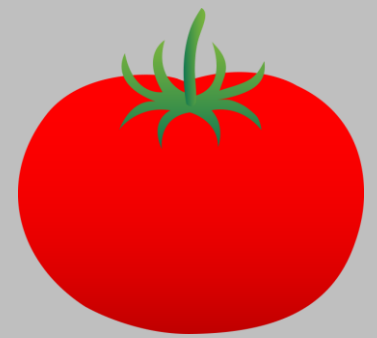


Kids Klub San Gabriel/Rosemead Menu

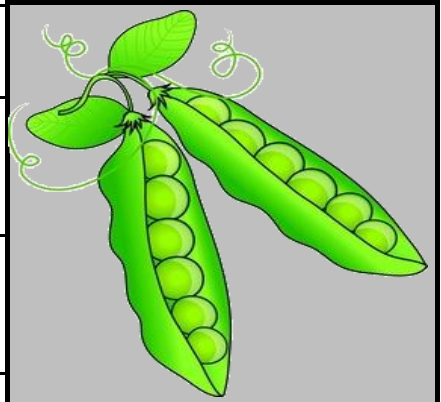
August, 2021

Monday 8/2		Tuesday 8/3		Wednesday 8/4		Thursday 8/5		Friday 8/6		Saturday 8/7		Sunday 8/8				
Breakfast:	Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/Nitrite Free Turkey Bacon, Milk and 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:	100% Whole Grain Cream of Wheat, Fresh Organic Bananas and Milk & Chilled Water	Breakfast:		Breakfast:				
AM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	AM Snack:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced 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:		AM Snack:				
Lunch:	Organic High Protein & Fiber Penne Pasta Bake w/Organic Lean Meat Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast and Milk & Chilled Water	Lunch:	Whole Wheat Grilled Cheese Sandwich, Organic Green Salad w/ Homemade Ranch Dressing, 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	Lunch:	Homemade Organic Lean Beef Meatloaf made w/ Whole Grain Oats, Organic Onions, Ketchup & Eggs, Light & Healthy Organic Mashed Potatoes, Organic Fresh Fruit and Milk & Chilled Water	Lunch:	Enchiladas with Grilled Organic Boneless Skinless Chicken, Organic Onions & Bell Peppers, Organic Pinto Beans, Homemade Spanish Brown Rice and Milk & Chilled Water	Lunch:						
PM Snack:	Homemade Healthy Fun Mix made with Organic Dried Raisins , Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Oat Cheerios & 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:	Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	PM Snack:	Organic Homemade Hummus with Organic Baked Pita Chips & Chilled Water	PM Snack:				PM Snack:		
Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:		Dinner:				
Monday 8/9		Tuesday 8/10		Wednesday 8/11		Thursday 8/12		Friday 8/13		Saturday 8/14		Sunday 8/15				
Breakfast:	Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/Nitrite Free Turkey Bacon, Milk and 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:	100% Whole Oat Slow Cooked Oatmeal Sprinkled with Cinnamon & Organic Raisins with Milk and Chilled Water	Breakfast:		Breakfast:				
AM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	AM Snack:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced 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:		AM Snack:				
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 Roasted Turkey & Gravy, Organic Mashed Potatoes, Organic Mixed Steamed Vegetables, Milk & Chilled Water	Lunch:	Baked Organic Boneless Chicken, Organic Green Beans, Organic Sweet Potato Fries 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:	Boneless Skinless Organic Chicken Fajitas made with Organic Onions & Bell Peppers, Organic Flour Tortillas, Sour Cream, Homemade Spanish Rice, Fresh Sliced	Lunch:						
PM Snack:	Homemade Healthy Fun Mix made with Organic Dried Raisins , Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Oat Cheerios & 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:	Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	PM Snack:	Homemade Fresh Guacamole & Organic Salsa with Organic Tortilla Chips & Chilled Water	PM Snack:				PM Snack:		
Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:		Dinner:				
Monday 8/16		Tuesday 8/17		Wednesday 8/18		Thursday 8/19		Friday 8/20		Saturday 8/21		Sunday 8/22				
Breakfast:	Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/Nitrite Free Turkey Bacon, Milk and 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	 Fall Prep Day Center Closed		Breakfast:		Breakfast:				
AM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	AM Snack:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced 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:		AM Snack:		AM Snack:		
Lunch:	Homemade Macaroni and Cheese made w/ Organic High Protein & Fiber Pasta, Fresh Fruit, Steamed Vegetables 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:	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:	Organic Lean Beef Sloppy Joes on Multigrain Bread, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit and Milk & Chilled Water			Lunch:		Lunch:				
PM Snack:	Homemade Healthy Fun Mix made with Organic Dried Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Oat Cheerios & 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:	Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water			PM Snack:		PM Snack:				PM Snack:
Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:	Coming Soon!			Dinner:		Dinner:		Dinner:		

