



## PORTION GUIDE - Week 1

Spring / Summer 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   |
|           |   | Sunrise Vegetables               | 1/4 Cup          |                           |            |
|           | B | Chicken Alfredo                  | 1/3 Cup          |                           | 1/2 Cup    |
|           |   | Pasta                            | 1/3 Cup          |                           |            |
|           |   | Sunrise Vegetables               | 1/4 Cup          |                           |            |
| Tuesday   | A | Breaded Chicken Pieces           | 3 Pieces         |                           | 4.5 Pieces |
|           |   | Brown Rice                       | 1/3 Cup          |                           |            |
|           |   | Plum Sauce                       | 2 Tsp            |                           |            |
|           |   | Corn                             | 1/4 Cup          |                           |            |
|           | B | Turkey Alphabet Soup             | 3/4 Cup          |                           | 1 Cup      |
|           |   | Whole Wheat Bread                | 1 Slice          |                           |            |
|           |   | Baby Carrots                     | 2-3 Baby Carrots | 2-3 Blanched Baby Carrots |            |
| Wednesday | A | Cheddar Cheese Omelet            | 1 Piece          |                           | 1.5 Pieces |
|           |   | Whole Wheat Mini Bagel           | 1 Bagel          |                           |            |
|           |   | Green Peas                       | 1/4 Cup          |                           |            |
|           | B | Tomato Halal Beef Mac and Cheese | 3/4 Cup          |                           | 1 Cup      |
|           |   | Green Peas                       | 1/4 Cup          |                           |            |
| Thursday  | A | Apricot Halal Chicken Drumstick  | 1 Piece          | 1/2 Cup Diced             | 1.5 Pieces |
|           |   | Whole Grain Pasta                | 1/3 Cup          |                           |            |
|           |   | Green Beans                      | 1/4 Cup          |                           |            |
|           | B | Creamy Turkey and Bean Chili     | 1/2 Cup          |                           | 3/4 Cup    |
|           |   | Cornbread                        | 1/2 Slice        |                           |            |
|           |   | Green Beans                      | 1/4 Cup          |                           |            |
| Friday    | A | Fish Sticks                      | 2 Pieces         |                           | 3 Pieces   |
|           |   | Brown Rice                       | 1/3 Cup          |                           |            |
|           |   | Carrots and Turnips              | 1/4 Cup          |                           |            |
|           | B | Sweet and Sour Halal Beef Strips | 1/3 Cup          |                           | 1/2 Cup    |
|           |   | Brown Rice                       | 1/3 Cup          |                           |            |
|           |   | Carrots and Turnips              | 1/4 Cup          |                           |            |

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## PORTION GUIDE - Week 2

Spring / Summer 2024

Healthy Balance Menu  
Healthy Choices Menu

|              |   | Menu Selection                   | Preschool                 | Infant / Toddler  | School Age  |
|--------------|---|----------------------------------|---------------------------|-------------------|-------------|
| Monday       | A | Beef Meatballs in Gravy          | 4 Meatballs               |                   | 6 Meatballs |
|              |   | Brown Rice                       | 1/3 Cup                   |                   |             |
|              |   | Diced Carrots                    | 1/4 Cup                   |                   |             |
|              | B | Hearty Chicken Pot Pie Soup      | 3/4 Cup                   |                   | 1 Cup       |
|              |   | Whole Wheat Dinner Roll          | 1 Roll                    |                   |             |
| Baby Carrots |   | 2-3 Baby Carrots                 | 2-3 Blanched Baby Carrots |                   |             |
| Tuesday      | A | Butter Chicken                   | 1/2 Cup                   |                   | 3/4 Cup     |
|              |   | Naan Bread                       | 1/2 Piece                 |                   |             |
|              |   | Green Beans                      | 1/4 Cup                   |                   |             |
|              | B | Scrambled Eggs                   | 1/3 Cup                   |                   | 1/2 Cup     |
|              |   | Roasted Potatoes                 | 1/4 Cup                   |                   |             |
|              |   | Shredded Cheddar Cheese          | 1-2 Tsp                   |                   |             |
|              |   | Whole Wheat Bread                | 1 Slice                   |                   |             |
| Wednesday    | A | Turkey Burger                    | 1 Burger                  |                   | 1.5 Burger  |
|              |   | Hamburger Bun                    | 1 Bun                     |                   | 1.5 Buns    |
|              |   | Cheddar Cheese Slice             | 1/2 Slice                 |                   |             |
|              |   | Corn                             | 1/4 Cup                   |                   |             |
|              | B | Mexican Halal Beef Tacos         | 1/3 Cup                   |                   | 1/2 Cup     |
|              |   | Whole Wheat Wrap                 | 1 Wrap                    |                   |             |
| Thursday     | A | Hidden Bean Lasagna              | 3/4 Cup                   |                   | 1 Cup       |
|              |   | Carrots and Turnips              | 1/4 Cup                   |                   |             |
|              | B | Lemon Halal Chicken Drumstick    | 1 Piece                   | 1/2 Cup Diced     | 1.5 Pieces  |
|              |   | Whole Wheat Pita Pocket          | 1/2 Pita                  |                   |             |
|              |   | Carrots and Turnips              | 1/4 Cup                   |                   |             |
| Friday       | A | Breaded Fish                     | 1 Piece                   |                   | 1.5 Pieces  |
|              |   | Hamburger Bun                    | 1 Bun                     |                   | 1.5 Buns    |
|              |   | Peas and Corn                    | 1/4 Cup                   |                   |             |
|              | B | Italian Ground Turkey with Pasta | 3/4 Cup                   |                   | 1 Cup       |
|              |   | Leafy Greens / Italian Dressing  | 1/2 Cup / 2 Tsp           | 1/4 Peas and Corn |             |

