




# Kids Klub Pasadena Menu

## December 2024

Monday 11/25		Tuesday 11/26		Wednesday 11/27		Thursday 11/28		Friday 11/29		Saturday 11/30		Sunday 12/1	
<b>Breakfast:</b>	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water			<b>Breakfast:</b>	N/A	<b>Breakfast:</b>	N/A		
<b>AM Snack:</b>	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	<b>AM Snack:</b>	Fresh Sliced Organic Apples, Animal Crackers & Chilled Water	<b>AM Snack:</b>	Fresh Sliced Organic Apples, Animal Crackers & Chilled Water			<b>AM Snack:</b>	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	<b>AM Snack:</b>	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; Chilled Water		
<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>	Kids Klub Thanksgiving Feast featuring Turkey, Mashed Potatoes, Yams & Green Bean Casserole	<b>Lunch:</b>	Pizza w/ Organic Tomato Sauce and Cheese, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water			<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>	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>PM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & 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>	Organic Tortilla Chips and Salsa & Chilled Water			<b>PM Snack:</b>	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	<b>PM Snack:</b>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas		
<b>Dinner:</b>	N/A	<b>Dinner:</b>		<b>Kids Klub Early Closure at 5:30 PM Due to Thanksgiving Holiday</b>				<b>Dinner:</b>	Quesadillas w/ Four Cheese Blend and Organic Onions, Blended Pinto Beans, Fresh Sliced Fruit; Milk & Chilled Water	<b>Dinner:</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		
Monday 12/2		Tuesday 12/3		Wednesday 12/4		Thursday 12/5		Friday 12/6		Saturday 12/7		Sunday 12/8	
<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/ Granola & Organic Berries; Milk & Chilled Water	<b>Breakfast:</b>	N/A	<b>Breakfast:</b>	N/A
<b>AM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>AM Snack:</b>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	<b>AM Snack:</b>	Fresh Sliced Melon, Whole Grain Graham Crackers & 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, Animal Crackers & Chilled Water	<b>AM Snack:</b>	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	<b>AM Snack:</b>	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; Chilled Water
<b>Lunch:</b>	Organic High Protein and Fiber Pasta w/ Organic Chicken w/ Alfredo Sauce, Fresh Fruit, Steamed Vegetables; Milk & Chilled Water	<b>Lunch:</b>	Enchilada Casserole with Cheese and Organic Boneless Skinless Chicken, Organic Pinto Beans, Homemade Spanish Brown Rice; Milk & Chilled Water	<b>Lunch:</b>	Homemade Organic Tomato Soup, Whole Wheat Grilled Cheese Sandwich, Organic 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>	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>Lunch:</b>	Organic High Protein and Fiber Pasta w/ Organic Chicken w/ Alfredo Sauce, Fresh Fruit, Steamed Vegetables; 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>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, and Cream 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	<b>PM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>PM Snack:</b>	Fresh Sliced Organic Apples, Animal Crackers & Chilled Water
<b>Dinner:</b>	N/A	<b>Dinner:</b>	N/A	<b>Dinner:</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>Dinner:</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>Dinner:</b>	Enchilada Casserole with Cheese and Organic Boneless Skinless Chicken, Organic Pinto Beans, Homemade Spanish Brown Rice; Milk & Chilled Water	<b>Dinner:</b>	Homemade Organic Tomato Soup, Whole Wheat Grilled Cheese Sandwich, Organic Fresh Fruit; Milk & Chilled Water	<b>Dinner:</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
Monday 12/9		Tuesday 12/10		Wednesday 12/11		Thursday 12/12		Friday 12/13		Saturday 12/14		Sunday 12/15	
<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>Breakfast:</b>	N/A	<b>Breakfast:</b>	N/A
<b>AM Snack:</b>	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	<b>AM Snack:</b>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	<b>AM Snack:</b>	Fresh Sliced Organic Apples, Animal Crackers & 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>	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	<b>AM Snack:</b>	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; 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>	Turkey, Fresh Fruit & Steamed Vegetables; 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 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 Lean Beef and Vegetable Sloppy Joes on Multigrain Bread, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water
<b>PM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>PM Snack:</b>	Sliced Cheddar, Monterey Jack Cheese, and Cream 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 Organic Apples, Animal Crackers & Chilled Water	<b>PM Snack:</b>	Organic Homemade Hummus w/ Organic Baked Pita Chips & Chilled Water	<b>PM Snack:</b>	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	<b>PM Snack:</b>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas
<b>Dinner:</b>	N/A	<b>Dinner:</b>	N/A	<b>Dinner:</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>Dinner:</b>	Quesadillas w/ Four Cheese Blend and Organic Onions, Blended Pinto Beans, Fresh Sliced Fruit; Milk & Chilled Water	<b>Dinner:</b>	Organic High Protein & Fiber Chow Mein w/ Organic Boneless Skinless Chicken and Organic Vegetables, Organic Fresh Fruit; Milk & Chilled Water	<b>Dinner:</b>	Stir-fry Organic Mixed Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit; Milk & Chilled Water	<b>Dinner:</b>	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water