8/2 to 8/7



8/9 to 8/15



8/16 to 8/22



Kids Klub San Gabriel/Rosemead Menu

Monday 8/23		Tuesday 8/24		Wednesday 8/25		Thursday 8/26		Friday 8/27		Saturday 8/28		Sunday 8/29	
Breakfast:	Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/Nitrite Free Turkey Bacon, Milk and 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:	100% Whole Grain Cream of Wheat, Fresh Organic Bananas and Milk & Chilled Water	Breakfast:		Breakfast:	
AM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	AM Snack:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced 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:		AM Snack:	
Lunch:	Organic High Protein & Fiber Penne Pasta Bake w/Organic Lean Meat Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast and Milk & Chilled Water	Lunch:	Whole Wheat Grilled Cheese Sandwich, Organic Green Salad w/ Homemade Ranch Dressing, 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	Lunch:	Homemade Organic Lean Beef Meatloaf made w/ Whole Grain Oats, Organic Onions, Ketchup & Eggs, Light & Healthy Organic Mashed Potatoes, Organic Fresh Fruit and Milk & Chilled Water	Lunch:	Seasoned Lean Ground Beef Tacos with Shredded Cheese, Organic Salsa, Lettuce, Homemade Spanish Brown Rice, Organic Pinto Beans and Milk & Chilled Water	Lunch:		Lunch:	
PM Snack:	Homemade Healthy Fun Mix made with Organic Dried Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Oat Cheerios & 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:	Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	PM Snack:	Organic Homemade Hummus with Organic Baked Pita Chips & Chilled Water	PM Snack:		PM Snack:	
Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:		Dinner:	
Monday 8/30		Tuesday 8/31		Wednesday 9/1		Thursday 9/2		Friday 9/3		Saturday 9/4		Sunday 9/5	
Breakfast:	Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/Nitrite Free Turkey Bacon, Milk and 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:	100% Whole Oat Slow Cooked Oatmeal Sprinkled with Cinnamon & Organic Raisins with Milk and Chilled Water	Breakfast:		Breakfast:	
AM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	AM Snack:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced 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:		AM Snack:	
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 Roasted Turkey & Gravy, Organic Mashed Potatoes, Organic Mixed Steamed Vegetables, Milk & 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:	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:	Enchiladas with Grilled Organic Boneless Skinless Chicken, Organic Onions & Bell Peppers, Organic Pinto Beans, Homemade Spanish Brown Rice and Milk & Chilled Water	Lunch:		Lunch:	
PM Snack:	Homemade Healthy Fun Mix made with Organic Dried Raisins, Whole Grain Pretzels, Baked Goldfish and Non GMO 100% Whole Grain Oat Cheerios & 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:	Non-GMO Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	PM Snack:	Homemade Fresh Guacamole & Organic Salsa with Organic Tortilla Chips & Chilled Water	PM Snack:		PM Snack:	
Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:	Coming Soon!	Dinner:		Dinner:	

8/23 to 8/29



coming soon

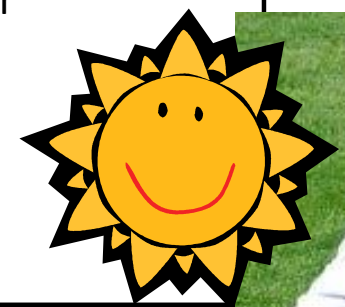
8/30 to 9/5



coming soon

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	½ cup	¾ cup	¾ cup
Bread	½ slice	¾ slice	1 slice
Cornbread, biscuits Rolls, muffins, etc	½ serving	¾ serving	1 serving
Cooked pasta or Noodle products	¼ cup	¾ cup	¾ cup
Cooked cereal grains or an equivalent			
Quantity of any Combination of bread	¼ 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	1 egg
Cooked dry beans or peas	¼ cup	¾ cup	2 cups



Veggie Pizza

<http://curryandcomfort.blogspot.com/>