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**PORTION GUIDE - Week 3**

**Spring / Summer 2024**

Healthy Balance Menu  
Healthy Choices Menu

|                                  |   | Menu Selection                   | Preschool                     | Infant / Toddler    | School Age                    |
|----------------------------------|---|----------------------------------|-------------------------------|---------------------|-------------------------------|
| Monday                           | A | Swedish Turkey Meatballs         | 4 Meatballs                   |                     | 6 Meatballs                   |
|                                  |   | Whole Grain Pasta                | 1/3 Cup                       |                     |                               |
|                                  |   | Vegetable Medley                 | 1/4 Cup                       |                     |                               |
|                                  | B | Halal Ground Beef Sloppy Joe     | 1/3 Cup                       |                     | 1/2 Cup                       |
|                                  |   | Hamburger Bun                    | 1 Bun                         |                     |                               |
|                                  |   | White Cheese Slice               | 1/2 Slice                     |                     |                               |
|                                  |   | Vegetable Medley                 | 1/4 Cup                       |                     |                               |
| Tuesday                          | A | Breaded Fish Sticks              | 2 Pieces                      |                     | 3 Pieces                      |
|                                  |   | Whole Wheat Wrap                 | 1 Wrap                        |                     |                               |
|                                  |   | Broccoli                         | 1/3 Cup                       |                     |                               |
|                                  | B | Chicken Tikka Stew               | 1/2 Cup                       |                     | 3/4 Cup                       |
|                                  |   | Whole Wheat Naan                 | 1/2 Naan                      |                     |                               |
|                                  |   | Broccoli                         | 1/3 Cup                       |                     |                               |
| Wednesday                        | A | BBQ Halal Chicken Drumstick      | 1 Piece                       | 1/2 Cup Diced       | 1.5 Pieces                    |
|                                  |   | Brown Rice                       | 1/3 Cup                       |                     |                               |
|                                  |   | Leafy Greens / Balsamic Dressing | 1/2 Cup / 2 Tsp               | 1/4 Cup Green Beans |                               |
|                                  | B | Halal Beef Bolognese Pasta       | 1/2 Cup Pasta / 1/3 Cup Sauce |                     | 3/4 Cup Pasta / 1/2 Cup Sauce |
| Leafy Greens / Balsamic Dressing |   | 1/2 Cup / 2 Tsp                  | 1/4 Cup Green Beans           |                     |                               |
| Thursday                         | A | Ground Turkey Taco               | 1/3 Cup                       |                     | 1/2 Cup                       |
|                                  |   | Whole Wheat Wrap                 | 1 Wrap                        |                     |                               |
|                                  |   | Shredded Cheddar Cheese          | 1-2 Tsp                       |                     |                               |
|                                  |   | Corn                             | 1/4 Cup                       |                     |                               |
|                                  | B | Egg Patty                        | 1 Piece                       |                     | 1.5 Pieces                    |
|                                  |   | Whole Wheat English Muffin       | 1 English Muffin              |                     | 1.5 English Muffins           |
|                                  |   | Cheddar Cheese Slice             | 1/2 Slice                     |                     |                               |
|                                  |   | Corn                             | 1/4 Cup                       |                     |                               |
| Friday                           | A | Macaroni and Cheese              | 3/4 Cup                       |                     | 1 Cup                         |
|                                  |   | Black Bean and Corn Salad        | 1/4 Cup                       |                     |                               |
|                                  |   | Diced Carrots                    | 1/4 Cup                       |                     |                               |
|                                  | B | Breaded Chicken                  | 1 Piece                       |                     | 1.5 Pieces                    |
|                                  |   | Hamburger Bun                    | 1 Bun                         |                     | 1.5 Bun                       |
|                                  |   | Diced Carrots                    | 1/4 Cup                       |                     |                               |

