



## 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 Pasta	1/2 Cup Pasta / 1/3 Cup Sauce		3/4 Cup Pasta / 1/2 Cup Sauce
		Sunrise Vegetables	1/4 Cup		
Tuesday	A	Breaded Chicken Pieces	3 Pieces		4.5 Pieces
		Brown Rice	1/2 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 Bread	1 Slice		
		Green Peas	1/4 Cup		
	B	Tomato Halal Beef Mac and Cheese	3/4 Cup		1 Cup
	Green Peas	1/4 Cup			
Thursday	A	Teriyaki Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Whole Grain Pasta	1/2 Cup		
		Green Beans	1/4 Cup		
	B	Turkey and Corn Chowder	1/2 Cup		3/4 Cup
		Cornbread	1 Piece		
	Green Beans	1/4 Cup			
Friday	A	Fish Sticks	2 Pieces		3 Pieces
		Brown Rice	1/2 Cup		
		Carrots and Turnips	1/4 Cup		
	B	Sweet and Sour Halal Beef Strips	1/3 Cup		1/2 Cup
		Brown Rice	1/2 Cup		
	Carrots and Turnips	1/4 Cup			

Effective April 15, 2024  
Last Revised June 28, 2024

**Eat Grow Thrive**

If Space is Blank please refer to the Preschool portion



**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	1/2 Cup		
		Diced Carrots	1/4 Cup		
	B	Chicken Noodle 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	1/3 Cup		
		Shredded Cheddar Cheese	1-2 Tsp		
Wednesday	A	Turkey Burger	1 Burger		1.5 Burger
		Hamburger Bun	1 Bun		1.5 Buns
		Cheddar Cheese Slice	1/2 Slice		
	B	Corn	1/4 Cup		
		Halal Beef Mac and Cheese	3/4 Cup		1 Cup
Thursday	A	Hidden Bean Lasagna	3/4 Cup		1 Cup
		Carrots and Turnips	1/4 Cup		
	B	Lemon 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

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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	1/2 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 Pita Pocket	1/2 Pita		
		Broccoli	1/3 Cup		
Wednesday	A	BBQ Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Brown Rice	1/2 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	Teriyaki Diced Turkey	1/3 Cup		1/2 Cup
		Whole Wheat Bread	1 Slice		
		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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## PORTION GUIDE - Week 4

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Healthy Choices Menu

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Breaded Chicken Pieces	3 Pieces		4.5 Pieces
		Brown Rice	1/2 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 Patty	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 Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Brown Rice	1/2 Cup		
		Peas and Corn	1/4 Cup		
	B	BBQ Diced Turkey	1/3 Cup		1/2 Cup
		Brown Rice	1/2 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	Halal Beef Bolognese Whole Grain Pasta	1/2 Cup Pasta / 1/3 Cup Sauce		3/4 Cup Pasta / 1/2 Cup Sauce
		Leafy Greens / Raspberry Dressing	1/2 Cup / 2 Tsp	1/4 Cup Vegetable Medley	
	B	Balsamic Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Whole Grain Pasta	1/2 Cup		
		Leafy Greens / Raspberry Dressing	1/2 Cup / 2 Tsp	1/4 Cup Vegetable Medley	

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