



# Kids Klub South Pasadena Menu

## November 2024

Monday 10/28		Tuesday 10/29		Wednesday 10/30		 Thursday 10/31		Friday 11/1	
<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 Pumpkin Pancakes w/ 100% Organic Maple Syrup, Organic Fresh Fruit, with Milk & Chilled Water	<b>Breakfast:</b>	Organic Yogurt Parfait w/ Granola & Organic Berries; Milk & 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>	Sliced Cheddar & 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>	Build Your Own Spidey Snacks (Cream Cheese, Whole Grain Crackers, Pretzel Sticks, & Organic Raisins) with Chilled Water	<b>AM Snack:</b>	Fresh Sliced Melon, Whole Grain Graham Crackers & 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>	Enchilada Casserole with Cheese and Organic Boneless Skinless Chicken, Organic Pinto Beans, Homemade Spanish Brown Rice; Milk & Chilled Water	<b>Lunch:</b>	Homemade Organic Tomato Soup, Whole Wheat Grilled Cheese Sandwich, Organic Fresh Fruit; Milk & Chilled Water	<b>Lunch:</b>	Mummy Wraps (100% Grass Fed Polish Sausage Wrapped w/ Phyllo Dough) Homemade Organic Baked Beans w/ Nitrate/Nitrite Free Turkey Bacon & Organic Onions, Steamed Vegetables with Milk & Chilled Water	<b>Lunch:</b>	Homemade Pizza w/ Whole Wheat Crust, Organic Tomato Sauce and Cheese, 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>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	<b>PM Snack:</b>	English Muffin w/ Cream Cheese and Fresh Sliced Melon	<b>PM Snack:</b>	Non-Fat Organic Greek Yogurt, Fresh "Boo" Berries, Organic Pumpkin Seed & Flax Granola, Organic Honey with Chilled Water	<b>PM Snack:</b>	Organic Homemade Hummus w/ Organic Baked Pita Chips & Chilled Water
Monday 11/4		Tuesday 11/5		Wednesday 11/6		Thursday 11/7		Friday 11/8	
<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>AM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>AM Snack:</b>	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & 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>Lunch:</b>	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	<b>Lunch:</b>	Organic High Protein & Fiber Chow Mein w/ Organic Boneless Skinless Chicken and Organic Vegetables, Organic Fresh 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>	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>	Homemade Pizza w/ Whole Wheat Crust, Organic Tomato Sauce and Cheese, Organic Mixed Salad w/ Homemade Ranch Dressing, 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>	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 Melon, Whole Grain Graham Crackers & Chilled Water	<b>PM Snack:</b>	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water
Monday 11/11		Tuesday 11/12		Wednesday 11/13		Thursday 11/14		Friday 11/15	
<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>AM Snack:</b>	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	<b>AM Snack:</b>	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	<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>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>	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>	Homemade Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Organic Fruit; Milk and 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>PM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>PM Snack:</b>	Sliced Cheddar, Monterey Jack Cheese, and Cream Cheese w/ Whole Grain Crackers & 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 Organic Apples, Animal Crackers & Chilled Water	<b>PM Snack:</b>	Organic Homemade Hummus w/ Organic Baked Pita Chips & Chilled Water

# Kids Klub South Pasadena Menu

## November, 2024

Monday 11/18		Tuesday 11/19		Wednesday 11/20		Thursday 11/21		Friday 11/22	
<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 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>AM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>AM Snack:</b>	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & 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>Lunch:</b>	Organic High Protein and Fiber Spaghetti Pasta w/ Organic Marinara Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast; Milk & Chilled Water	<b>Lunch:</b>	Organic Boneless Skinless Stir-Fry Chicken with Green Beans, Brown Rice; 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>	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>	Homemade Pizza w/ Whole Wheat Crust, Organic Tomato Sauce and Cheese, Organic Mixed Salad w/ Homemade Ranch Dressing, 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>	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>	English Muffins with Cream Cheese & Chilled Water	<b>PM Snack:</b>	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water
Monday 11/25		Tuesday 11/26		Wednesday 11/27		Thursday 11/28		Friday 11/29	
<b>Breakfast:</b>	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & 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 Organic Apples, Animal Crackers & Chilled Water	<b>AM Snack:</b>	Fresh Sliced Organic Apples, Animal Crackers & 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>	Pizza, Organic Tomato Sauce and Cheese, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water	<b>Lunch:</b>	Kids Klub Thanksgiving Feast featuring Turkey, Mashed Potatoes, Yams & Green Bean Casserole				
<b>PM Snack:</b>	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	<b>PM Snack:</b>	Organic Tortilla Chips & Salsa with Chilled Water	<b>PM Snack:</b>	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; 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	¾ cup	2 cups

\*\*Second Helpings Always Available\*\*

