WHOLESOME KIDS CATERING

PORTION GUIDE - Week 1

Fall / Winter 2026-2027

Healthy Balance Menu

Healthy Choices Menu

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Egg Patty	1 Piece		1.5 Pieces
		Whole Wheat French Toast Bites	3 Pieces		4 Pieces
		Green Peas	1/4 Cup		
	B	Chicken Sloppy Joe	1/3 Cup		1/2 Cup
		Hamburger Bun	1 Bun		
		Cheese Slice	1 Cheese Slice		
		Green Peas	1/4 Cup		
Tuesday	A	Halal Beef Vegetable Soup	3/4 Cup		1 Cup
		Whole Wheat Baguette	1 Slice		
		Cucumber Slices	4-5 Slices	4-5 Peeled Cucumber Slices	
	B	Halal Chicken Souvlaki	1/4 Cup		1/3 Cup
		Brown Rice	1/2 Cup		
		Tzatziki	1 Tbsp		
		Cucumber Slices	4-5 Slices	4-5 Peeled Cucumber Slices	
Wednesday	A	Classic Macaroni and Cheese	1 Cup		1 1/4 Cup
		Green Peas and Corn	1/4 Cup		
	B	Battered Fish	1 Piece		1.5 Piece
		Whole Wheat Tortilla	1 Tortilla		
		Tartar Sauce	1 Tbsp		
		Green Peas and Corn	1/4 Cup		
Thursday	A	Beef Meatballs in Gravy	4 Meatballs		6 Meatballs
		Brown Rice	1/2 Cup		
		Broccoli	1/3 Cup		
	B	Minestrone Soup	3/4 Cup		1 Cup
		Whole Wheat Baguette	1 Slice		
		Cucumber Slices	4-5 Slices	4-5 Peeled Cucumber Slices	
Friday	A	Tofu Tikka Masala	1/2 Cup		3/4 Cup
		Savoury Naan	1 Naan		
		Green Beans	1/4 Cup		
	B	Herbed Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Veggie Quinoa	1/2 Cup		
		Green Beans	1/4 Cup		

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Eat Grow Thrive

WHOLESOME KIDS CATERING

PORTION GUIDE - Week 2

Fall / Winter 2026-2027

Healthy Balance Menu

Healthy Choices Menu

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Whitefish Rose Bowtie Pasta Bake	3/4 Cup		1 Cup
		Green Peas and Corn	1/4 Cup		
		Chicken Fajita	1/3 Cup		1/2 Cup
	B	Whole Wheat Tortilla	1 Tortilla		
		Green Peas and Corn	1/4 Cup		
		Shredded Cheese	15g (1-2 Tsp)		
Tuesday	A	Breaded Chicken Pieces	3 Pieces		5 Pieces
		Brown Rice	1/2 Cup		
		Plum Sauce	2 Tsp		
		Green Beans	1/4 Cup		
	B	Hidden Bean Lasagna	3/4 Cup		1 Cup
		Green Beans	1/4 Cup		
Wednesday	A	Mini Potato and Cheese Perogies	6 Pieces		8 Pieces
		Marinated Chickpea Salad	2-3 Tbsp		
		Sour Cream	1 Tbsp		
		Broccoli	1/3 Cup		
	B	Halal Beef Bolognese	1/3 Cup		1/2 Cup
		Whole Grain Penne	1/2 Cup		
		Broccoli	1/3 Cup		
Thursday	A	Vegetarian Three Sisters Soup	3/4 Cup		1 Cup
		Whole Wheat Baguette	1 Slice		
		Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots	
	B	Egg Patty	1 Piece		1.5 Pieces
		Whole Wheat English Muffin	1 Each		
		Cheese Slice	1 Slice		
		Green Peas	1/3 Cup		
Friday	A	Maple Soya Sauce 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 Vegetable Medley	
	B	Creamy Tomato Navy Bean	1/3 Cup		1/2 Cup
		Whole Grain Rotini	1/2 Cup		
		Vegetable Medley	1/4 Cup		

