

Kids Klub Pasadena Menu

January, 2025

Monday 12/30		Tuesday 12/31		Wednesday 1/1		Thursday 1/2		Friday 1/3		Saturday 1/4		Sunday 1/5	
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:	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:	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:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Animal Crackers & Chilled Water	AM Snack:	Sliced Cheddar & 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 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:	Organic Lean Beef and Vegetable Sloppy Joes on Multigrain Bread, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water	Lunch:	Cheese Pizza, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; 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:	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:	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, Animal Crackers & Chilled Water
Dinner:	N/A	Dinner:	N/A			Dinner:	Cheese Pizza, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; 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:	Cheese Pizza, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water
Monday 1/6		Tuesday 1/7		Wednesday 1/8		Thursday 1/9		Friday 1/10		Saturday 1/11		Sunday 1/12	
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:	Vegetable, Egg, & Cheese Frittata; Fresh Fruit; 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 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	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:	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, Animal 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:	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:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and 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:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water
Monday 1/13		Tuesday 1/14		Wednesday 1/15		Thursday 1/16		Friday 1/17		Saturday 1/18		Sunday 1/19	
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:	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	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:	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:	Cheese Pizza, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; 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:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	PM Snack:	Sliced Cheddar, Monterey Jack Cheese, and 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:	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, Animal 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:	Cheese Pizza, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; 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:	Cheese Pizza, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water
Monday 1/20		Tuesday 1/21		Wednesday 1/22		Thursday 1/23		Friday 1/24		Saturday 1/25		Sunday 1/26	
		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	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:	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	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 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	Lunch:	Organic High Protein and Fiber Pasta w/ Organic Chicken w/ Alfredo Sauce, Fresh Fruit, Steamed Vegetables; 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:	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	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:	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 High Protein and 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	Dinner:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and 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
Cooked cereal grains or an equivalent			1/2 cup
Quantity of any combination of bread/Bread alternate			1/2 cup
Lean meat, poultry or fish	1/2 cup	1/2 cup	1/2 cup
Cheese	1 oz.	1 1/2 oz.	2 oz.
Eggs	1 egg	1 egg	2 eggs
Cooked dry beans or peas	1/2 cup	3/8 cup	2 cups

Second Helpings Always Available

