


Kids Klub Pasadena Menu

September, 2023

Monday 9/04		Tuesday 9/05		Wednesday 9/06		Thursday 9/07		Friday 9/08		Saturday 9/09		Sunday 9/10	
		Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas, Milk & Chilled Water	Breakfast:	100% Whole Oat Slow-Cooked Oatmeal Sprinkled with Cinnamon & Organic Raisins & Milk and Chilled Water	Breakfast:	Homemade Whole Grain Banana Pancakes w/ 100% Organic Maple Syrup, Nitrate/ Nitrite Free Turkey Bacon, Milk, & Chilled Water	Breakfast:	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Fresh Fruit and Milk & Chilled Water	Breakfast:	N/A	Breakfast:	N/A
		AM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	AM Snack:	Non-Fat Organic Greek Yogurt, Organic Fruit, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	AM Snack:	Non-GMO Whole Grain Cheerios w/ Organic Bananas, Milk & Chilled Water	AM Snack:	Non-GMO Whole Grain Cheerios w/ Organic Bananas, Milk & Chilled Water	AM Snack:	Homemade Healthy Fun Mix made with Organic Raisins, Whole Grain Pretzels, Baked Goldfish and Non-GMO 100% Whole Grain Cheerios & Chilled Water
		Lunch:	Homemade Macaroni and Cheese made with Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables 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:	Organic Boneless Skinless Homemade Panko Chicken Tenders, Baked Sweet Potato Fries, Organic Fresh 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:	Homemade Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Fresh Fruit & Milk and Chilled Water	Lunch:	Organic Boneless Skinless Homemade Panko Chicken Tenders, Baked Sweet Potato Fries, 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:	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:	Homemade Hummus with Organic Baked Pita Chips and Chilled Water	PM Snack:	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	PM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water
		Dinner:	N/A	Dinner:	Organic Boneless Skinless Homemade Panko Chicken Tenders, Baked Sweet Potato Fries, Organic Fresh Fruit and Milk & Chilled Water	Dinner:	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	Dinner:	Homemade Macaroni and Cheese made with Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables and Milk & Chilled Water	Dinner:	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	Dinner:	Homemade Macaroni and Cheese made with Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables and Milk & Chilled Water
Monday 9/11		Tuesday 9/12		Wednesday 9/13		Thursday 9/14		Friday 9/15		Saturday 9/16		Sunday 9/17	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	Breakfast:	100% Whole Oat Slow Cooked Oatmeal Sprinkled w/ Cinnamon & Organic Raisins and Milk & Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/ Nitrite Free Turkey Bacon, Milk, & Chilled Water	Breakfast:	Breakfast Sandwich on 100% Whole Wheat English Muffin (Organic Scrambled Eggs, Nitrate/Nitrite Free Turkey Bacon, and Cheese) Milk, & Chilled Water	Breakfast:	Whole Wheat French Toast w/ 100% Organic Maple Syrup, Fresh Fruit, and Milk & Chilled Water	Breakfast:	N/A	Breakfast:	N/A
AM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	AM Snack:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Fruit & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Whole Wheat Thins & Chilled Water	AM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	AM Snack:	Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water	AM Snack:	Non-Fat Organic Greek Yogurt, Organic Fruit, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Whole Wheat Thins & Chilled Water