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**WHOLESOME  
KIDS  
CATERING**

**PORTION GUIDE - Week 4**

**Spring / Summer 2024**

Healthy Balance Menu  
Healthy Choices Menu

|           |   | Menu Selection  | Preschool        | Infant / Toddler          | School Age |
|-----------|---|---|------------------|---------------------------|------------|
| Monday    | A | Breaded Chicken Pieces                                  | 3 Pieces         |                           | 4.5 Pieces |
|           |   | Brown Rice  | 1/3 Cup          |                           |            |
|           |   | Plum Sauce  | 2 Tsp            |                           |            |
|           |   | Green Beans   | 1/4 Cup          |                           |            |
|           | B | Turkey Lasagna  | 3/4 Cup          |                           | 1 Cup      |
|           |   | Green Beans   | 1/4 Cup          |                           |            |
| Tuesday   | A | Egg Square  | 1 Piece          |                           | 1.5 Pieces |
|           |   | Whole Wheat Texas Toast                                 | 1 Slice          |                           |            |
|           |   | Cheddar Cheese Slice                                    | 1/2 Slice        |                           |            |
|           |   | Diced Carrots   | 1/4 Cup          |                           |            |
|           | B | Mini Beef Meatball Soup                                 | 3/4 Cup          |                           | 1 Cup      |
|           |   | Whole Wheat Dinner Roll                                 | 1 Roll           |                           |            |
|           |   | Baby Carrots  | 2-3 Baby Carrots | 2-3 Blanched Baby Carrots |            |
| Wednesday | A | Herbed Halal Chicken Drumstick                          | 1 Piece          | 1/2 Cup Diced             | 1.5 Pieces |
|           |   | Brown Rice  | 1/3 Cup          |                           |            |
|           |   | Peas and Corn   | 1/4 Cup          |                           |            |
|           | B | BBQ Diced Turkey  | 1/3 Cup          |                           | 1/2 Cup    |
|           |   | Brown Rice  | 1/3 Cup          |                           |            |
|           |   | Peas and Corn   | 1/4 Cup          |                           |            |
| Thursday  | A | Beef Burger   | 1 Piece          |                           | 1.5 Pieces |
|           |   | Hamburger Bun   | 1 Bun            |                           | 1.5 Buns   |
|           |   | Carrots and Turnips                                     | 1/4 Cup          |                           |            |
|           | B | Whitefish Bowtie Pasta in Rose Sauce                    | 3/4 Cup          |                           | 1 Cup      |
|           |   | Carrots and Turnips                                     | 1/4 Cup          |                           |            |
| Friday    | A | Meatless (Pea Protein) Bolognese with Whole Grain Pasta | 3/4 Cup          |                           | 1 Cup      |
|           |   | Leafy Greens / Raspberry Dressing                       | 1/2 Cup / 2 Tsp  | 1/4 Cup Vegetable Medley  |            |
|           | B | Balsamic Halal Chicken Drumstick                        | 1 Piece          |                           | 1.5 Pieces |
|           |   | Whole Grain Pasta                                       | 1/3 Cup          |                           |            |
|           |   | Leafy Greens / Raspberry Dressing                       | 1/2 Cup / 2 Tsp  | 1/4 Cup Vegetable Medley  |            |

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