanched Baby Carrots	

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## PORTION GUIDE - Week 4

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Healthy Choices Plus Menu

	Menu Selection	Preschool	Toddler	School Age
AM	Corn Flakes Cereal / Milk	1/2 Cup / 90 ml		
Monday	Turkey Lasagna	3/4 Cup		1 Cup
	Diced Carrots	1/4 Cup		
	Egg Square	1 Piece		1.5 Pieces
	Whole Wheat Texas Toast	1 Slice		
	Cheddar Cheese Slice	1/2 Slice		
PM	Mini Cocoa Snaps / Cheese Curds	8 Snaps / 2-3 Curds		
AM	Whole Wheat Mini Cinnamon Raisin Bagel / Apple Butter	1 Bagel / 1 Tbsp		
Tuesday	Breaded Chicken Pieces	3 Pieces		4.5 Pieces
	Brown Rice	1/3 Cup		
	Plum Sauce	2 Tsp		
	Peas and Corn	1/4 Cup		
	Beef Strips in Gravy	1/3 Cup		1/2 Cup
PM	Whole Wheat Pita Pocket / Cheddar Cheese Slice	1/2 Pita / 1 Slice		
AM	Strawberry Yogurt / Whole Grain Granola	90 mL / 1 Tbsp	2 Social Tea Biscuits	
Wednesday	Whitefish Bowtie Pasta in Rose Sauce	3/4 Cup		1 Cup
	Vegetable Medley	1/4 Cup		
	Portuguese Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
	Whole Grain Penne Pasta	1/3 Cup		
PM	Whole Wheat Oat and Date Loaf / Edamame	1 Slice (1 loaf = 10 portions) / 2 Tbsp		
AM	Organic Whole Wheat Banana Muffin	1 Muffin		
Thursday	Beef Meatballs in Gravy	4 Meatballs		6 Meatballs
	Wheat Bun	1 Bun		
	Green Beans	1/4 Cup		
	Minestrone Soup	3/4 Cup		1 Cup
	Whole Wheat Roll	1 Roll		
	Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots	
PM	Whole Wheat Round Crackers / Grape Tomatoes / Cheddar Cheese Cubes	2 Crackers / 2-3 Tomatoes / 2-3 Cubes		
AM	Whole Wheat Shreddies Cereal / Milk	1/2 Cup / 90 ml		
Friday	Breaded Chicken	1 Piece		1.5 Pieces
	Hamburger Bun	1 Bun		1.5 Buns
	Sunrise Vegetables	1/4 Cup		
	BBQ Baked Beans	1/2 Cup		3/4 Cup
	Whole Wheat Texas Toast	1 Slice		
PM	Whole Wheat Digestive Cookies / Vanilla Yogurt / Cucumber Slices	2 Cookies / 90 mL / 2-3 Slices	2-3 Peeled Slices	

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