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:	Organic Boneless Skinless Stir-Fry Chicken with Green Beans, Brown Rice and Milk & Chilled Water	Lunch:	Organic Lean Beef and Vegetable Sloppy Joes on Multigrain Bread, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit, and Milk & Chilled Water	Lunch:	Quesadillas w/ Four Cheese Blend and Organic Onions, Blended Pinto Beans, Fresh Sliced Fruit and Milk & Chilled Water	Lunch:	BBQ Organic Boneless Skinless Chicken, Baked Sweet Potato Fries, Fresh Fruit and Milk & Chilled Water	Lunch:	Organic Boneless Skinless Stir-Fry Chicken with Green Beans, Brown Rice and Milk & Chilled Water	Lunch:	BBQ Organic Boneless Skinless Chicken, Baked Sweet Potato 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:	Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water	PM Snack:	Non-Fat Organic Greek Yogurt, Organic Fruit, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	PM Snack:	Non-GMO Whole Grain Cheerios with Organic Bananas with Milk & Chilled Water	PM Snack:	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & 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
Dinner:	N/A	Dinner:	N/A	Dinner:	Quesadillas w/ Four Cheese Blend, Organic Onions & Bell Peppers, Blended Pinto Beans, Fresh Sliced Fruit and Milk & Chilled Water	Dinner:	BBQ Organic Boneless Skinless Chicken, Baked Sweet Potato Fries, Fresh Fruit and Milk & Chilled Water	Dinner:	Organic Lean Beef and Vegetable Sloppy Joes on Multigrain Bread, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit, and Milk & Chilled Water	Dinner:	Organic High Protein and Fiber Penne Pasta Bake w/ Organic Lean Meat Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast and Milk & Chilled Water	Dinner:	Quesadillas w/ Four Cheese Blend and Organic Onions, Blended Pinto Beans, Fresh Sliced Fruit and Milk & Chilled Water
Monday 9/18		Tuesday 9/19		Wednesday 9/20		Thursday 9/21		Friday 9/22		Saturday 9/23		Sunday 9/24	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	Breakfast:	Whole Wheat French Toast w/ 100% Organic Maple Syrup, Nitrate/ Nitrite Free Turkey Bacon, and Milk & Chilled Water	Breakfast:	100% Whole Oat Slow Cooked Oatmeal Sprinkled w/ Cinnamon & Organic Raisins and Milk & Chilled Water	Breakfast:	Homemade Whole Grain Banana Pancakes w/ 100% Organic Maple Syrup, Fresh Organic Orange Slices, Milk, & Chilled Water	Breakfast:	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Fresh Fruit and Milk & Chilled Water	Breakfast:	N/A	Breakfast:	N/A
AM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	AM Snack:	Non-Fat Organic Greek Yogurt, Organic Fruit, Organic Whole Grain and Seeds Granola, Organic Honey & Chilled Water	AM Snack:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Fruit & Chilled Water	AM Snack:	Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	AM Snack:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Fruit & Chilled Water	AM Snack:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water
Lunch:	Organic High Protein and Fiber Spaghetti Pasta w/ Organic Marinara Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast 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	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:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, 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:	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 and Fiber Spaghetti Pasta w/ Organic Marinara Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast and 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:	Non-Fat Organic Greek Yogurt, Organic Bananas, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	PM Snack:	Homemade Fresh Guacamole & Organic Salsa with Organic Tortilla Chips & 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
Dinner:	N/A	Dinner:	N/A	Dinner:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water	Dinner:	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	Dinner:	Organic High Protein & Fiber Chow Mein w/ Organic Boneless Skinless Chicken and Organic Vegetables, Organic Fresh Fruit and Milk & Chilled Water	Dinner:	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	Dinner:	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Sliced Fruit and Milk & Chilled Water

