

Kids Klub San Gabriel/Rosemead Menu

January, 2023

Monday 1/16		Tuesday 1/17		Wednesday 1/18		Thursday 1/19		Friday 1/20	
 <p>Martin Luther King Day</p> <p>Center Closed</p>		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:	Homemade Whole Grain Banana Pancakes w/ 100% Organic Maple Syrup, Fresh Organic Orange Slices and Milk & Chilled Water	Breakfast:	100% Whole Grain Cream of Wheat, Fresh Organic Bananas and Milk & Chilled Water
		AM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & 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
		Lunch:	Homemade Macaroni and Cheese made with Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables and Milk & Chilled Water	Lunch:	Whole Wheat Grilled Cheese Sandwich, Organic Homemade Tomato Soup, 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 Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Fresh Fruit & Milk and 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:	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:	Organic Homemade Hummus with Organic Baked Pita Chips and Chilled Water
Monday 1/23		Tuesday 1/24		Wednesday 1/25		Thursday 1/26		Friday 1/27	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	Breakfast:	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Blueberries and Milk & Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/ Nitrite Free Turkey Bacon, 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
<p><i>International Celebration Week</i></p> <p>Asia</p> <p>Organic Brown Rice Rollers, Fresh Organic Assorted Fruit & Chilled Water</p> <p>Lunar New Year Organic Boneless Skinless Teriyaki Chicken, Steamed Carrots, Edamame, Brown Rice, Milk & Chilled Water</p> <p>Mandarin "Cutie" Oranges, Fortune Cookies & Chilled Water</p>		<p><i>International Celebration Week</i></p> <p>Africa</p> <p>Safari Snack Mix (Organic Coconut Chips, Salted Chickpeas, Organic Whole Grain Cereal, Dried Fruit) & Chilled Water</p> <p>Sahara Baked Organic Boneless Skinless Chicken, Organic Red Beans & Rice, Fresh Organic Fruit, Milk & Chilled Water</p> <p>Baked Plantains, Multi-Grain Crackers, Milk & Chilled</p>		<p><i>International Celebration Week</i></p> <p>Australia</p> <p>Croco- "dill" Dip with Fresh Organic Vegetables & Chilled Water</p> <p>Outback Meat Pies - Made with Organic Lean Ground Beef, Organic Vegetables, Organic Fruit Salad, Milk & Chilled Water</p> <p>Aussie Bites, Fresh Kiwi & Chilled Water</p>		<p><i>International Celebration Week</i></p> <p>The Americas</p> <p>New York Bagels & Cream Cheese, Milk & Chilled Water</p> <p>Organic Chicken Breast Fajitas with Bell Peppers & Onions on Organic Flour Tortillas, Black Beans, Sour Cream, Milk & Chilled Water</p> <p>Bionico (Organic Mixed Fruit Salad with Organic Greek Yogurt, Shredded Coconut, Organic Raisins</p>		<p><i>International Celebration Week</i></p> <p>Europe</p> <p>Norwegian Crisps, Organic Cheeses & Chilled Water</p> <p>Cheese Tortellini with Organic Marinara, Mixed Green Salad with Homemade Italian Dressing, Milk & Chilled Water</p> <p>French Baguette with Organic Fruit Jam, Milk & Chilled Water</p>	
Monday 1/30		Tuesday 1/31		Wednesday 2/01		Thursday 2/02		Friday 2/03	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	Breakfast:	100% Whole Grain Cream of Wheat, Organic Raisins and 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:	Homemade Whole Grain Blueberry Pancakes w/ 100% Organic Maple Syrup, Fresh Organic Orange Slices and Milk & Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/ Nitrite Free Turkey Bacon, 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	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:	Organic Homemade Hummus with Organic Baked Pita Chips and Chilled Water	AM Snack:	Non-Fat Organic Greek Yogurt, Organic Bananas, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water
Lunch:	Homemade Macaroni and Cheese made w/ Organic High Fiber Protein Pasta, Fresh Sliced Fruit, Steamed Vegetables and Milk & Chilled Water	Lunch:	Enchiladas with Grilled Organic Boneless Skinless Chicken, Organic Onions, Organic Beans, Homemade Spanish Brown Rice, and Milk & Chilled Water	Lunch:	Homemade Chicken Noodle Soup made w/ Boneless Skinless Organic Chicken, Organic High Protein Fiber Pasta and Organic Vegetables, Whole Wheat Toast and Fresh Fruit and Chilled Water & Milk	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:	Quesadillas w/ Four Cheese Blend, Organic Onions & Bell Peppers, Blended Pinto Beans, Fresh Sliced Fruit and Milk & Chilled Water
PM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	PM Snack:	100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced Assorted Melon & Chilled Water	PM Snack:	Non-Fat Organic Greek Yogurt, Organic Bananas, 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:	Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water

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Monday 2/06		Tuesday 2/07		Wednesday 2/08		Thursday 2/09		Friday 2/10	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas, 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 & 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, Blueberries and 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	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 Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water	AM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & 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 and Milk & Chilled Water	Lunch:	BBQ Organic Boneless Skinless Chicken, Baked Country Fries, Fresh Fruit and Milk & Chilled Water	Lunch:	Whole Wheat Grilled Cheese Sandwich, Organic Homemade Tomato Soup, 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:	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
PM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	PM Snack:	Organic Homemade Hummus with Organic Baked Pita Chips and Chilled Water	PM Snack:	Non-Fat Organic Greek Yogurt, Organic Blueberries, Organic Pumpkin Seed & Flax Granola, Organic Honey & Chilled Water	PM Snack:	Homemade Fresh Guacamole & Organic Salsa with Organic Tortilla Chips & Chilled Water	PM Snack:	Non-GMO Whole Grain Cheerios w/ Organic Bananas, Milk & Chilled Water
Monday 2/13		Tuesday 2/14		Wednesday 2/15		Thursday 2/16		Friday 2/17	
Breakfast:	Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water	Breakfast:	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/ Nitrite Free Turkey Bacon, Milk, & Chilled Water	Breakfast:	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Blueberries 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
AM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & 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	AM Snack:	Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	AM Snack:	Fresh Sliced Melon w/ Whole Grain Graham Crackers & 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:	Quesadillas w/ Four Cheese Blend, Organic Onions & Bell Peppers, Blended Pinto Beans, Fresh Sliced Fruit and Milk & Chilled Water	Lunch:	Stir-fry Organic Mixed Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit and Milk & Chilled Water	Lunch:	Seasoned Lean Organic Beef Burritos w/ Organic Beans and Cheese, Homemade Spanish Brown Rice, 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



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****

