

Vegetables / Fruits	Child Care	School Age
Apple / Banana / Pear / Kiwi / Peach / Nectarine / Plum	½ piece	1 piece
Orange	⅓ Piece	½ piece
Beet & Carrot Salad / Fruity Carrot Salad / Potato Mash / Samurai Carrot Salad / Greek Salad	½ spoodle	¾ spoodle
Bell Peppers	3 x 1 cm slices	4 x 1 cm slices
Brocco-Kale Salad	¾ spoodle	1 spoodle
Carrot & Squash Soup / Minestrone Soup	1 spoodle	1 spoodle
Coleslaw / Veggie Rainbow	¾ spoodle	1 spoodle
Clementine	1 piece	1 piece
Cucumber	1 x 1" slice	2 x 1" slices
Mini Cucumber	½ piece	1 piece
Green Peas / Green Peas & Carrots / Sweet Corn	¾ spoodle	1 ½ spoodles
Green Beans/ Mini Broccoli	1 spoodle	1 ½ spoodles
Lettuce Garnish (sandwich)	4-5 portions/ piece	4-5 portions/ piece
Mini Potatoes	~ 2-3 pieces	~ 3-4 pieces
Napa Cabbage / Red Cabbage & Spinach Salad	⅓ cup + 2 -3 spinach	⅓ cup + 2 -3 spinach
Pineapple	1/10 per tub	1/10 per tub
Baby Romaine Lettuce	1 spoodle	1 spoodle
Steamed Carrots	~3-5 pieces	~5-7 pieces
Strawberry Sauce / Blueberry Sauce / Mango Sauce	~ ¾ spoodle	~ 1 spoodle
Diced Melon (cantaloupe or honeydew)	~ 4 pieces	~ 4 pieces
Watermelon	1/30th	1/30th
Watermelon Radish	~ 2 sticks	~3 sticks
Infant Puree (pumpkin-red lentil, caramelized onion-spinach)	½ spoodle	n/a

As the size of some food may vary, these portions are approximations and the quantity of food you serve may differ slightly. Portions are determined based on the *Child Care & Early Years Act* and in consultation with a Registered Dietitian.

Dips / Sauces / Garnishes	Child Care	School Age
Balsamic Dressing / Apple Cider Vinaigrette / Maple Samurai Vinaigrette / Parsley-Lemon	1 ½ tsp	2.5 tsp
Caesar Dressing w/Organic Tofu / Real Food Ketchup / Ranch Dressing w/Organic Tofu / Greek Tzatziki	1 tbsp	1 tbsp
Cucumber Raita	1.5 tsp	2.5 tsp
Shredded Cheddar	1 tbsp	1.5 tbsp
Sour Cream	1.5 tsp	1.5 tsp

Dairy Products	Child Care	School Age
Milk	As required	As required
Cheddar Cheese Slice	1 slice	1 slice

Protein	Child Care	School Age
Marinara Beef Meatballs / Paprika Chicken / Jerk Chicken / Madagascar Chicken / Mediterranean Chicken / Sunshine Dahl / New England Fish Chowdah / Chicken Meatballs with Groovy Gravy / Sri Lankan Chicken / Gong Bao Chicken / Caldereida Fish / Chicken Cacciatore / Chicken Fricassee / Sheet Pan Greek Chicken / Chicken Fajita	¾ spoodle	1 spoodle
Beef Burger	1 each	1 each
Chicken Meatballs with Groovy Gravy	2-3 pieces	3-4 pieces
Beef Bolognese / Beef & Bean Chili / Beef Burrito Filling / Bean Burrito Filling / Black Beans in Salsa / Chicken & Wild Rice Stew / Chili with Organic Turkey / Egg Salad / Skipjack Tuna Salad / Beef & Tomato Filling / Beef Gniling / Trinidadian Curry Beef	½ spoodle	¾ spoodle
Tofu Bolognese / Ratatouille with Organic Tofu / Tomato-Spinach Frijoles / Lentil Bolognese / Chili Chili Bang Bang	¾ spoodle	1 ¼ spoodles

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Chickpea Crusted Chicken Meteorites / Chicken Meteorites	~ 4-5 pieces	~ 5-6 pieces
Vegetarian Pasta Bake / Beef & Barley Stew / Chickpea Chowder / Chickpea Tagine / Salmon Casserole / Tuna & Salmon Casserole / Mac'n Cheese / Mac Chick'n Cheese / Lentil Shepherd's Pie	~1 spoodle	1¼ spoodles
Provençal Fish /Masala Fish / Carrot & Flax Fish	½ spoodle (~3 portions/filet)	1 spoodle (~2 portions/filet)
Chick-A-Noodle Soup	1 spoodle	1 ⅓ spoodles
Hummus (for new hummus & cheddar cheese slice sandwich)	1 tbsp (2 tbsp for dairy free children)	1 tbsp (2 tbsp for dairy free children)

Grains	Child Care	School Age
Whole Wheat Bread	2 slices	2 slices
Whole Wheat Pita / Whole Wheat Wrap / Multigrain Pita Bun / Whole Wheat Roll / Wheat Bun/ inf/tod Multigrain Rocket Bun	1 piece	1 piece
Brown Rice / Yellow Rice / Red & White Quinoa / Quinoa / Basmati Rice / Couscous / Millet	1 spoodle	1 ½ spoodles
Whole Grain Pasta	1 ½ spoodles	2 spoodles
Tricolour Pasta Salad	1 ¾ spoodles	2 spoodles
Whole Wheat Garlic Baguette	⅓ loaf	⅓ loaf

Child Care = Infant/Toddler/Preschool/Kinder

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