

Kids Klub San Gabriel/Rosemead Menu

March, 2023

| Monday 3/13 | | Tuesday 3/14 | | Wednesday 3/15 | | Thursday 3/16 | | Friday 3/17 | | |
|-------------------|---|-------------------|--|-------------------|--|-------------------|---|---|--|---|
| Breakfast: | Non-GMO Whole Grain Cheerios w/ Organic Bananas, Milk & Chilled Water | Breakfast: | Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/ Nitrite Free Turkey Bacon, 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: | Non-Fat Organic Greek Yogurt, Organic Blueberries, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water | AM Snack: | Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water | AM Snack: | Non-GMO Whole Grain Cheerios w/ Organic Bananas, Milk & 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: | 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 | Lunch: | Enchiladas with Grilled Organic Boneless Skinless Chicken, Organic Onions, Organic Beans, Homemade Spanish Brown Rice, and Milk & Chilled Water | |
| PM Snack: | Fresh Organic Vegetables w/ Homemade Ranch Dip & 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: | Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water | PM Snack: | Organic Homemade Hummus with Organic Baked Pita Chips and Chilled Water | |
| Monday 3/20 | | Tuesday 3/21 | | Wednesday 3/22 | | Thursday 3/23 | | Friday 3/24 | | |
| 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 Blueberry Pancakes w/ 100% Organic Maple Syrup, Nitrate/ Nitrite Free Turkey Bacon, Milk, & Chilled Water | Breakfast: | 100% Whole Oat Slow Cooked Oatmeal Sprinkled w/ Cinnamon & Organic Raisins and Milk & Chilled Water | Breakfast: | Whole Wheat French Toast w/ 100% Organic Maple Syrup, Fresh Fruit, and Milk & Chilled Water | |
| AM Snack: | Fresh Organic Vegetables w/ Homemade Ranch Dip & 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: | 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: | Stir-fry Organic Mixed Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit and Milk & Chilled Water | Lunch: | Boneless Skinless Organic Chicken Fajitas made w/ Organic Onions & Bell Peppers, Organic Flour Tortillas, Sour Cream, 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: | Organic High Protein & Fiber Chow Mein w/ Organic Boneless Skinless Chicken and Organic Vegetables, 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: | 100% Whole Wheat English Muffins, Cream Cheese, Fresh Fruit & 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 | |
| Monday 3/27 | | Tuesday 3/28 | | Wednesday 3/29 | | Thursday 3/30 | | Friday 3/31 | | |
| 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: | Homemade Whole Grain Banana Pancakes w/ 100% Organic Maple Syrup, Fresh Organic Orange Slices, Milk, & Chilled Water | Breakfast: | Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/ Nitrite Free Turkey Bacon, Milk, & Chilled Water |  | Breakfast: | Ostrich Scramble (Eggs with Organic Vegetables and Cheese), Organic Chicken Sausage, Milk & Chilled Water |
| AM Snack: | Fresh Organic Vegetables w/ Homemade Ranch Dip & Chilled Water | AM Snack: | Non-Fat Organic Greek Yogurt, Organic Bananas, Organic Whole Grain and Seeds, Granola, Organic Honey & Chilled Water | AM Snack: | Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water | AM Snack: | Non- GMO Whole Grain Cheerios with Organic Bananas with Milk & Chilled Water | | AM Snack: | Organic Animal Crackers, Organic Bananas & Chilled Water |
| Lunch: | Homemade Macaroni and Cheese made with Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables 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: | BBQ Organic Boneless Skinless Chicken, Baked Country Fries, 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: | Serengeti Sandwiches, Hakuna-Ma-Pasta Salad, Tropical Fruit Salad, 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: | 100% Whole Wheat English Muffins, Cream Cheese, Fresh Fruit & Chilled Water | | PM Snack: | Tarzan Trailmix, Assorted Fruit & Chilled Water |

Kids Klub San Gabriel/Rosemead Menu

| Monday 4/03 | | Tuesday 4/04 | | Wednesday 4/05 | | Thursday 4/06 | | Friday 4/07 | |
|-------------------|--|-------------------|---|-------------------|---|-------------------|---|-------------------|--|
| 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: | 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: | Non-GMO Whole Grain Cheerios w/ Organic Bananas w/ Milk & Chilled Water | AM Snack: | Non-Fat Organic Greek Yogurt, Organic Blueberries, Organic Whole Grain and Seeds, Granola, Organic Honey & 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: | Homemade Chili w/ Lean Organic Beef and Organic Pinto and Kidney Beans, Homemade Cornbread w/ Organic Honey, Fresh Fruit & Milk and 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: | Organic High Protein & Fiber Chow Mein w/ Organic Boneless Skinless Chicken and Organic Vegetables, Organic Fresh 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: | Organic Homemade Hummus with Organic Baked Pita Chips and Chilled Water | PM Snack: | Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water |
| Monday 4/10 | | Tuesday 4/11 | | Wednesday 4/12 | | Thursday 4/13 | | Friday 4/14 | |
| 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: | Organic Boneless Skinless Chicken with Teriyaki Sauce and Broccoli, Brown Rice 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: | BBQ Organic Boneless Skinless Chicken, Baked Country 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: | 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 |
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| 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****

