



PORTION GUIDE - Week 1

Fall / Winter 2024-2025

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	1/2 Cup		
		Plum Sauce	2 Tsp		
	B	California Mix	1/3 Cup		
		Beef Lasagna	3/4 Cup		1 Cup
		California Mix	1/3 Cup		
Tuesday	A	Scrambled Egg	1/3 Cup		1/2 Cup
		Whole Wheat Bread	1 Slice		
		Shredded Cheese	1-2 Tsp		
		Green Beans	1/4 Cup		
	B	Chicken Noodle Soup	3/4 Cup		1 Cup
		Whole Wheat Bread	1 Slice		
		Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots	
Wednesday	A	Beef Burger	1 Piece		1.5 Pieces
		Hamburger Bun	1 Bun		1.5 Buns
		Diced Carrots	1/4 Cup		
	B	Crustless Turkey Pot Pie	1/3 Cup		1/2 Cup
		Mashed Potatoes	1/4 Cup		
		Noor Roll	1 Roll		
		Diced Carrots	1/4 Cup		
Thursday	A	Whitefish Bowtie Pasta in Rose Sauce	3/4 Cup		1 Cup
		Peas and Corn	1/4 Cup		
		Mild Cajun Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
	B	Brown Rice	1/2 Cup		
		Leafy Greens / French Dressing	1/2 Cup / 2 Tsp	1/4 Cup Peas and Corn	
Friday	A	Turkey Meatballs in Gravy	4 Meatballs		6 Meatballs
		Brown Rice	1/2 Cup		
		Carrots and Turnips	1/4 Cup		
	B	Italian Seasoned Beef with Pasta Shells in Tomato Sauce	3/4 Cup		1 Cup
		Carrots and Turnips	1/4 Cup		

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Eat Grow Thrive

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PORTION GUIDE - Week 2

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Healthy Balance Menu
Healthy Choices Menu

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Breaded Chicken	1 Piece		1.5 Pieces
		Brown Rice	1/2 Cup		
		Diced Carrots	1/4 Cup		
	B	Whitefish Mac & Cheese	3/4 Cup		1 Cup
		Diced Carrots	1/4 Cup		
Tuesday	A	Egg Patty	1 Piece		1.5 Pieces
		Cheese Slice	1/2 Slice		
		English Muffin	1 English Muffin		
		Green and Yellow Beans	1/4 Cup		1.5 English Muffins
	B	Turkey Lasagna	3/4 Cup		1 Cup
Green and Yellow Beans		1/4 Cup			
Wednesday	A	Ground Beef Bolognese Whole Grain Pasta	1/2 Cup Pasta / 1/3 Cup Sauce		3/4 Cup Pasta / 1/2 Cup Sauce
		Peas and Corn	1/4 Cup		
	B	Fish Sticks	2 Pieces		3 Pieces
		Ciabatta	1/2 Bun		
		Lemon Garlic Sauce	1 Tbsp		
Peas and Corn	1/4 Cup				
Thursday	A	Roasted Apple 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		
	B	BBQ Diced Turkey	1/3 Cup		1/2 Cup
		Rice	1/2 Cup		
Leafy Greens / Balsamic Dressing	1/2 Cup / 2 Tsp				
Friday	A	Beef Burger	1 Piece		1.5 Pieces
		Hamburger Bun	1 Bun		1.5 Buns
		Green Peas	1/4 Cup		
	B	Creamy Chicken Whole Grain Noodle Casserole	3/4 Cup		1 Cup
		Green Peas	1/4 Cup		

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PORTION GUIDE - Week 3

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Healthy Choices Menu

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Beef & Tomato Cheesy Pasta	3/4 Cup		1 Cup
		Green Beans	1/4 Cup		
	B	BBQ Turkey Meatballs	4 Meatballs		6 Meatballs
		Brown Rice	1/2 Cup		
		Green Beans	1/4 Cup		
Tuesday	A	Breaded Chicken Pieces	3 Pieces		4.5 Pieces
		Brown Rice	1/2 Cup		
		Plum Sauce	2 Tsp		
		Diced Carrots	1/4 Cup		
	B	Mini Cheese Tortellini & White Bean Soup	3/4 Cup		1 Cup
		Whole Wheat Baguette	1 Slice		
		Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots	
Wednesday	A	Beef Burger	1 Piece		1.5 Pieces
		Hamburger Bun	1 Bun		1.5 Buns
		California Mix	1/3 Cup		
	B	Macaroni and Cheese	3/4 Cup		1 Cup
		Black Bean, Corn & Quinoa Salad	1/4 Cup		
		California Mix	1/3 Cup		
Thursday	A	Portugese Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Whole Grain Pasta	1/2 Cup		
		Green Peas	1/4 Cup		
	B	Turkey Sloppy Joe	1/3 Cup		1/2 Cup
		Hamburger Bun	1 Bun		
		White Cheese Slice	1/2 Slice		
		Green Peas	1/4 Cup		
Friday	A	Fish Sticks	3/4 Cup		1 Cup
		Brown Rice	1/4 Cup		
		Diced Carrots	1/4 Cup		
	B	Fiesta Mexican Ground Beef	1/3 Cup		1/2 Cup
		Brown Rice	1/2 Cup		
		Diced Carrots	1/4 Cup		

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PORTION GUIDE - Week 4

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		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Ground Beef Bolognese Whole Grain Pasta	1/2 Cup Pasta / 1/3 Cup Sauce		3/4 Cup Pasta / 1/2 Cup Sauce
		Broccoli	1/3 Cup		
	B	Breaded Chicken	1 Piece		1.5 Pieces
		Hamburger Bun	1 Bun		1.5 Bun
		Sweet Potatoes	1/3 Cup		
Tuesday	A	Macaroni and Cheese	3/4 Cup		1 Cup
		Black Bean, Corn and Quinoa Salad	1/4 Cup		
		Green Peas	1/4 Cup		
	B	Turkey Meatballs in Tomato Sauce	4 Meatballs		6 Meatballs
		Submarine Bun	1/2 Bun		
		Shredded Mozzarella Cheese	1-2 Tsp		
		Green Peas	1/4 Cup		
Wednesday	A	Fish Sticks	2 Pieces		3 Pieces
		Brown Rice	1/2 Cup		
		Vegetable Medley	1/4 Cup		
	B	Ground Beef & Potato Stew	1/2 Cup		3/4 Cup
		Brown Rice	1/2 Cup		
		Vegetable Medley	1/4 Cup		
Thursday	A	Mini Beef Meatball Soup	3/4 Cup		1 Cup
		Whole Wheat Bread	1 Slice		
		Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots	
	B	Turkey Burger	1 Burger		1.5 Burger
		Hamburger Bun	1 Bun		1.5 Buns
		Cheddar Cheese Slice	1/2 Slice		
		Diced Carrots	1/4 Cup		
Friday	A	Hidden Bean Lasagna	3/4 Cup		1 Cup
		Peas and Corn	1/4 Cup		
	B	Moroccan Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Whole Grain Pasta	1/2 Cup		
		Leafy Greens / Italian Dressing	1/2 Cup / 2 Tsp	1/4 Cup Peas and Corn	

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