

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Macaroni and Cheese	3/4 cup		1 cup
		Chickpea and Orange Salad	1/4 cup		
		Broccoli	1/3 cup		
	B	Teriyaki Turkey Meatballs	4 meatballs		6 meatballs
		Brown Rice	1/2 cup		
		Broccoli	1/3 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	Three Sisters Soup	3/4 cup		1 cup
		Javaneh Slice	1 slice		
Wednesday	A	Egg Patty	1 piece		1.5 pieces
		Cheese Slice	1/2 slice		
		English Muffin	1 English Muffin		
		Peas & Corn	1/4 cup		
	B	Southwest Diced Chicken	1/3 cup		1/2 cup
		Mexican Rice	1/2 cup		
Thursday	A	Whitefish Penne Pasta in Sundried Tomato Pesto Cream Sauce	3/4 cup		1 cup
		California Mix	1/3 cup		
		Turkey Burger	1 Burger		1.5 Burger
	B	Hamburger Bun	1 Bun		1 Slice
		Cheese Slice	1/2 Slice		1 Slice
		California Mix	1/3 cup		
Friday	A	Balsamic Glazed 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 Diced Carrots	1 Slice
	B	Italian Seasoned Beef with Pasta Shells in Tomato Sauce	3/4 cup		1 cup
		Leafy Greens / Balsamic Dressing	1/2 Cup / 2 Tsp	1/4 Cup Diced Carrots	

PORTION GUIDE - Week 2

Spring / Summer 2025

Healthy Balance Menu
Healthy Choices Menu

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Turkey and Whole Grain Noodle Casserole	3/4 cup		1 cup
		Green Peas	1/4 cup		
	B	Chicken Parmesan	1 piece		1.5 pieces
		Whole Grain Penne	1/2 cup		
		Green Peas	1/4 cup		
Tuesday	A	Breaded Chicken Pieces	3 pieces		4.5 pieces
		Brown Rice	1/2 cup		
		Plum Sauce	2 tsp		
		4 Way Mix	1/4 cup		
	B	Vegetarian Egg "Fried" Rice	3/4 cup		1 cup
		4 Way Mix	1/4 cup		
Wednesday	A	Beef Burger	1 Piece		1.5 Pieces
		Hamburger Bun	1 Bun		1.5 Buns
		Sweet Potatoes	1/4 cup		
	B	Italian Ground Turkey with Shells	3/4 cup		
		Broccoli	1/3 cup		
Thursday	A	Mini Cheese Tortellini & White Bean Soup	3/4 Cup		1 Cup
		Whole Wheat Baguette	1 Slice		
		Cucumber Slices	2-3 slices	2-3 Peeled Cucumber Slices	
	B	Peach BBQ Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Quinoa	1/2 Cup		
		Green Beans	1/4 cup		
Friday	A	Fish Sticks	2 pieces		3 pieces
		Whole Grain Rotini with Tomato Sauce	1/2 cup		1 Slice
		Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots	1 Slice
	B	Ground Beef Bolognese	1/3 cup		1/2 cup
		Whole Grain Rotini	1/2 cup		2/3 cup
		Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots	
					1 Slice

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Eat Grow Thrive

		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 Peas	1/4 cup		
	B	Macaroni and Cheese	3/4 cup		1 cup
		Chickpea and Orange Salad	1/4 cup		
		Broccoli	1/3 cup		
Tuesday	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	Breaded Chicken Burger	1 Piece		1.5 Pieces
		Hamburger Bun	1 Bun		1.5 Buns
		Diced Carrots	1/4 Cup		
Wednesday	A	Herbed Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Brown Rice	1/2 cup		
		Leafy Greens / Italian Dressing	1/2 Cup / 2 Tsp	1/4 cup Green & Yellow Beans	
	B	Pasta Primavera	3/4 cup		1 cup
		Green & Yellow Beans	1/4 cup		
Thursday	A	Scrambled Eggs	1/3 cup		1/2 cup
		Whole Wheat Cinnamon French Toast Bites	3 each		3 each
		Carrots & Turnips	1/4 cup		
	B	Ground Beef Sloppy Joe	1/3 cup		1/2 cup
		Bun	1 Bun		1.5 Buns
		Cheese Slice	1/2 slice		1 Slice
		Carrots & Turnips	1/4 cup		1 Slice
Friday	A	White Fish Macaroni and Cheese	3/4 cup		1 cup
		Peas & Corn	1/4 cup		
	B	Tikka Masala Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Brown Rice	1/2 Cup		1 Slice
		Peas & Corn	1/4 cup		

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Eat Grow Thrive



PORTION GUIDE - Week 4

Spring / Summer 2025

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
		California Mix	1/3 Cup		
	B	BBQ Diced Turkey	1/3 cup		1/2 cup
		Brown Rice	1/2 cup		
		California Mix	1/3 cup		
Tuesday	A	Butter Chicken	1/2 cup		3/4 cup
		Brown Rice	1/2 cup		
		Green Peas	1/4 cup		
	B	Egg Patty	1 piece		1.5 pieces
		Whole Wheat Bread	1 slice		
		Cream Cheese	1 Tbsp		1 Tbsp
Wednesday	A	Turkey Bowtie Pasta in Rose Sauce	3/4 cup		1 cup
		Green Beans	1/4 cup		
	B	Mild Cajun Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Quinoa	1/2 cup		
		Leafy Greens / Raspberry Dressing	1/2 Cup / 2 Tsp	1/4 cup Green beans	
Thursday	A	Fish Sticks	2 pieces		3 pieces
		Whole Wheat Wrap	1 each		
		Lemon Garlic Sauce	1 Tbsp		
		Carrots & Turnips	1/4 cup		
	B	Beef Lasagna	3/4 cup		1 cup
		Carrots & Turnips	1/4 cup		1 Slice
Friday	A	Chicken Alfredo Pasta	3/4 cup		1 Slice
		Peas & Corn	1/4 cup		
	B	Turkey Burger	1 piece		1.5 pieces
		Hamburger Bun	1 bun		1.5 buns
		Cheese Slice	1/2 slice		1 Slice
		Peas & Corn	1/4 cup		

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