

# Kids Klub South Pasadena Menu

## September, 2023

Monday 9/04		Tuesday 9/05		Wednesday 9/06		Thursday 9/07		Friday 9/08	
		<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Organic Bananas, Milk & Chilled Water	<b>Breakfast:</b>	100% Whole Wheat English Muffins, Cream Cheese, Fresh Fruit & Chilled Water	<b>Breakfast:</b>	Non-Fat Organic Greek Yogurt, Organic Bananas, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	<b>Breakfast:</b>	Whole Grain Waffles w/ 100% Organic Maple Syrup, Organic Fresh Fruit, Milk, & Chilled Water
		<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks
		<b>Lunch:</b>	Homemade Macaroni and Cheese made with Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables and Milk & Chilled Water	<b>Lunch:</b>	Homemade Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Fresh Fruit & Milk and Chilled Water	<b>Lunch:</b>	Organic Boneless Skinless Homemade Panko Chicken Tenders, Baked Sweet Potato Fries, Organic Fresh Fruit and 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, and Milk & Chilled Water
		<b>PM Snack:</b>	Homemade Healthy Fun Mix made with Organic Dried Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Cheerios & Chilled Water	<b>PM Snack:</b>	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	<b>PM Snack:</b>	100% Whole Wheat English Muffins, Cream Cheese, Fresh Fruit & Chilled Water	<b>PM Snack:</b>	Homemade Hummus with Organic Baked Pita Chips and Chilled Water
Monday 9/11		Tuesday 9/12		Wednesday 9/13		Thursday 9/14		Friday 9/15	
<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	<b>Breakfast:</b>	Non-Fat Organic Greek Yogurt, Organic Bananas, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	<b>Breakfast:</b>	100% Whole Wheat English Muffins, Cream Cheese, Fresh Fruit & Chilled Water	<b>Breakfast:</b>	Whole Grain Waffles w/ 100% Organic Maple Syrup, Organic Fresh Fruit, Milk, & Chilled Water	<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water
<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks
<b>Lunch:</b>	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	<b>Lunch:</b>	Organic Boneless Skinless Stir-Fry Chicken with Green Beans, Brown Rice and 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, and Milk & Chilled Water	<b>Lunch:</b>	Quesadillas w/ Four Cheese Blend and Organic Onions, Blended Pinto Beans, Fresh Sliced Fruit and Milk & Chilled Water	<b>Lunch:</b>	BBQ Organic Boneless Skinless Chicken, Baked Sweet Potato Fries, Fresh Fruit and Milk & Chilled Water
<b>PM Snack:</b>	Homemade Healthy Fun Mix made with Organic Dried Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Cheerios & Chilled Water	<b>PM Snack:</b>	Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water	<b>PM Snack:</b>	Non-Fat Organic Greek Yogurt, Organic Fruit, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	<b>PM Snack:</b>	Non- GMO Whole Grain Cheerios with Organic Bananas with Milk & Chilled Water	<b>PM Snack:</b>	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water
Monday 9/18		Tuesday 9/19		Wednesday 9/20		Thursday 9/21		Friday 9/22	
<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	<b>Breakfast:</b>	Non-Fat Organic Greek Yogurt, Organic Bananas, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	<b>Breakfast:</b>	Whole Grain Waffles w/ 100% Organic Maple Syrup, Organic Fresh Fruit, Milk, & Chilled Water	<b>Breakfast:</b>	100% Whole Wheat English Muffins, Cream Cheese, Fresh Fruit & Chilled Water	<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water
<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks
<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 and Milk & Chilled Water	<b>Lunch:</b>	Organic High Protein & Fiber Chow Mein w/ Organic Boneless Skinless Chicken and Organic Vegetables, Organic Fresh Fruit and 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 and Milk & 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>Lunch:</b>	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
<b>PM Snack:</b>	Homemade Healthy Fun Mix made with Organic Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Cheerios & Chilled Water	<b>PM Snack:</b>	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	<b>PM Snack:</b>	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	<b>PM Snack:</b>	Non-Fat Organic Greek Yogurt, Organic Bananas, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	<b>PM Snack:</b>	Homemade Fresh Guacamole & Organic Salsa with Organic Tortilla Chips & Chilled Water

# Kids Klub South Pasadena Menu

Monday 9/25		Tuesday 9/26		Wednesday 9/27		Thursday 9/28		Friday 9/29	
<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	<b>Breakfast:</b>	Whole Grain Waffles w/ 100% Organic Maple Syrup, Organic Fresh Fruit, Milk, & Chilled Water	<b>Breakfast:</b>	100% Whole Wheat English Muffins, Cream Cheese, Fresh Fruit & Chilled Water	<b>Breakfast:</b>	Non-Fat Organic Greek Yogurt, Organic Bananas, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water
<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks
<b>Lunch:</b>	Homemade Macaroni and Cheese made with Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables and Milk & Chilled Water	<b>Lunch:</b>	Homemade Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Fresh Fruit & Milk and Chilled Water	<b>Lunch:</b>	Enchilada Casserole with Cheese and Organic Boneless Skinless Chicken, Organic Pinto Beans, Homemade Spanish Brown Rice, and Milk & Chilled Water	<b>Lunch:</b>	Stir-fry Organic Mixed Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit and Milk & 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>	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	<b>PM Snack:</b>	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	<b>PM Snack:</b>	Non-Fat Organic Greek Yogurt, Organic Bananas, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	<b>PM Snack:</b>	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	<b>PM Snack:</b>	Organic Homemade Hummus with Organic Baked Pita Chips and Chilled Water
Monday 10/02		Tuesday 10/03		Wednesday 10/04		Thursday 10/05		Friday 10/06	
<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	<b>Breakfast:</b>	100% Whole Wheat English Muffins, Cream Cheese, Fresh Fruit & Chilled Water	<b>Breakfast:</b>	Non-Fat Organic Greek Yogurt, Organic Bananas, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	<b>Breakfast:</b>	Whole Grain Waffles w/ 100% Organic Maple Syrup, Organic Fresh Fruit, Milk, & Chilled Water	<b>Breakfast:</b>	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water
<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks	<b>AM Snack:</b>	Assorted Snacks
<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 and Milk & Chilled Water	<b>Lunch:</b>	Organic Boneless Skinless Chicken with Teriyaki Sauce and Broccoli, Brown Rice and 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 and Milk & Chilled Water	<b>Lunch:</b>	Organic Boneless Skinless Homemade Panko Chicken Tenders, Baked Sweet Potato Fries, Organic Fresh Fruit and 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, and Milk & Chilled Water
<b>PM Snack:</b>	Homemade Healthy Fun Mix made with Organic Dried Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Cheerios & Chilled Water	<b>PM Snack:</b>	Non-Fat Organic Greek Yogurt, Organic Blueberries, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water	<b>PM Snack:</b>	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	<b>PM Snack:</b>	Non-GMO Whole Grain Cheerios with Organic Bananas with Milk & Chilled Water	<b>PM Snack:</b>	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\*\***

## Healthy back to school snacks for kids

