




Kids Klub San Gabriel / Rosemead Menu

April, 2024

Monday 4/8		Tuesday 4/9		Wednesday 4/10		Thursday 4/11		Friday 4/12		
Breakfast:	Non- GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	Breakfast:	Organic Yogurt Parfait w/ Low-fat Organic 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:	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	AM Snack:	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Whole Grain Graham Crackers & Chilled Water	
Lunch:	Homemade Baked Ziti 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:	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	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, 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 w/ Whole Grain Crackers & Chilled Water	PM Snack:	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Fresh Fruit; Chilled Water	PM Snack:	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	PM Snack:	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water	
Monday 4/15		Tuesday 4/16		Wednesday 4/17		Thursday 4/18		Friday 4/19		
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:	Homemade Whole Grain Pancakes (regular, blueberry, or banana) w/ 100% Organic Maple Syrup, Fresh Fruit; Milk & Chilled Water	 Breakfast of Champions:	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	
AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Whole Grain Graham Crackers & Chilled Water	AM Snack:	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	 AM Snack:	Energy Fruit Smoothies w/ Greek Yogurt and Organic Blueberries or Bananas	
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:	Organic Lean Beef and Vegetable Sloppy Joes on Multigrain Bread, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water	 Olympic Ring Lunch:	Golden Roasted Boneless Skinless Chicken with Teriyaki Sauce, Green Broccoli and a Fruit Medley (Red Strawberries, Black berries & Blue berries)	
PM Snack:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	PM Snack:	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; Chilled Water	PM Snack:	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	PM Snack:	Fresh Sliced Organic Apples, Whole Grain Graham Crackers & Chilled Water	PM Snack:	English Muffin w/ Cream Cheese and Fresh Sliced Melon	
	Monday 4/22		Tuesday 4/23		Wednesday 4/24		Thursday 4/25		Friday 4/26	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water		Breakfast:		Organic Yogurt Parfait w/ Low-fat Organic Granola & Organic Berries; 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:		Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water		AM Snack:		Fresh Sliced Organic Apples, Whole Grain Graham 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; Milk & Chilled Water		Lunch:		Organic Boneless Skinless Stir-Fry Chicken with Green Beans, Brown Rice; 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:		Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water		PM Snack:		Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water	

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April, 2024

Monday 4/29		Tuesday 4/30		Wednesday 5/1		Thursday 5/2		Friday 5/3	
									
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/ Low-fat Organic Granola & Organic Berries; Milk & Chilled Water
AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Whole Grain Graham Crackers & Chilled Water	AM Snack:	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Fresh Sliced Melon, Whole Grain 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, Baked Sweet Potato Fries, Fresh Fruit; Milk & Chilled Water	Lunch:	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	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:	Homemade Pizza w/ Whole Wheat Crust, Organic Tomato Sauce and Cheese, 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 Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Organic Blueberries or Bananas; Chilled Water	PM Snack:	Sliced Cheddar & Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	PM Snack:	Fresh Sliced Organic Apples, Whole Grain Graham Crackers & Chilled Water	PM Snack:	Organic Homemade Hummus w/ Organic Baked Pita Chips & Chilled Water
Monday 5/6		Tuesday 5/7		Wednesday 5/8		Thursday 5/9		Friday 5/10	
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	Breakfast:	Breakfast Sandwich on 100% Whole Grain English Muffin (Organic Scrambled Eggs, Nitrate/Nitrite Free Turkey Bacon, and Cheese); Milk & Chilled Water
AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	AM Snack:	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	AM Snack:	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks with Homemade Ranch Dip & Chilled Water	AM Snack:	Fresh Sliced Organic Apples, Whole Grain 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 High Protein & Fiber Chow Mein w/ Organic Boneless Skinless Chicken and Organic Vegetables, Organic Fresh Fruit; Milk & Chilled Water	Lunch:	Stir-fry Organic Mixed Vegetable & Egg Fried Brown Rice, 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:	Sliced Cheddar & Monterey Jack 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:	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	PM Snack:	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water

Serving Sizes Lunch & Dinner

Food Components	Age 1 & 2	Age 3 – 5	Age 6 – 12
Milk, Fluids	¼ 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	¼ 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