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Eat Grow Thrive

WHOLESOME KIDS CATERING

PORTION GUIDE - Week 3

Fall / Winter 2026-2027

Healthy Balance Menu

Healthy Choices Menu

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Cheddar Cheese Omelet	1 Piece		1.5 Pieces
		Whole Wheat Tortilla	1 Tortilla		
		Green Beans	1/4 Cup		
	B	Halal Italian Seasoned Beef with Pasta Shells	3/4 Cup		1 Cup
		Green Beans	1/4 Cup		
Tuesday	A	Breaded Chicken Pieces	3 Pieces		5 Pieces
		Brown Rice	1/2 Cup		
		Plum Sauce	2 Tsp		
		Broccoli	1/3 Cup		
	B	Spinach and Lentil Daal	3/4 Cup		1 Cup
		Brown Rice	1/2 Cup		
		Broccoli	1/3 Cup		
Wednesday	A	Beef Burger	1 Piece		1.5 Pieces
		Hamburger Bun	1 Bun		1.5 Buns
		Cheese Slice	1 Slice		
		Green Peas	1/4 Cup		
		Classic Macaroni and Cheese	1 Cup		1 1/4 Cups
		Green Peas	1/4 Cup		1/4 Cup
Thursday	A	Vegetarian Chickpea and Sweet Potato Stew	3/4 Cup		1 Cup
		Whole Wheat Roll	1 Roll		
		Baby Carrots	2-3 Baby Carrots	2-3 Blanched Baby Carrots	
	B	Turkey Patty	1 Piece		1.5 Pieces
		Whole Wheat English Muffin	1 Each		1.5 Each
		Roasted Diced Potatoes	1/4 Cup		
Friday	A	BBQ Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Coconut Rice	1/2 Cup		
		Vegetable Medley	1/4 Cup		
	B	Thai Fish Curry	1/3 Cup		1/2 Cup
		Coconut Rice	1/2 Cup		
		Vegetable Medley	1/4 Cup		

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Eat Grow Thrive

WHOLESOME KIDS CATERING

PORTION GUIDE - Week 4

Fall / Winter 2026-2027

Healthy Balance Menu

Healthy Choices Menu

		Menu Selection	Preschool	Infant / Toddler	School Age
Monday	A	Fish Sticks	2 Pieces		3 Pieces
		Brown Rice	1/2 Cup		
		Tzatziki	1 Tbsp		
		Green Peas and Corn	1/4 Cup		
	B	Chicken Alphabet Soup	3/4 Cup		1 Cup
		Whole Wheat Bread	1 Slice		
		Cucumber Slices	4-5 Slices	4-5 Peeled Cucumber Slices	
Tuesday	A	Beef Meatballs in Tomato Sauce	4 Meatballs		6 Meatballs
		Whole Grain Rotini	1/2 Cup		
		Sunrise Mix (Green Beans and Carrots)	1/4 Cup		
	B	Lentil Bolognese	1/3 Cup		1/2 Cup
		Whole Grain Rotini	1/2 Cup		
		Sunrise Mix (Green Beans and Carrots)	1/4 Cup		
Wednesday	A	Chickpea Korma	1/2 Cup		3/4 Cup
		Brown Rice	1/2 Cup		
		Green Peas	1/4 Cup		
	B	Salisbury Steak in Gravy	1 Piece		1.5 Pieces
		Brown Rice	1/2 Cup		
		Green Peas	1/4 Cup		
Thursday	A	BBQ Diced Chicken	1/3 Cup		1/2 Cup
		Cornbread	0.5 Each (1 Square = 2 Portions)		
		Broccoli	1/3 Cup		
	B	Scrambled Egg	1/3 Cup		1/2 Cup
		Whole Wheat Bread	1 Slice		
		Shredded Cheese	15g (1-2 Tsp)		
		Broccoli	1/3 Cup		
Friday	A	Mini Cheese Tortellini Soup	3/4 Cup		1 Cup
		Whole Wheat Baguette	1 Slice		
		Leafy Greens / Italian Dressing	1/2 Cup / 2 Tsp	2-3 Blanched Baby Carrots	
	B	Jerk Chicken Drumstick	1 Piece	1/2 Cup Diced	1.5 Pieces
		Veggie Quinoa	1/2 Cup		
		Leafy Greens / Italian Dressing	1/2 Cup / 2 Tsp	2-3 Blanched Baby Carrots	

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