



## PORTION GUIDE - Week 1

Fall / Winter 2023-2024

Healthy Balance Menu  
Healthy Choices Menu

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Beef Burger	1 Piece		1.5 Pieces
		Hamburger Bun	1 Bun		1.5 Buns
		Green Beans	1/4 Cup		
	B	Chicken Macaroni and Cheese	3/4 Cup		1 Cup
		Green Beans	1/4 Cup		
Tuesday	A	Scrambled Eggs	1/3 Cup		1/2 Cup
		Shredded Cheddar Cheese	1-2 Tsp		
		Whole Wheat Bread	1 Slice		
		Diced Carrots	1/4 Cup		
	B	Turkey Noodle Soup	3/4 Cup		1 Cup
		Artisan Roll	1 Roll		
	Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots		
Wednesday	A	Breaded Chicken Pieces	3 Pieces		4.5 Pieces
		Brown Rice	1/3 Cup		
		Plum Sauce	2 Tsp		
		Peas and Corn	1/4 Cup		
	B	Creamy Tomato Halal Beef and Whole Grain Pasta	3/4 Cup		1 Cup
	Peas and Corn	1/4 Cup			
Thursday	A	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	
	B	Teriyaki Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Brown Rice	1/3 Cup		
	Green Peas	1/4 Cup			
Friday	A	Breaded Fish Sticks	2 Pieces		3 Pieces
		Whole Wheat Wrap	1 Wrap		
		Sunrise Vegetables	1/4 Cup		
	B	Sweet and Sour Halal Beef	1/3 Cup		1/2 Cup
		Whole Grain Pasta	1/3 Cup		
	Sunrise Vegetables	1/4 Cup			

Effective October 30, 2023  
Last Revised December 8, 2023

**Eat Grow Thrive**

If Space is Blank please refer to the Preschool portion



## PORTION GUIDE - Week 2

Fall / Winter 2023-2024

Healthy Balance Menu  
Healthy Choices Menu

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Brazilian Chicken Stew	1/2 Cup		3/4 Cup
		Whole Wheat Naan	1/2 Piece		
		Green and Yellow Beans	1/4 Cup		
	B	Beef Meatballs in Tomato Sauce	4 Meatballs		6 Meatballs
		Brown Rice	1/3 Cup		
		Green and Yellow Beans	1/4 Cup		
Tuesday	A	Meatless (Pea Protein) Mac and Cheese	3/4 Cup		1 Cup
		Vegetable Medley	1/4 Cup		
	B	Breaded Chicken	1 Piece		1.5 Pieces
		Whole Grain Pasta	1/3 Cup		
		Vegetable Medley	1/4 Cup		
Wednesday	A	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		
	B	Halal Beef Chili	1/2 Cup		3/4 Cup
		Cornbread	1/2 Slice		
		Sunrise Vegetables	1/4 Cup		
Thursday	A	Volcano Halal Beef (Tomato Sauce)	1/3 Cup		1/2 Cup
		Shredded Cheddar Cheese	1-2 Tsp		
		Whole Grain Pasta	1/3 Cup		
		Diced Carrots	1/4 Cup		
	B	Egg Square	1 Piece		1.5 Pieces
		Shredded Cheddar Cheese	1-2 Tsp		
		Whole Wheat Bread	1 Slice		
		Diced Carrots	1/4 Cup		
Friday	A	Fish Lasagna	3/4 Cup		1 Cup
		Leafy Greens / French Dressing	1/2 Cup / 2 Tsp	1/4 Cup Peas and Corn	
	B	Mild Cajun Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Brown Rice	1/3 Cup		
		Leafy Greens / French Dressing	1/2 Cup / 2 Tsp	1/4 Cup Peas and Corn	

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**PORTION GUIDE - Week 3**

**Fall / Winter 2023-2024**

Healthy Balance Menu  
Healthy Choices Menu

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	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		
	B	Deconstructed Shepherd's Pie (Halal Beef in Gravy)	1/4 Cup		1/3 Cup
		Deconstructed Shepherd's Pie (Mashed Potatoes)	1/4 Cup		
		Whole Wheat Bread	1 Slice		
Tuesday	A	Breaded Fish Sticks	2 Pieces		3 Pieces
		Whole Wheat Wrap	1 Wrap		
		Diced Carrots	1/4 Cup		
	B	Chicken Noodle Soup	3/4 Cup		1 Cup
		Whole Wheat Roll	1 Roll		
Wednesday	A	Halal 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		
	B	Turkey Meatballs in Tomato Sauce	4 Meatballs		6 Meatballs
		Whole Wheat Bun	1/2 Bun		
Thursday	A	Salsa Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Brown Rice	1/3 Cup		
		Peas and Corn	1/4 Cup		
	B	Classic Mac and Cheese	3/4 Cup		1 Cup
		Edamame and Pepper Salad	1/4 Cup		
Friday	A	Beef Burger	1 Piece		1.5 Pieces
		Hamburger Bun	1 Bun		1.5 Buns
		Broccoli	1/3 Cup		
	B	Butter Chicken	1/2 Cup		3/4 Cup
		Brown Rice	1/3 Cup		
		Broccoli	1/3 Cup		

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**Eat Grow Thrive**



**WHOLESOME  
KIDS  
CATERING**

**PORTION GUIDE - Week 4**

**Fall / Winter 2023-2024**

Healthy Balance Menu  
Healthy Choices Menu

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Turkey Lasagna	3/4 Cup		1 Cup
		Diced Carrots	1/4 Cup		
	B	Egg Square	1 Piece		1.5 Pieces
		Whole Wheat Texas Toast	1 Slice		
		Cheddar Cheese Slice	1/2 Slice		
		Diced Carrots	1/4 Cup		
Tuesday	A	Breaded Chicken Pieces	3 Pieces		4.5 Pieces
		Brown Rice	1/3 Cup		
		Plum Sauce	2 Tsp		
		Peas and Corn	1/4 Cup		
	B	Halal Beef Strips in Gravy	1/3 Cup		1/2 Cup
		Brown Rice	1/3 Cup		
		Peas and Corn	1/4 Cup		
Wednesday	A	Whitefish Bowtie Pasta in Rose Sauce	3/4 Cup		1 Cup
		Vegetable Medley	1/4 Cup		
	B	Portuguese Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Whole Grain Pasta	1/3 Cup		
		Vegetable Medley	1/4 Cup		
Thursday	A	Beef Meatballs in Gravy	4 Meatballs		6 Meatballs
		Wheat Bun	1 Bun		
		Green Beans	1/4 Cup		
	B	Minestrone Soup	3/4 Cup		1 Cup
		Whole Wheat Roll	1 Roll		
		Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots	
Friday	A	Breaded Chicken	1 Piece		1.5 Pieces
		Hamburger Bun	1 Bun		1.5 Buns
		Sunrise Vegetables	1/4 Cup		
	B	BBQ Baked Beans	1/2 Cup		3/4 Cup
		Whole Wheat Texas Toast	1 Slice		
		Sunrise Vegetables	1/4 Cup		

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