


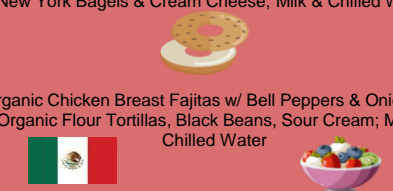
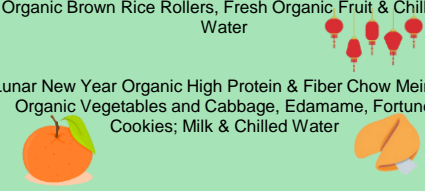
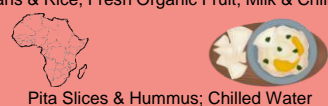
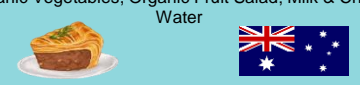

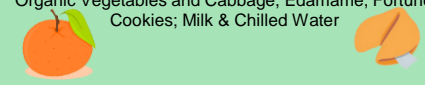



Kids Klub South Pasadena Menu

February, 2025

Monday 1/20		Tuesday 1/21		Wednesday 1/22		Thursday 1/23		Friday 1/24	
 <p style="font-size: 24px; font-weight: bold; margin: 0;">Martin Luther King Day</p> <p style="font-size: 24px; font-weight: bold; margin: 0;">Kids Klub Closed</p>		Breakfast:	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ 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	Breakfast:	Breakfast Sandwich on 100% Whole Grain English Muffin (Organic Scrambled Eggs, Nitrate/Nitrite Free Turkey Bacon, and Cheese); Milk & 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 Organic Apples, Animal Crackers & Chilled Water	AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water
		Lunch:	Organic High Protein and Fiber Pasta w/ Organic Chicken w/ Alfredo Sauce, Fresh Fruit, Steamed Vegetables; 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	Lunch:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water
		PM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	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:	Organic Homemade Hummus w/ Organic Baked Pita Chips & Chilled Water
Monday 1/27		Tuesday 1/28		Wednesday 1/29 		Thursday 1/30		Friday 1/31	
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
AM Snack:	<i>International Celebration Week</i> EUROPE Gourmet Crackers, Organic Cheeses & Chilled Water 	AM Snack:	<i>International Celebration Week</i> THE AMERICAS New York Bagels & Cream Cheese; Milk & Chilled Water 	AM Snack:	<i>International Celebration Week</i> ASIA Organic Brown Rice Rollers, Fresh Organic Fruit & Chilled Water 	AM Snack:	<i>International Celebration Week</i> AFRICA Safari Snack Mix (Organic Whole Grain Cereal, Dried Fruit) & Chilled Water 	AM Snack:	<i>International Celebration Week</i> AUSTRALIA Lemon & Garlic Yogurt Dip w/ Fresh Organic Vegetables; Chilled Water 
Lunch:	Cheese Tortellini with Organic Marinara, Mixed Greens Salad with Italian Dressing; Milk & Chilled Water 	Lunch:	Organic Chicken Breast Fajitas w/ Bell Peppers & Onions on Organic Flour Tortillas, Black Beans, Sour Cream; Milk & Chilled Water	Lunch:	Lunar New Year Organic High Protein & Fiber Chow Mein w/ Organic Vegetables and Cabbage, Edamame, Fortune Cookies; Milk & Chilled Water 	Lunch:	Sahara Baked Organic Boneless Skinless Chicken, Organic Red Beans & Rice, Fresh Organic Fruit; Milk & Chilled Water	Lunch:	Outback Meat Pies - made with Organic Lean Ground Beef, Organic Vegetables, Organic Fruit Salad; Milk & Chilled Water
PM Snack:	French Baguette w/ Organic Fruit Jam; Milk & Chilled Water	PM Snack:	Bionico (Organic Mixed Fruit Salad w/ Organic Greek Yogurt, Organic Raisins, and Honey) & Chilled Water	PM Snack:	Mandarin "Cutie" Oranges, Seaweed; Chilled Water	PM Snack:	Pita Slices & Hummus; Chilled Water	PM Snack:	Aussie Bites, Fresh Fruit; Chilled Water
Monday 2/3		Tuesday 2/4		Wednesday 2/5		Thursday 2/6		Friday 2/7	
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 Wheat French Toast 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	Breakfast:	Breakfast Burrito w/ Scrambled Eggs, Shredded Cheese, & Nitrate/Nitrite-Free Turkey Bacon on Whole Grain Tortillas; Milk & Chilled Water
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	AM Snack:	Fresh Sliced Organic Apples, Animal Crackers & Chilled Water
Lunch:	Homemade Macaroni and Cheese made w/ Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables; Milk & Chilled Water	Lunch:	BBQ Organic Boneless Skinless Chicken, Baked Sweet Potato Fries, Fresh Fruit; Milk & Chilled Water	Lunch:	Whole Wheat Grilled Cheese Sandwich, Organic Mixed Salad with Homemade Ranch Dressing, 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:	Cheese Pizza, Organic Mixed Salad w/ Homemade Ranch Dressing, 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:	Sliced Cheddar and 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	PM Snack:	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water
Monday 2/10		Tuesday 2/11		Wednesday 2/12		Thursday 2/13		Friday 2/14 	
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
AM Snack:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	AM Snack:	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Animal 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
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:	Cheese Pizza, 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
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, Animal Crackers & Chilled Water	PM Snack:	Organic Homemade Hummus w/ Organic Baked Pita Chips & Chilled Water

Kids Klub South Pasadena Menu

February, 2025

Monday 2/17		Tuesday 2/18		Wednesday 2/19		Thursday 2/20		Friday 2/21	
		Breakfast:	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ 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:	Vegetable, Egg, & Cheese Frittata; Fresh Fruit; Milk & Chilled Water
		AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	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, Animal Crackers & Chilled Water
		Lunch:	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	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:	Cheese Pizza, Organic Mixed Salad w/ Homemade Ranch Dressing, 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:	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
Monday 2/24		Tuesday 2/25		Wednesday 2/26		Thursday 2/27		Friday 2/28	
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
AM Snack:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	AM Snack:	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Animal Crackers & Chilled Water	AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Fresh Sliced Melon, Whole Grain Graham Crackers & 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
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:	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:	Organic Homemade Hummus w/ Organic Baked Pita Chips & 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	¼ 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	3/8 cup	2 cups

Second Helpings Always Available

