



PORTION GUIDE - Week 1

Fall / Winter 2025-2026

Healthy Balance Menu
Healthy Choices Menu

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Breaded Dino Chicken Pieces	3 pieces		4.5 pieces
		Brown Rice	1/2 cup		
		Plum Sauce	2 Tsp		
		Sunrise Mix	1/4 cup		
	B	Macaroni and Cheese	3/4 cup		1 cup
		Quinoa, Black Bean & Corn Salad	1/4 cup		
		Sunrise Mix	1/4 cup		
		Turkey Meatballs in Marinara Sauce	4 meatballs		6 meatballs
		Whole Wheat Sub Bun	1/2 bun		
		4 Way Mix	1/4 cup		
	B	Minestrone Soup	3/4 cup		1 cup
		Whole Wheat Baguette	1 slice		
		Cucumber Slices	2-3 slices	2-3 peeled cucumber slices	
Wednesday	A	Ground Beef Bolognese	1/3 cup		1/2 cup
		Bowtie Pasta	1/2 cup		2/3 cup
		Green Peas	1/4 cup		
	B	Teriyaki Fish	1 piece		1.5 pieces
		Brown Rice	1/2 cup		
		Green Peas	1/4 cup		
Thursday	A	Egg Patty	1 piece		1.5 pieces
		Whole Wheat Cinnamon French Toast Bites	3 pieces		
		California Mix	1/3 cup		
	B	Chicken Cacciatore	1/3 cup		1/2 cup
		Whole Grain Penne	1/2 cup		
		California Mix	1/3 cup		
Friday	A	Jerk Chicken Drumstick	1 piece	1/2 cup diced jerk chicken	1.5 pieces
		Coconut Rice	1/2 cup		
		Leafy Greens / French Dressing	1/2 cup / 2 tsp	1/4 cup carrots & turnips	
	B	Ground Beef Sloppy Joe	1/3 cup		1/2 cup
		Hamburger Bun	1 bun		1.5 buns
		White Cheese Slice	1/2 slice		1 slice
		Carrots & Turnips	1/4 cup		

Last Revised October 20, 2025

If Space is Blank please refer to the Preschool portion

Eat Grow Thrive

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Fish Sticks	2 pieces		3 pieces
		Brown Rice	1/2 cup		
		Lemon Garlic Sauce	1 Tbsp		
		Carrots & Peas	1/4 cup		
	B	Chicken Bolognese	1/3 cup		1/2 cup
		Whole Grain Rotini	1/2 cup		2/3 cup
		Carrots & Peas	1/4 cup		
Tuesday	A	Chicken Noodle Soup	3/4 cup		1 cup
		Javaneh Slice	1 slice		
		Baby Carrots	2-3 baby carrots	2-3 blanched baby carrots	
	B	Teriyaki Beef Meatballs	4 meatballs		6 meatballs
		Brown Rice	1/2 cup		
		4 Way Mix	1/4 cup		
Wednesday	A	Beef Burger	1 Piece		1.5 pieces
		Hamburger Bun	1 Bun		1.5 buns
		Cheese Slice	1 Slice		
		Green Beans	1/4 cup		
	B	Carvery Chicken in Gravy	1/3 cup		1/2 cup
		Whole Wheat Bread	1 slice		
		Sweet Potato Mash	1/4 cup		
Thursday	A	BBQ Chicken Drumstick	1 piece	1/2 cup diced bbq chicken	1.5 pieces
		Veggie Quinoa Blend	1/2 cup		
		Broccoli	1/3 cup		
	B	Mexican Bean Chili	1/2 cup		3/4 cup
		Corn Bread	0.5 ea	0.5 ea	
		Broccoli	1/3 cup		
Friday	A	Macaroni and Cheese	3/4 cup		1 cup
		Chickpea and Orzo Salad	1/4 cup		
		California Mix	1/3 cup		
	B	Breaded Fish Pieces	2 pieces		3 pieces
		Brown Rice	1/2 cup		
		California Mix	1/3 cup		

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Monday	A	Breaded Chicken Pieces	3 pieces		4.5 pieces
		Brown Rice	1/2 cup		
		Plum Sauce	2 tsp		
		Corn & Peas	1/4 cup		
	B	Chickpea Tikka Masala	1/2 cup		3/4 cup
		Brown Rice	1/2 cup		
		Corn & Peas	1/4 cup		
Tuesday	A	Winter Vegetable Bean & Lentil Soup	3/4 cup		1 cup
		Whole Wheat Baguette	1 slice		
		Cucumber Slices	2-3 slices	2-3 peeled cucumber slices	
	B	BBQ Beef Meatballs	4 meatballs		6 meatballs
		Whole Wheat Sub Bun	1/2 bun		
		Green Beans	1/4 cup		
Wednesday	A	Italian Seasoned Beef with Pasta Shells in Tomato Sauce	3/4 cup		1 cup
		California Mix	1/3 cup		
	B	Turkey Burger	1 piece		1.5 pieces
		Hamburger Bun	1 bun		1.5 buns
		Cheese Slice	1/2 slice		1 slice
		California Mix	1/3 cup		
Thursday	A	Egg Patty	1 piece		1.5 pieces
		Cheese Slice	1/2 slice		
		Whole Wheat English Muffin	1 english muffin		
		Sunrise Mix	1/4 cup		
	B	Butter Chicken	1/2 cup		3/4 cup
		Mini Savoury Naan	1 naan		
		Sunrise Mix	1/4 cup		
Friday	A	Balsamic Chicken Drumstick	1 piece	1/2 cup diced balsamic chicken	1.5 pieces
		Brown Rice	1/2 cup		
		Leafy Greens / Italian Dressing	1/2 cup / 2 tsp	1/4 cup green peas	
	B	Whitefish Lasagna	3/4 cup		1 cup
		Green Peas	1/4 cup		

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Monday	A	Breaded Fish Patty Hamburger	1 piece		1.5 pieces
		Hamburger Bun	1 bun		1.5 buns
		Lemon Garlic Sauce	1 tbsp		
		Green Peas	1/4 cup		
	B	Beef Shepherd's Pie with Mashed Potatoes	3/4 cup		1 cup
		Whole Wheat Dinner Roll	1 roll		
		Green Peas	1/4 cup		
Tuesday	A	Salisbury Steak with Gravy	1 piece		1.5 pieces
		Brown Rice	1/2 cup		
		Carrots & Turnips	1/4 cup		
	B	Chicken and Egg "Fried" Rice	3/4 cup		1 cup
		Carrots & Turnips	1/4 cup		
Wednesday	A	Cheddar Cheese Omelet	1 piece		1.5 pieces
		Whole Wheat English Muffin	1 english muffin		
		4 Way Mix	1/4 cup		
	B	Turkey Bowtie Pasta in Rose Sauce	3/4 cup		1 cup
		4 Way Mix	1/4 cup		
Thursday	A	Turkey Alphabet Soup	3/4 cup		1 cup
		Whole Wheat Bread	1 slice		
		Baby Carrots	2-3 baby carrots	2-3 blanched baby carrots	
	B	Mediterranean Falafel	3 ea		4-5 ea
		Tzatziki Sauce	1 tbsp		
		Brown Rice	1/2 cup		
		California Mix	1/3 cup		
Friday	A	Herbed 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	Beef Lasagna	3/4 cup		1 cup
		Green Beans	1/4 cup		