

# Kids Klub Pasadena Menu

## April, 2025

Monday 3/24		Tuesday 3/25		Wednesday 3/26		Thursday 3/27		Friday 3/28		Saturday 3/29		Sunday 3/30	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	Breakfast:	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Fresh Fruit; Milk & Chilled Water	Breakfast:	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	Breakfast:	Homemade Whole Grain Pancakes (regular, blueberry, or banana) w/ 100% Organic Maple Syrup, Fresh Fruit; Milk & Chilled Water	Breakfast:	Organic Yogurt Parfait w/ Granola & Organic Berries; Milk & Chilled Water	Breakfast:	N/A	Breakfast:	N/A
AM Snack:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	AM Snack:	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	AM Snack:	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Graham Crackers & Chilled Water	AM Snack:	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	AM Snack:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water
Lunch:	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	Lunch:	Organic Boneless Skinless Homemade Panko Chicken Tenders, Baked Sweet Potato Fries, Organic Fresh Fruit; Milk & Chilled Water	Lunch:	Quesadillas w/ Four Cheese Blend and Organic Onions, Blended Pinto Beans, Fresh Sliced Fruit; Milk & Chilled Water	Lunch:	Organic Lean Beef and Vegetable Sloppy Joes on Multigrain Bread, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water	Lunch:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water	Lunch:	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	Lunch:	Organic Lean Beef and Vegetable Sloppy Joes on Multigrain Bread, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water
PM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	PM Snack:	Sliced Cheddar, Monterey Jack Cheese, Cream Cheese w/ Whole Grain Crackers & Chilled Water	PM Snack:	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; Chilled Water	PM Snack:	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	PM Snack:	Organic Homemade Hummus w/ Organic Baked Pita Chips & Chilled Water	PM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	PM Snack:	Fresh Sliced Organic Apples, Graham Crackers & Chilled Water
Dinner:	N/A	Dinner:	N/A	Dinner:	Organic Lean Beef and Vegetable Sloppy Joes on Multigrain Bread, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water	Dinner:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water	Dinner:	Organic Boneless Skinless Homemade Panko Chicken Tenders, Baked Sweet Potato Fries, Organic Fresh Fruit; Milk & Chilled Water	Dinner:	Quesadillas w/ Four Cheese Blend and Organic Onions, Blended Pinto Beans, Fresh Sliced Fruit; Milk & Chilled Water	Dinner:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water
Monday 3/31		Tuesday 4/1		Wednesday 4/2		Thursday 4/3		 Friday 4/4		Saturday 4/5		Sunday 4/6	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	Breakfast:	Organic Yogurt Parfait w/ Granola & Organic Berries; Milk & Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/ Nitrite Free Turkey Bacon; Milk & Chilled Water	Breakfast:	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	Breakfast:	Cheerios with Bananas; Milk & Chilled Water	Breakfast:	N/A	Breakfast:	N/A
AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Graham Crackers & Chilled Water	AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Energy Fruit Smoothies with Greek Yogurt and Strawberries	AM Snack:	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	AM Snack:	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; Chilled Water
Lunch:	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	Lunch:	Enchilada Casserole with Cheese and Organic Boneless Skinless Chicken, Organic Pinto Beans, Homemade Spanish Brown Rice; Milk & Chilled Water	Lunch:	Homemade Organic Tomato Soup, Whole Wheat Grilled Cheese Sandwich, Organic Fresh Fruit; Milk & Chilled Water	Lunch:	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	Lunch:	Golden Roasted Boneless Skinless Chicken with Teriyaki Sauce, <b>Green</b> Broccoli, & Medley of Fresh Ripe Berries ( <b>Red</b> Strawberries, <b>Black</b> berries, & <b>Blue</b> berries) 	Lunch:	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	Lunch:	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
PM Snack:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	PM Snack:	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	PM Snack:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	PM Snack:	Whole Wheat English Muffins, Cream Cheese, Fresh Fruit; Chilled Water	PM Snack:	English Muffin with Cream Cheese and Fresh Sliced Melon	PM Snack:	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	PM Snack:	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas
Dinner:	N/A	Dinner:	N/A	Dinner:	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	Dinner:	Cheese Pizza, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water	Dinner:	Enchilada Casserole with Cheese and Organic Boneless Skinless Chicken, Organic Pinto Beans, Homemade Spanish Brown Rice; Milk & Chilled Water	Dinner:	Homemade Organic Tomato Soup, Whole Wheat Grilled Cheese Sandwich, Organic Fresh Fruit; Milk & Chilled Water	Dinner:	Cheese Pizza, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water
Monday 4/7		Tuesday 4/8		Wednesday 4/9		Thursday 4/10		Friday 4/11		Saturday 4/12		Sunday 4/13	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	Breakfast:	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Fresh Fruit; Milk & Chilled Water	Breakfast:	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	Breakfast:	Whole Wheat French Toast w/ 100% Organic Maple Syrup, Fresh Fruit; Milk & Chilled Water	Breakfast:	Organic Yogurt Parfait w/ Granola & Organic Berries; Milk & Chilled Water	Breakfast:	N/A	Breakfast:	N/A
AM Snack:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	AM Snack:	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	AM Snack:	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Graham Crackers & Chilled Water	AM Snack:	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	AM Snack:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water
Lunch:	Homemade Macaroni and Cheese made w/ Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables; Milk & Chilled Water	Lunch:	Organic Boneless Skinless Chicken with Teriyaki Sauce and Broccoli, Brown Rice; Milk & Chilled Water	Lunch:	Stir-fry Organic Mixed Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit; Milk & Chilled Water	Lunch:	Homemade Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Organic Fruit; Milk and Chilled Water	Lunch:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water	Lunch:	Homemade Macaroni and Cheese made w/ Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables; Milk & Chilled Water	Lunch:	Homemade Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Organic Fruit; Milk and Chilled Water
PM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	PM Snack:	Organic Tortilla Chips & Salsa & Chilled Water	PM Snack:	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; Chilled Water	PM Snack:	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	PM Snack:	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water	PM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	PM Snack:	Fresh Sliced Organic Apples, Graham Crackers & Chilled Water
Dinner:	N/A	Dinner:	N/A	Dinner:	Homemade Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Organic Fruit; Milk and Chilled Water	Dinner:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water	Dinner:	Organic Boneless Skinless Chicken with Teriyaki Sauce and Broccoli, Brown Rice; Milk & Chilled Water	Dinner:	Stir-fry Organic Mixed Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit; Milk & Chilled Water	Dinner:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water

