



**WHOLESOME
KIDS
CATERING**

PORTION GUIDE - Week 1

Spring / Summer 2026

Healthy Balance Menu
Healthy Choices Menu

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Creamy Sun-Dried Tomato Chicken Sauce in Whole Grain Pasta	3/4 Cup		1 Cup
		Sunrise Mix	1/4 Cup		
	B	Beef Meatballs in Tomato Sauce	4 Meatballs		6 Meatballs
		Brown Rice	1/2 Cup		
Wednesday	A	Korean BBQ Beef	1/3 Cup		1/2 Cup
		Brown Rice	1/2 Cup		
		Cucumber Slices	4-5 Slices	4-5 Peeled Cucumber Slices	
	B	Breaded Fish Patty	1 Piece		1.5 Piece
		Bun	1 Bun		1.5 Bun
		Tzatzki Sauce	1 Tbsp		
Thursday	A	Cheddar Cheese Omelet	1 Piece		1.5 Pieces
		Whole Wheat Bread	1 Slice		
		Green Peas	1/4 Cup		
	B	Southwest Diced Chicken	1/3 Cup		1/2 Cup
		Cornbread	0.5 ea (1 square = 2 portions)		
		Green Peas	1/4 Cup		
Friday	A	Lemon Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Veggie Quinoa Blend	1/2 Cup		
		Assorted Bell Pepper Sticks	2-3 Sticks	2-3 Blanched Baby Carrots	
	B	Spinach & Lentil dal	3/4 Cup		1 Cup
		Mini Naan Dippers	2 Naan Dippers		
		Assorted Bell Pepper Sticks	2-3 Sticks	2-3 Blanched Baby Carrots	

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Last Revised May 27, 2026

Eat Grow Thrive

If Space is Blank please refer to the Preschool portion



PORTION GUIDE - Week 2

Spring / Summer 2026

Healthy Balance Menu
Healthy Choices Menu

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Dino Chicken Pieces	3 Pieces		5 Pieces
		Brown Rice	1/2 Cup		
		Plum Sauce	1 Tbsp		
		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		
Tuesday	A	Egg Patty	1 Piece		1.5 Pieces
		Cheese Slice	1 Slice		
		Whole Wheat Bread	1 Slice		
		Green Peas	1/4 Cup		
	B	Chicken Tikka Masala	1/2 Cup		3/4 Cup
		Brown Rice	1/2 Cup		
Green peas		1/4 Cup			
Wednesday	A	Classic Mac & Cheese	3/4 Cup		1 Cup
		Grilled Chicken Strips	2 Strips		
		Leafy Greens / Italian Dressing	1/2 Cup / 2 Tsp	1/4 Cup Vegetable Medley	
	B	Fish Sticks	2 Pieces		3 Pieces
		Brown Rice	1/2 Cup		
		Lemon Garlic Yogurt Sauce	1 Tbsp		
Vegetable Medley		1/4 Cup			
Thursday	A	Beef Burger	1 Piece		1.5 Pieces
		Bun	1 Bun		1.5 Bun
		Cheese Slice	1 Slice		
		Corn	1/4 Cup		
	B	Hidden Bean Lasagna	3/4 Cup		1 Cup
		Corn	1/4 Cup		
Friday	A	Portuguese Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Whole Grain Pasta	1/2 Cup		2/3 Cup
		Assorted Bell Pepper Sticks	2-3 Sticks	1/3 Cup Broccoli	
	B	Beef Bolognese Sauce	1/3 cup		1/2 cup
		Pasta	1/2 Cup		
		Assorted Bell Pepper Sticks	2-3 Sticks	1/3 Cup Broccoli	

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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	Chicken Alfredo Sauce	1/3 Cup		1/2 Cup
		Pasta	1/2 Cup		2/3 Cup
		Sunrise Mix	1/4 Cup		
	B	Mushroom Patty with Gravy	1 Piece		1.5 Pieces
		Bun	1		
		Sunrise Mix	1/4 Cup		
Tuesday	A	Vegetarian Egg "Fried" Rice	3/4 Cup		1 Cup
		Broccoli	1/3 Cup		
	B	Teriyaki Halal Chicken Meatballs	2 Pieces (1 oz ea)		3 Pieces (1 oz ea)
		Brown Rice	1/2 Cup		
Wednesday	A	Butter Chicken	1/2 Cup		3/4 Cup
		Pasta	1/2 Cup		2/3 Cup
		Peas & Corn	1/4 Cup		
	B	Breaded Cod Pieces	2 Pieces		3 Pieces
		Whole Wheat Tortilla	1 Tortilla		
		Lemon Garlic Yogurt Sauce	1 Tbsp		
Peas & Corn	1/4 Cup				
Thursday	A	Ground Beef & Bean taco Bowl	1/3 Cup		1/2 Cup
		Mexican Rice	1/2 cup		
		Shredded Cheese	15 g		
		Assorted Bell Pepper Sticks	2-3 Sticks	1/4 Cup Corn	
	B	Breaded Chicken Patty	1 Piece		1.5 Pieces
		Bun	1 Bun		1.5 Buns
Corn	1/4 Cup				
Friday	A	BBQ Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Veggie Quinoa Blend	1/2 Cup		
		Diced Carrots	1/4 Cup		
	B	Tomato Bean Primavera Sauce	1/3 Cup		1/2 Cup
		Whole Grain Pasta	1/2 Cup		2/3 Cup
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		5 Pieces
		Brown Rice	1/2 Cup		
		Plum Sauce	2 Tsp		
		Vegetable Medley	1/4 Cup		
	B	Coconut Tofu Curry	1/2 Cup		3/4 Cup
		Brown Rice	1/2 Cup		
Tuesday	A	Hidden Tofu Mac & Cheese	3/4 Cup		1 Cup
		Peas & Corn	1/4 Cup		
	B	Turkey Burger	1 Piece		1.5 Pieces
		Bun	1 Bun		1.5 Buns
		Cheese Slice	1 Slice		1 Slice
Peas & Corn	1/4 Cup				
Wednesday	A	BBQ Beef Meatballs	4 Meatballs		6 Meatballs
		Whole Wheat Bread	1 Slice		1 Slice
		Sunrise Mix	1/4 Cup		
	B	Chicken Lasagna	3/4 Cup		1 Cup
		Cucumber Slices	4-5 Slices	4-5 Peeled Cucumber Slices	
Thursday	A	Fish Sticks	2 Pieces		3 Pieces
		Brown Rice	1/2 Cup		
		Green Peas	1/4 Cup		
	B	Adobo Diced Chicken	1/3 Cup		1/2 Cup
		Brown Rice	1/2 Cup		
		Green Peas	1/4 Cup		
Friday	A	Herbed Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Whole Grain Pasta	1/2 Cup		
		Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots	
	B	Whitefish Rose Sauce in Whole Grain Pasta	3/4 Cup		1 Cup
		Diced Carrots	1/4 Cup		

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