























# Kids Klub Pasadena Menu

## February, 2025

Monday 1/20		Tuesday 1/21		Wednesday 1/22		Thursday 1/23		Friday 1/24		Saturday 1/25		Sunday 1/26	
 <b>Martin Luther King Day</b>   <b>Kids Klub Closed</b>		<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ 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>	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 and 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>	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>	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>Lunch:</b>	Organic High Protein and Fiber Pasta w/ Organic Chicken w/ Alfredo Sauce, Fresh Fruit, Steamed Vegetables; 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>	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	<b>PM Snack:</b>	Whole Wheat English Muffins, Cream Cheese, Fresh Fruit; 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>	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>	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and 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>	Homemade Organic Chicken Noodle Soup made w/ Organic High Fiber Pasta and Organic Vegetables, Whole Wheat Toast, 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		
Monday 1/27		Tuesday 1/28		Wednesday 1/29 		Thursday 1/30		Friday 1/31		Saturday 2/1		Sunday 2/2	
<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>	<i>International Celebration Week</i> <b>EUROPE</b> Gourmet Crackers, Organic Cheeses, & Chilled Water 	<b>AM Snack:</b>	<i>International Celebration Week</i> <b>THE AMERICAS</b> New York Bagels & Cream Cheese; Milk & Chilled Water  Organic Chicken Breast Fajitas w/ Bell Peppers & Onions on Organic Flour Tortillas, Black Beans, Sour Cream; Milk & Chilled Water  Bionico (Organic Mixed Fruit Salad w/ Organic Greek Yogurt, Organic Raisins, and Honey) & Chilled Water 	<b>AM Snack:</b>	<i>International Celebration Week</i> <b>ASIA</b> Organic Brown Rice Rollers, Fresh Organic Fruit & Chilled Water  Lunar New Year Organic High Protein & Fiber Chow Mein w/ Organic Vegetables and Cabbage, Edamame, Fortune Cookies; Milk & Chilled Water 	<b>AM Snack:</b>	<i>International Celebration Week</i> <b>AFRICA</b> Sahara Snack Mix (Organic Whole Grain Cereal, Dried Fruit) & Chilled Water  Sahara Baked Organic Boneless Skinless Chicken, Organic Red Beans & Rice, Fresh Organic Fruit; Milk & Chilled Water  Pita Slices & Hummus; Chilled Water 	<b>AM Snack:</b>	<i>International Celebration Week</i> <b>AUSTRALIA</b> Lemon & Garlic Yogurt Dip w/ Fresh Organic Vegetables; Chilled Water  Outback Meat Pies - made with Organic Lean Ground Beef, Organic Vegetables, Organic Fruit Salad; Milk & Chilled Water  Aussie Bites, Fresh Fruit; Chilled Water 				
<b>Lunch:</b>	Cheese Tortellini with Organic Marinara, Mixed Greens Salad with Italian Dressing; Milk & Chilled Water 	<b>Lunch:</b>	Organic Chicken Breast Fajitas w/ Bell Peppers & Onions on Organic Flour Tortillas, Black Beans, Sour Cream; Milk & Chilled Water  Bionico (Organic Mixed Fruit Salad w/ Organic Greek Yogurt, Organic Raisins, and Honey) & Chilled Water 	<b>Lunch:</b>	Lunar New Year Organic High Protein & Fiber Chow Mein w/ Organic Vegetables and Cabbage, Edamame, Fortune Cookies; Milk & Chilled Water 	<b>Lunch:</b>	Sahara Baked Organic Boneless Skinless Chicken, Organic Red Beans & Rice, Fresh Organic Fruit; Milk & Chilled Water 	<b>Lunch:</b>	Outback Meat Pies - made with Organic Lean Ground Beef, Organic Vegetables, Organic Fruit Salad; Milk & Chilled Water 	<b>Lunch:</b>	Cheese Tortellini with Organic Marinara, Mixed Greens Salad with Italian Dressing; Milk & Chilled Water	<b>Lunch:</b>	Sahara Baked Organic Boneless Skinless Chicken, Organic Red Beans & Rice, Fresh Organic Fruit; Milk & Chilled Water
<b>PM Snack:</b>	French Baguette w/ Organic Fruit Jam; Milk & Chilled Water	<b>PM Snack:</b>	Bionico (Organic Mixed Fruit Salad w/ Organic Greek Yogurt, Organic Raisins, and Honey) & Chilled Water	<b>PM Snack:</b>	Mandarin "Cutie" Oranges, Seaweed; Chilled Water 	<b>PM Snack:</b>	Pita Slices & Hummus; Chilled Water	<b>PM Snack:</b>	Aussie Bites, Fresh Fruit; 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>	Sahara Baked Organic Boneless Skinless Chicken, Organic Red Beans & Rice, Fresh Organic Fruit; Milk & Chilled Water	<b>Dinner:</b>	Outback Meat Pies - made with Organic Lean Ground Beef, Organic Vegetables, Organic Fruit Salad; Milk & Chilled Water	<b>Dinner:</b>	Organic Chicken Breast Fajitas w/ Bell Peppers & Onions on Organic Flour Tortillas, Black Beans, Sour Cream; Milk & Chilled Water	<b>Dinner:</b>	Lunar New Year Organic High Protein & Fiber Chow Mein w/ Organic Vegetables and Cabbage, Edamame, Fortune Cookies; Milk & Chilled Water	<b>Dinner:</b>	Outback Meat Pies - made with Organic Lean Ground Beef, Organic Vegetables, Organic Fruit Salad; Milk & Chilled Water
Monday 2/3		Tuesday 2/4		Wednesday 2/5		Thursday 2/6		Friday 2/7		Saturday 2/8		Sunday 2/9	
<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>	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>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 and 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>	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 & Chilled Water	<b>Lunch:</b>	Cheese Pizza, 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 Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Organic 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 and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	<b>PM Snack:</b>	Whole Wheat English Muffins, Cream Cheese, Fresh Fruit; Chilled Water	<b>PM Snack:</b>	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	<b>PM Snack:</b>	Homemade Fresh Gacamole 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 & Chilled Water	<b>Dinner:</b>	Cheese Pizza, 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>	Whole Wheat Grilled Cheese Sandwich, Organic Mixed Salad with Homemade Ranch Dressing, Fresh Fruit; Milk & Chilled Water	<b>Dinner:</b>	Cheese Pizza, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water