# Kids Klub Pasadena Menu December, 2024

Monday 12/16		Tuesday 12/17		Wednesday 12/18		Thursday 12/19		Friday 12/20		Saturday 12/21		Sunday 12/22					
<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 Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/ Nitrite Free Turkey Bacon; Milk & Chilled Water	<b>Breakfast:</b>	Organic Yogurt Parfait w/ Granola & Organic Berries; Milk & Chilled Water	<b>Breakfast:</b>	N/A	<b>Breakfast:</b>	N/A				
<b>AM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>AM Snack:</b>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	<b>AM Snack:</b>	Fresh Sliced Melon, Whole Grain Graham Crackers & 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, Animal Crackers & Chilled Water	<b>AM Snack:</b>	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	<b>AM Snack:</b>	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; 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>Lunch:</b>	Homemade Macaroni and Cheese made w/ Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables; 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>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, and Cream 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	<b>PM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>PM Snack:</b>	Fresh Sliced Organic Apples, Animal Crackers & Chilled Water				
<b>Dinner:</b>	N/A	<b>Dinner:</b>	N/A	<b>Dinner:</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>Dinner:</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>Dinner:</b>	BBQ Organic Boneless Skinless Chicken, Baked Sweet Potato Fries, Fresh Fruit; Milk & Chilled Water	<b>Dinner:</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>Dinner:</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				
Monday 12/23		Tuesday 12/24		Wednesday 12/25		Thursday 12/26		Friday 12/27		Saturday 12/28		Sunday 12/29					
<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	 <p style="font-size: 2em; font-weight: bold;">MERRY Christmas Kids Klub Closed</p>				<b>Breakfast:</b>	N/A	<b>Breakfast:</b>	N/A						
<b>AM Snack:</b>	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	<b>AM Snack:</b>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas					<b>AM Snack:</b>	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	<b>AM Snack:</b>	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; 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 Boneless Skinless Stir-Fry Chicken with Green Beans, Brown Rice; Milk & 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>	Homemade Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Organic Fruit; Milk and Chilled Water						
<b>PM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>PM Snack:</b>	Sliced Cheddar, Monterey Jack Cheese, and Cream Cheese w/ Whole Grain Crackers & Chilled Water					<b>PM Snack:</b>	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	<b>PM Snack:</b>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas						
<b>Dinner:</b>	N/A	 <p style="font-size: 0.8em;">Kids Klub Early Closure at 5:30 PM Due to Christmas Holiday</p>		<b>Dinner:</b>	Whole Wheat Grilled Cheese Sandwich, Organic Mixed Salad with Homemade Ranch Dressing, Fresh Fruit; Milk & Chilled Water	<b>Dinner:</b>	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water										
Monday 12/30		Tuesday 12/31		Wednesday 1/1		Thursday 1/2		Friday 1/3		Saturday 1/4		Sunday 1/5					
<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	 <p style="font-size: 2em; font-weight: bold;">HAPPY new year Kids Klub Closed</p>				<b>Breakfast:</b>	Homemade Whole Grain Pancakes (regular, blueberry, or banana) w/ 100% Organic Maple Syrup, Fresh Fruit; Milk & Chilled Water	<b>Breakfast:</b>	Organic Yogurt Parfait w/ Granola & Organic Berries; Milk & Chilled Water	<b>Breakfast:</b>	N/A	<b>Breakfast:</b>	N/A		
<b>AM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & 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, Animal Crackers & Chilled Water	<b>AM Snack:</b>	Fresh Sliced Organic Apples, Animal Crackers & Chilled Water	<b>AM Snack:</b>	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	<b>AM Snack:</b>	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; Chilled Water
<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>	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>	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>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>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 Lean Beef and Vegetable Sloppy Joes on Multigrain Bread, 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>	Sliced Cheddar, Monterey Jack Cheese, and Cream Cheese w/ Whole Grain Crackers & 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	<b>PM Snack:</b>	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water	<b>PM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>PM Snack:</b>	Fresh Sliced Organic Apples, Animal Crackers & Chilled Water
<b>Dinner:</b>	N/A	<b>Dinner:</b>	N/A	<b>Dinner:</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>Dinner:</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>Dinner:</b>	Organic Boneless Skinless Homemade Panko Chicken Tenders, Baked Sweet Potato Fries, Organic Fresh Fruit; Milk & Chilled Water	<b>Dinner:</b>	Quesadillas w/ Four Cheese Blend and Organic Onions, Blended Pinto Beans, Fresh Sliced Fruit; Milk & Chilled Water	<b>Dinner:</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				

Food Components	Age 1 & 2	Age 3 - 5	Age 6 - 12
Milk, Fluids	1/2 cup	1/2 cup	1 cup
Vegetables and/ Or Fruits	1/2 cup	1/2 cup	1/2 cup
Bread	1/2 slice	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc	1/2 serving	1/2 serving	1 serving
Cooked pasta or Noodle products	1/2 cup	1/2 cup	1/2 cup
Cooked cereal grains or an equivalent	1/2 cup	1/2 cup	1/2 cup
Quantity of any Combination of bread/Bread alternate	1/2 cup	1/2 cup	1/2 cup
Lean meat, poultry or fish	1 oz.	1 1/2 oz.	2 oz.
Cheese	1 oz.	1 1/2 oz.	2 oz.
Eggs	1 egg	1 egg	1 egg
Cooked dry beans or peas	1/2 cup	3/8 cup	2 cups

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