Kids Klub Pasadena Menu

Monday 9/25		Tuesday 9/26		Wednesday 9/27		Thursday 9/28		Friday 9/29		Saturday 9/30		Sunday 10/01	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	Breakfast:	Breakfast Sandwich on 100% Whole Wheat English Muffin (Organic Scrambled Eggs, Nitrate/Nitrite Free Turkey Bacon, and Cheese) Milk & Chilled Water	Breakfast:	100% Whole Oat Slow Cooked Oatmeal Sprinkled w/ Cinnamon & Organic Raisins and Milk & Chilled Water	Breakfast:	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Fresh Fruit and Milk & Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/ Nitrite Free Turkey Bacon, Milk, & Chilled Water	Breakfast:	N/A	Breakfast:	N/A
AM Snack:	Homemade Healthy Fun Mix made with Organic Dried Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Cheerios & Chilled Water	AM Snack:	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	AM Snack:	Homemade Healthy Fun Mix made with Organic Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Cheerios & Chilled Water	AM Snack:	Non-Fat Organic Greek Yogurt, Organic Fruit, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	AM Snack:	Non-Fat Organic Greek Yogurt, Organic Fruit, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	AM Snack:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Fruit & Chilled Water
Lunch:	Homemade Macaroni and Cheese made with Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables 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:	Enchilada Casserole with Cheese and Organic Boneless Skinless Chicken, Organic Pinto Beans, Homemade Spanish Brown Rice, and Milk & Chilled Water	Lunch:	Stir-fry Organic Mixed Vegetable & Egg Fried Brown Rice, Organic 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:	Homemade Macaroni and Cheese made with Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables 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
PM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	PM Snack:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	PM Snack:	Non-Fat Organic Greek Yogurt, Organic Bananas, 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:	Organic Homemade Hummus with Organic Baked Pita Chips and Chilled Water	PM Snack:	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	PM Snack:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water
Dinner:	N/A	Dinner:	N/A	Dinner:	Stir-fry Organic Mixed Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit and 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:	Homemade Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Fresh Fruit & Milk and Chilled Water	Dinner:	Enchilada Casserole with Cheese and Organic Boneless Skinless Chicken, Organic Pinto Beans, Homemade Spanish Brown Rice, and Milk & Chilled Water	Dinner:	Stir-fry Organic Mixed Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit and Milk & Chilled Water

Monday 10/02		Tuesday 10/03		Wednesday 10/04		Thursday 10/05		Friday 10/06		Saturday 10/07		Sunday 10/08	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	Breakfast:	Homemade Whole Grain Banana Pancakes w/ 100% Organic Maple Syrup, Fresh Organic Orange Slices, Milk, & Chilled Water	Breakfast:	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Fresh Fruit and Milk & Chilled Water	Breakfast:	Whole Wheat French Toast w/ 100% Organic Maple Syrup, Fresh Fruit, and Milk & Chilled Water	Breakfast:	100% Whole Oat Slow Cooked Oatmeal Sprinkled w/ Cinnamon & Organic Raisins and Milk & Chilled Water	Breakfast:	N/A	Breakfast:	N/A
AM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	AM Snack:	100% Whole Wheat Assorted Muffins, Cream Cheese, Fresh Slices Assorted Melon & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	AM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	AM Snack:	Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water	AM Snack:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Slices Assorted Melon & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water
Lunch:	Organic High Protein and Fiber Spaghetti Pasta w/ Organic Marinara Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast and Milk & Chilled Water	Lunch:	Organic Boneless Skinless Chicken with Teriyaki Sauce and Broccoli, Brown Rice 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:	Organic Boneless Skinless Homemade Panko Chicken Tenders, Baked Sweet Potato Fries, Organic Fresh 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 Boneless Skinless Homemade Panko Chicken Tenders, Baked Sweet Potato Fries, Organic Fresh 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
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	PM Snack:	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	PM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water
Dinner:	N/A	Dinner:	N/A	Dinner:	Organic Boneless Skinless Homemade Panko Chicken Tenders, Baked Sweet Potato Fries, Organic Fresh Fruit and Milk & Chilled Water	Dinner:	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	Dinner:	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	Dinner:	Organic High Protein and Fiber Spaghetti Pasta w/ Organic Marinara Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast and Milk & Chilled Water	Dinner:	Organic Boneless Skinless Chicken with Teriyaki Sauce and Broccoli, Brown Rice and Milk & 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****

Healthy back to school snacks for kids



Green light snacks to go with your lunch

- fresh fruit & vegetables
- popcorn
- sugar free gum
- pickles, olives, salsa & dips
- whole wheat bagels
- cheese or butter/margarine
- lots of water!

Yellow light snacks to eat sparingly

- fruit beverages & juice boxes
- canned fruit in syrups
- processed dried fruits
- fruit gummies & fruit roll ups
- granola & cereal bars
- white bread, white bagels & buns
- chips & cheesies
- yogurt drinks

Red light snacks to avoid if you can

- jell-o, marshmallows & regular gum
- candy, chocolate, cakes & cookies
- slurpees, slushies & pop
- sports & energy drinks
- popsicles & freezies

