

Kids Klub South Pasadena Menu

March, 2023

Monday 3/13		Tuesday 3/14		Wednesday 3/15		Thursday 3/16		Friday 3/17	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Organic Fresh Fruit, Milk, & Chilled Water	Breakfast:	Non-Fat Organic Greek Yogurt, Organic Blueberries, Organic Pumpkin Seed & Flax Granola, Organic Honey & Chilled Water	Breakfast:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced Assorted Melon & Chilled Water
AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks
Lunch:	Homemade Macaroni and Cheese made with Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables and Milk & Chilled Water	Lunch:	Whole Wheat Grilled Cheese Sandwich, Organic Homemade Tomato Soup, Organic Fresh Fruit and Milk & Chilled Water	Lunch:	Homemade Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Fresh Fruit & Milk and Chilled Water	Lunch:	Baked Boneless Skinless Organic Chicken Tenders made w/ Organic Breadcrumbs and Egg, Organic Baked Sweet Potato Fries, Organic Ketchup, Organic Fresh Fruit, and Milk & Chilled Water	Lunch:	Enchiladas with Grilled Organic Boneless Skinless Chicken, Organic Onions, Organic Beans, Homemade Spanish Brown Rice, and Milk & Chilled Water
PM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	PM Snack:	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	PM Snack:	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	PM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	PM Snack:	Organic Homemade Hummus with Organic Baked Pita Chips and Chilled Water
Monday 3/20		Tuesday 3/21		Wednesday 3/22		Thursday 3/23		Friday 3/24	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/ Nitrite Free Turkey Bacon, Milk, & Chilled Water	Breakfast:	Non-Fat Organic Greek Yogurt, Organic Blueberries, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	Breakfast:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced Assorted Melon & Chilled Water
AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks
Lunch:	Organic High Protein and Fiber Penne Pasta Bake w/ Organic Lean Meat Sauce, Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast and Milk & Chilled Water	Lunch:	Stir-fry Organic Mixed Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit and Milk & Chilled Water	Lunch:	Boneless Skinless Organic Chicken Fajitas made w/ Organic Onions & Bell Peppers, Organic Flour Tortillas, Sour Cream, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water	Lunch:	Homemade Pizza w/ Whole Wheat Crust, Organic Tomato Sauce and Cheese, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit, and Milk & Chilled Water	Lunch:	Organic High Protein & Fiber Chow Mein w/ Organic Boneless Skinless Chicken and Organic Vegetables, Organic Fresh Fruit and Milk & Chilled Water
PM Snack:	Homemade Healthy Fun Mix made with Organic Dried Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Cheerios & Chilled Water	PM Snack:	Non-Fat Organic Greek Yogurt, Organic Blueberries, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	PM Snack:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Fruit & Chilled Water	PM Snack:	Non-GMO Whole Grain Cheerios with Organic Bananas with Milk & Chilled Water	PM Snack:	Homemade Fresh Guacamole & Organic Salsa with Organic Tortilla Chips & Chilled Water
Monday 3/27		Tuesday 3/28		Wednesday 3/29		Thursday 3/30		Friday 3/31	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	Breakfast:	Non-Fat Organic Greek Yogurt, Organic Blueberries, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	Breakfast:	Whole Grain Pancakes w/ 100% Organic Maple Syrup, Fresh Organic Orange Slices and Milk & Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Organic Fresh Fruit, Milk, & Chilled Water
AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks
Lunch:	Homemade Macaroni and Cheese made with Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables and 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 and Milk & Chilled Water	Lunch:	BBQ Organic Boneless Skinless Chicken, Baked Country Fries, Fresh Fruit and 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:	Serengeti Sandwiches, Hakuna-Ma-Pasta Salad, Tropical Fruit Salad, Milk & Chilled Water
PM Snack:	Homemade Healthy Fun Mix made with Organic Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Cheerios & Chilled Water	PM Snack:	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	PM Snack:	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	PM Snack:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Fruit & Chilled Water	PM Snack:	Tarzan Trailmix, Assorted Fruit & Chilled Water

Kids Klub South Pasadena Menu

Monday 4/03		Tuesday 4/04		Wednesday 4/05		Thursday 4/06		Friday 4/07	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas, Milk & Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Fresh Fruit, and Milk & Chilled Water	Breakfast:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced Assorted Melon & Chilled Water	Breakfast:	Non-Fat Organic Greek Yogurt, Organic Blueberries, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water
AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks
Lunch:	Organic High Protein and Fiber Spaghetti Pasta w/ Organic Lean Meat Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast and Milk & Chilled Water	Lunch:	Homemade Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Fresh Fruit & Milk and Chilled Water	Lunch:	Homemade Chicken Noodle Soup made w/ Boneless Skinless Organic Chicken, Organic High Protein Fiber Pasta and Organic Vegetables, Whole Wheat Toast and Fresh Fruit and Chilled Water & Milk	Lunch:	Homemade Pizza w/ Whole Wheat Crust, Organic Tomato Sauce and Cheese, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit, and Milk & Chilled Water	Lunch:	Organic High Protein & Fiber Chow Mein w/ Organic Boneless Skinless Chicken and Organic Vegetables, Organic Fresh Fruit and Milk & Chilled Water
PM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	PM Snack:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced Assorted Melon & Chilled Water	PM Snack:	Non-Fat Organic Greek Yogurt, Organic Bananas, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	PM Snack:	Organic Homemade Hummus with Organic Baked Pita Chips and Chilled Water	PM Snack:	Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water
Monday 4/10		Tuesday 4/11		Wednesday 4/12		Thursday 4/13		Friday 4/14	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Fresh Fruit, Milk, & Chilled Water	Breakfast:	Non-Fat Organic Greek Yogurt, Organic Blueberries, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	Breakfast:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced Assorted Melon & Chilled Water	Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water
AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks	AM Snack:	Assorted Snacks
Lunch:	Organic High Protein and Fiber Penne Pasta Bake w/ Organic Lean Meat Sauce, Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast and Milk & Chilled Water	Lunch:	Quesadillas w/ Four Cheese Blend, Organic Onions & Bell Peppers, Blended Pinto Beans, Fresh Sliced Fruit and Milk & Chilled Water	Lunch:	Organic Boneless Skinless Chicken with Teriyaki Sauce and Broccoli, Brown Rice and Milk & Chilled Water	Lunch:	Seasoned Lean Organic Beef Burritos w/ Organic Beans and Cheese, Homemade Spanish Brown Rice, Fresh Fruit and Milk & Chilled Water	Lunch:	BBQ Organic Boneless Skinless Chicken, Baked Country Fries, Fresh Fruit and Milk & Chilled Water
PM Snack:	Homemade Healthy Fun Mix made with Organic Dried Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Cheerios & Chilled Water	PM Snack:	Non-Fat Organic Greek Yogurt, Organic Blueberries, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	PM Snack:	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	PM Snack:	Non- GMO Whole Grain Cheerios with Organic Bananas with Milk & Chilled Water	PM Snack:	Homemade Fresh Guacamole & Organic Salsa with Organic Tortilla 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	½ 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****