Kids Klub Pasadena Menu  
April, 2025

Monday 4/14		Tuesday 4/15		Wednesday 4/16		Thursday 4/17		Friday 4/18		Saturday 4/19		Sunday 4/20	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	Breakfast:	Organic Yogurt Parfait w/ Granola & Organic Berries; Milk & Chilled Water	Breakfast:	Homemade Whole Grain Pancakes (regular, blueberry, or banana) w/ 100% Organic Maple Syrup, Fresh Fruit; Milk & Chilled Water	Breakfast:	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	<div>Kids Klub Spring Egg Hunt</div> <div>Breakfast:</div>	Breakfast Sandwich on 100% Whole Grain English Muffin (Organic Scrambled Eggs, Nitrate/Nitrite Free Turkey Bacon, and Cheese); Milk & Chilled Water	Breakfast:	N/A	<div>HAPPY Easter</div> <div>Kids Klub Closed</div>	
AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	AM Snack:	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water		Fresh Sliced Organic Apples, Graham Crackers & Chilled Water	AM Snack:	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water		
Lunch:	Organic High Protein and Fiber Pasta w/ Organic Chicken w/ Alfredo Sauce, Fresh Fruit, Steamed Vegetables; Milk & Chilled Water	Lunch:	Organic High Protein & Fiber Chow Mein w/ Organic Boneless Skinless Chicken and Organic Vegetables, Organic Fresh Fruit; Milk & Chilled Water	Lunch:	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	Lunch:	Organic Lean Beef and Vegetable Sloppy Joes on Multigrain Bread, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water		Cheese Pizza, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water	Lunch:	Organic High Protein and Fiber Pasta w/ Organic Chicken w/ Alfredo Sauce, Fresh Fruit, Steamed Vegetables; Milk & Chilled Water		
PM Snack:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	PM Snack:	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	PM Snack:	Whole Wheat English Muffins, Cream Cheese, Fresh Fruit; Chilled Water	PM Snack:	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water		Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water	PM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water		
Dinner:	N/A	Dinner:	N/A	Dinner:	Organic Lean Beef and Vegetable Sloppy Joes on Multigrain Bread, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water	Dinner:	Cheese Pizza, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water		Organic High Protein & Fiber Chow Mein w/ Organic Boneless Skinless Chicken and Organic Vegetables, Organic Fresh Fruit; Milk & Chilled Water	Dinner:	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		
Monday 4/21		Tuesday 4/22		Wednesday 4/23		Thursday 4/24		Friday 4/25		Saturday 4/26		Sunday 4/27	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	Breakfast:	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Fresh Fruit; Milk & Chilled Water	Breakfast:	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/ Nitrite Free Turkey Bacon; Milk & Chilled Water	Breakfast:	Organic Yogurt Parfait w/ Granola & Organic Berries; Milk & Chilled Water	Breakfast:	N/A	Breakfast:	N/A
AM Snack:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	AM Snack:	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Graham Crackers & Chilled Water	AM Snack:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	AM Snack:	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	AM Snack:	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	AM Snack:	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; Chilled Water
Lunch:	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	Lunch:	Organic Boneless Skinless Stir-Fry Chicken with Green Beans, Brown Rice; Milk & Chilled Water	Lunch:	Homemade Organic Tomato Soup, Whole Wheat Grilled Cheese Sandwich, Organic Fresh Fruit; Milk & Chilled Water	Lunch:	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	Lunch:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water	Lunch:	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	Lunch:	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
PM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	PM Snack:	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	PM Snack:	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; Chilled Water	PM Snack:	Fresh Sliced Organic Apples, Graham Crackers & Chilled Water	PM Snack:	Organic Homemade Hummus w/ Organic Baked Pita Chips & Chilled Water	PM Snack:	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	PM Snack:	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas
Dinner:	N/A	Dinner:		Dinner:	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	Dinner:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water	Dinner:	Organic Boneless Skinless Stir-Fry Chicken with Green Beans, Brown Rice; Milk & Chilled Water	Dinner:	Homemade Organic Tomato Soup, Whole Wheat Grilled Cheese Sandwich, Organic Fresh Fruit; Milk & Chilled Water	Dinner:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & 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	½ cup	¾ cup	¾ cup
Bread	½ slice	½ slice	1 slice
Cornbread, biscuits Rolls, muffins, etc	½ serving	¾ serving	1 serving
Cooked pasta or Noodle products	½ cup	¾ cup	¾ cup
Cooked cereal grains or an equivalent			
Quantity of any Combination of bread/Bread alternate			
Lean meat, poultry or fish	¼ cup	¼ cup	½ cup
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**			

