






# Kids Klub South Pasadena Menu

## April, 2024

Monday 4/8		Tuesday 4/9		Wednesday 4/10		Thursday 4/11		Friday 4/12	
<b>Breakfast:</b>	Non- GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	<b>Breakfast:</b>	Organic Yogurt Parfait w/ Low-fat Organic Granola & Organic Berries; Milk & Chilled Water	<b>Breakfast:</b>	Whole Wheat French Toast w/ 100% Organic Maple Syrup, Fresh Fruit; Milk & Chilled Water	<b>Breakfast:</b>	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	<b>Breakfast:</b>	Breakfast Burrito w/ Scrambled Eggs, Shredded Cheese, & Nitrate/Nitrite Free Turkey Bacon on Whole Grain Tortillas; Milk & Chilled Water
<b>AM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>AM Snack:</b>	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	<b>AM Snack:</b>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	<b>AM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>AM Snack:</b>	Fresh Sliced Organic Apples, Whole Grain Graham Crackers & Chilled Water
<b>Lunch:</b>	Homemade Baked Ziti w/ Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables; Milk & Chilled Water	<b>Lunch:</b>	Organic Boneless Skinless Chicken with Teriyaki Sauce and Broccoli, Brown Rice; Milk & Chilled Water	<b>Lunch:</b>	Homemade Organic Chicken Noodle Soup made w/ Boneless Skinless Organic Chicken, Organic High Fiber Pasta and Organic Vegetables, Whole Wheat Toast, Organic Fresh Fruit; Milk & Chilled Water	<b>Lunch:</b>	Homemade Organic Lean Beef Meatloaf made w/ Whole Grain Oats, Organic Onion, Ketchup & Eggs, Light & Healthy Organic Mashed Potatoes, Organic Fresh Fruit; Milk & Chilled Water	<b>Lunch:</b>	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit, Milk & Chilled Water
<b>PM Snack:</b>	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	<b>PM Snack:</b>	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	<b>PM Snack:</b>	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Fresh Fruit; Chilled Water	<b>PM Snack:</b>	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	<b>PM Snack:</b>	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water
Monday 4/15		Tuesday 4/16		Wednesday 4/17		Thursday 4/18		Friday 4/19	
<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	<b>Breakfast:</b>	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Fresh Fruit; Milk & Chilled Water	<b>Breakfast:</b>	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	<b>Breakfast:</b>	Homemade Whole Grain Pancakes (regular, blueberry, or banana) w/ 100% Organic Maple Syrup, Fresh Fruit; Milk & Chilled Water	 <b>Breakfast of Champions:</b>	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water
<b>AM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>AM Snack:</b>	Fresh Sliced Organic Apples, Whole Grain Graham Crackers & Chilled Water	<b>AM Snack:</b>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	<b>AM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	 <b>AM Snack:</b>	Energy Fruit Smoothies w/ Greek Yogurt and Organic Blueberries or Bananas
<b>Lunch:</b>	Organic High Protein and Fiber Penne Pasta Bake w/ Organic Lean Meat Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast; Milk & Chilled Water	<b>Lunch:</b>	Organic Boneless Skinless Homemade Panko Chicken Tenders, Baked Sweet Potato Fries, Organic Fresh Fruit; Milk & Chilled Water	<b>Lunch:</b>	Quesadillas w/ Four Cheese Blend and Organic Onions, Blended Pinto Beans, Fresh Sliced Fruit; Milk & Chilled Water	<b>Lunch:</b>	Organic Lean Beef and Vegetable Sloppy Joes on Multigrain Bread, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water	 <b>Olympic Ring Lunch:</b>	<b>Golden</b> Roasted Boneless Skinless Chicken with Teriyaki Sauce, <b>Green</b> Broccoli and a Fruit Medley ( <b>Red</b> Strawberries, <b>Black</b> berries & <b>Blue</b> berries)
<b>PM Snack:</b>	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	<b>PM Snack:</b>	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; Chilled Water	<b>PM Snack:</b>	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	<b>PM Snack:</b>	Fresh Sliced Organic Apples, Whole Grain Graham Crackers & Chilled Water	<b>PM Snack:</b>	English Muffin w/ Cream Cheese and Fresh Sliced Melon
 <b>Monday 4/22</b>	<b>Tuesday 4/23</b>		<b>Wednesday 4/24</b>		<b>Thursday 4/25</b>		<b>Friday 4/26</b>		
<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	<b>Breakfast:</b>	Organic Yogurt Parfait w/ Low-fat Organic Granola & Organic Berries; Milk & Chilled Water	<b>Breakfast:</b>	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/ Nitrite Free Turkey Bacon; Milk & Chilled Water	<b>Breakfast:</b>	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	<b>Breakfast:</b>	Vegetable, Egg, & Cheese Frittata; Fresh Fruit; Milk & Chilled Water
<b>AM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>AM Snack:</b>	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	<b>AM Snack:</b>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	<b>AM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>AM Snack:</b>	Fresh Sliced Organic Apples, Whole Grain Graham Crackers & Chilled Water
<b>Lunch:</b>	Organic High Protein and Fiber Spaghetti Pasta w/ Organic Marinara Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast; Milk & Chilled Water	<b>Lunch:</b>	Organic Boneless Skinless Stir-Fry Chicken with Green Beans, Brown Rice; Milk & Chilled Water	<b>Lunch:</b>	Whole Wheat Grilled Cheese Sandwich, Organic Mixed Salad with Homemade Ranch Dressing, Fresh Fruit; Milk & Chilled Water	<b>Lunch:</b>	Homemade Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Organic Fruit; Milk and Chilled Water	<b>Lunch:</b>	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water
<b>PM Snack:</b>	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	<b>PM Snack:</b>	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	<b>PM Snack:</b>	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; Chilled Water	<b>PM Snack:</b>	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	<b>PM Snack:</b>	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water

