


Kids Klub South Pasadena Menu

May, 2025

Monday 4/21		 Tuesday 4/22	Wednesday 4/23		Thursday 4/24		Friday 4/25		
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:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	AM Snack:	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Graham 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, Graham Crackers & 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:	Organic Boneless Skinless Stir-Fry Chicken with Green Beans, 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
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, Graham Crackers & Chilled Water	PM Snack:	Organic Homemade Hummus w/ Organic Baked Pita Chips & Chilled Water
Monday 4/28		Tuesday 4/29		Wednesday 4/30		Thursday 5/1		Friday 5/2	
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, 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, Graham 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, 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, Monterey Jack Cheese, 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:	English Muffins w/ Cream Cheese, Fresh Fruit & Chilled Water	PM Snack:	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water
 Monday 5/5	Tuesday 5/6		Wednesday 5/7			Thursday 5/8		Friday 5/9	
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:	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	Breakfast:	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ 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 & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Fresh Sliced Melon, Graham Crackers & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, 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:	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
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:	Whole Wheat English Muffins, Cream Cheese, Fresh Fruit; Chilled Water	PM Snack:	Organic Homemade Hummus w/ Organic Baked Pita Chips & Chilled Water	PM Snack:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water

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May, 2025

Monday 5/12		Tuesday 5/13		Wednesday 5/14		Thursday 5/15		Friday 5/16	
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
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, 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, Graham Crackers & 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:	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 Tortilla Chips & Salsa & 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 Fruit, Graham Crackers & Chilled Water	PM Snack:	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water
Monday 5/19		Tuesday 5/20		Wednesday 5/21		Thursday 5/22		Friday 5/23	
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:	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	AM Snack:	Fresh Fruit, 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, 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:	Sliced Cheddar & 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, Graham Crackers & Chilled Water	PM Snack:	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water
Monday 5/26		Tuesday 5/27		Wednesday 5/28		Thursday 5/29		Friday 5/30	
		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:	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
		AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain 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, 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:	Organic High Protein & Fiber Chow Mein w/ Organic Boneless Skinless Chicken and Organic Vegetables, 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:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	PM Snack:	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	PM Snack:	Fresh Sliced Organic Apples, Graham Crackers & 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	¾ 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	¾ cup	¾ cup	¾ cup
Cooked cereal grains or an equivalent			
Quantity of any Combination of bread/Bread alternate	¾ cup	¾ cup	¾ 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	2 eggs
Cooked dry beans or peas	¾ cup	3/8 cup	2 cups