# Kids Klub Pasadena Menu

## February, 2025

Monday 2/10		Tuesday 2/11		Wednesday 2/12		Thursday 2/13		Friday 2/14		Saturday 2/15		Sunday 2/16			
<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:</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>	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	<b>AM Snack:</b>	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	<b>AM Snack:</b>	Fresh Sliced Organic Apples, Animal Crackers & Chilled Water	<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 Melon, Whole Grain Graham Crackers & Chilled Water	<b>AM Snack:</b>	Sliced Cheddar and 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>	Quesadillas w/ Four Cheese Blend and Organic Onions, Blended Pinto Beans, Fresh Sliced 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>	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and 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>	Stir-fry Organic Mixed Vegetable & Egg Fried Brown Rice, 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>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	<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>	Stir-fry Organic Mixed Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit; Milk & Chilled Water	<b>Dinner:</b>	N/A	<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>	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water		
<b>Monday 2/17</b>		<b>Tuesday 2/18</b>		<b>Wednesday 2/19</b>		<b>Thursday 2/20</b>		<b>Friday 2/21</b>		<b>Saturday 2/22</b>		<b>Sunday 2/23</b>			
		<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ 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>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>	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 and 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 & 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 Organic Tomato Soup, Whole Wheat Grilled Cheese Sandwich, 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>	Cheese Pizza, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water	<b>Lunch:</b>	Organic High Protein & 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 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>	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>	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>	Cheese Pizza, 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>	Cheese Pizza, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water
<b>Monday 2/24</b>		<b>Tuesday 2/25</b>		<b>Wednesday 2/26</b>		<b>Thursday 2/27</b>		<b>Friday 2/28</b>		<b>Saturday 3/1</b>		<b>Sunday 3/2</b>			
<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>	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	<b>AM Snack:</b>	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	<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 and 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>	Organic Boneless Skinless Chicken with Teriyaki Sauce and Broccoli, Brown Rice; Milk & Chilled Water	<b>Lunch:</b>	Stir-fry Organic Mixed Vegetable & Egg Fried Brown Rice, 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 & 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>Lunch:</b>	Homemade Macaroni and Cheese made w/ Organic High Fiber Protein Pasta, 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 & Chilled Water		
<b>PM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>PM Snack:</b>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	<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>	Whole Wheat English Muffins, Cream Cheese, Fresh Fruit; 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>	Homemade Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Organic 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	<b>Dinner:</b>	Organic Boneless Skinless Chicken with Teriyaki Sauce and Broccoli, Brown Rice; 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		

### Serving Sizes Lunch & Dinner

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\*\*