# Kids Klub South Pasadena Menu

## April, 2024

Monday 4/29		Tuesday 4/30		Wednesday 5/1		Thursday 5/2		Friday 5/3	
									
<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	<b>Breakfast:</b>	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Fresh Fruit; Milk & Chilled Water	<b>Breakfast:</b>	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	<b>Breakfast:</b>	Whole Wheat French Toast w/ 100% Organic Maple Syrup, Fresh Fruit; Milk & Chilled Water	<b>Breakfast:</b>	Organic Yogurt Parfait w/ Low-fat Organic Granola & Organic Berries; Milk & Chilled Water
<b>AM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>AM Snack:</b>	Fresh Sliced Organic Apples, Whole Grain Graham Crackers & Chilled Water	<b>AM Snack:</b>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	<b>AM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>AM Snack:</b>	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water
<b>Lunch:</b>	Homemade Macaroni and Cheese made w/ Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables; Milk & Chilled Water	<b>Lunch:</b>	BBQ Organic Boneless Skinless Chicken, Baked Sweet Potato Fries, Fresh Fruit; Milk & Chilled Water	<b>Lunch:</b>	Homemade Organic Chicken Noodle Soup made w/ Boneless Skinless Organic Chicken, Organic High Fiber Pasta and Organic Vegetables, Whole Wheat Toast, Organic Fresh Fruit; Milk & Chilled Water	<b>Lunch:</b>	Homemade Organic Lean Beef Meatloaf made w/ Whole Grain Oats, Organic Onion, Ketchup & Eggs, Light & Healthy Organic Mashed Potatoes, Organic Fresh Fruit; Milk & Chilled Water	<b>Lunch:</b>	Homemade Pizza w/ Whole Wheat Crust, Organic Tomato Sauce and Cheese, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water
<b>PM Snack:</b>	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	<b>PM Snack:</b>	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; Chilled Water	<b>PM Snack:</b>	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	<b>PM Snack:</b>	Fresh Sliced Organic Apples, Whole Grain Graham Crackers & Chilled Water	<b>PM Snack:</b>	Organic Homemade Hummus w/ Organic Baked Pita Chips & Chilled Water
Monday 5/6		Tuesday 5/7		Wednesday 5/8		Thursday 5/9		Friday 5/10	
<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	<b>Breakfast:</b>	Organic Yogurt Parfait w/ Granola & Organic Berries; Milk & Chilled Water	<b>Breakfast:</b>	Homemade Whole Grain Pancakes (regular, blueberry, or banana) w/ 100% Organic Maple Syrup, Fresh Fruit; Milk & Chilled Water	<b>Breakfast:</b>	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	<b>Breakfast:</b>	Breakfast Sandwich on 100% Whole Grain English Muffin (Organic Scrambled Eggs, Nitrate/Nitrite Free Turkey Bacon, and Cheese); Milk & Chilled Water
<b>AM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>AM Snack:</b>	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	<b>AM Snack:</b>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	<b>AM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>AM Snack:</b>	Fresh Sliced Organic Apples, Whole Grain Graham Crackers & Chilled Water
<b>Lunch:</b>	Organic High Protein and Fiber Spaghetti Pasta w/ Organic Lean Meat Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast; Milk & Chilled Water	<b>Lunch:</b>	Organic High Protein & Fiber Chow Mein w/ Organic Boneless Skinless Chicken and Organic Vegetables, Organic Fresh Fruit; Milk & Chilled Water	<b>Lunch:</b>	Stir-fry Organic Mixed Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit; Milk & Chilled Water	<b>Lunch:</b>	Organic Lean Beef and Vegetable Sloppy Joes on Multigrain Bread, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water	<b>Lunch:</b>	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water
<b>PM Snack:</b>	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	<b>PM Snack:</b>	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	<b>PM Snack:</b>	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; Chilled Water	<b>PM Snack:</b>	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	<b>PM Snack:</b>	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water

### Serving Sizes Lunch & Dinner

Food Components	Age 1 & 2	Age 3 – 5	Age 6 – 12
Milk, Fluids	½ cup	¾ cup	1 cup
Vegetables and/ Or Fruits	¼ cup	½ cup	¾ cup
Bread	½ slice	½ slice	1 slice
Cornbread, biscuits Rolls, muffins, etc	½ serving	½ serving	1 serving
Cooked pasta or Noodle products	¼ cup	¼ cup	½ cup
Cooked cereal grains or an equivalent			
Quantity of any Combination of bread/Bread alternate	¼ cup	¼ cup	½ cup
Lean meat, poultry or fish	1 oz.	1 ½ oz.	2 oz.
Cheese	1 oz.	1 ½ oz.	2 oz.
Eggs	1 egg	1 egg	1 egg
Cooked dry beans or peas	¼ cup	¾ cup	2 cups

\*\*Second Helpings Always Available\*\*

