

Kids Klub San Gabriel/Rosemead Menu

July, 2026

	Monday 07/06/26	Tuesday 07/07/26	Wednesday 07/08/26	Thursday 07/09/26	Friday 07/10/26
Breakfast:	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Fresh Fruit; Milk & Chilled Water	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	Homestyle Waffles with 100% Organic Maple Syrup, Fresh Fruit; Milk & Chilled Water	Organic Yogurt Parfait w/ Granola & Fresh Fruit; Milk & Chilled Water
AM Snack:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	Organic Homemade Hummus w/ Organic Baked Pita Chips & Chilled Water	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Fresh Fruit or Bananas; Chilled Water	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks or Other Organic Vegetables & Whole Grain Crackers w/ Homemade Ranch Dip & Chilled Water
Lunch:	Organic High Protein and Fiber Pasta Bake w/ Organic Lean Meat Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Fresh Fruit, Milk & Chilled Water	Organic Lean Beef Sloppy Joes on Multigrain English Muffin, Organic Mixed Salad w/ Homemade Ranch Dressing, Fresh Fruit; Milk & Chilled Water	BBQ Organic Boneless Skinless Chicken, Baked Sweet Potato Fries, Fresh Fruit; Milk & Chilled Water	Bean & Cheese Burritos made w/ Organic Beans and Organic Tortillas, Homemade Spanish Rice, Fresh Fruit and Milk & Chilled Water	Cheese Pizza w/ Organic Marinara Sauce and High Protein Crust, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water
PM Snack:	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	Organic Tortilla Chips & Salsa & Chilled Water	Whole Wheat English Muffins, Cream Cheese, Organic Fruit Preserves & Chilled Water	Fresh Fruit (Cuties, Melon, Apples or Oranges) & Whole Grain Graham Crackers & Chilled Water	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water

	Monday 07/13/26	Tuesday 07/14/26	Wednesday 07/15/26	Thursday 07/16/26	Friday 07/17/26
Breakfast:	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	Organic Yogurt Parfait w/ Granola & Fresh Fruit; Milk & Chilled Water	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Fresh Fruit; Milk & Chilled Water	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	Homestyle Waffles with 100% Organic Maple Syrup, Fresh Fruit; Milk & Chilled Water
AM Snack:	Organic Tortilla Chips & Salsa & Chilled Water	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks or Other Organic Vegetables & Whole Grain Crackers w/ Homemade Ranch Dip & Chilled Water	Fresh Fruit (Cuties, Melon, Apples or Oranges) & Whole Grain Graham Crackers & Chilled Water	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	Whole Wheat English Muffins, Cream Cheese, Organic Fruit Preserves & Chilled Water
Lunch:	Organic High Protein and Fiber Pasta w/ Organic Lean Meat Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Fresh Fruit, Milk & Chilled Water	Organic High Protein & Fiber Chow Mein w/ Organic Boneless Skinless Chicken and Organic Vegetables, Fresh Fruit; Milk & Chilled Water	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	Homemade Macaroni and Cheese made w/ Organic High Fiber Protein Pasta, Fresh Fruit, Steamed Vegetables; Milk & Chilled Water	Cheese Pizza w/ Organic Marinara Sauce and High Protein Crust, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water
PM Snack:	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Fresh Fruit or Bananas; Chilled Water	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water	Fresh Fruit (Cuties, Melon, Apples or Oranges) & Whole Grain Graham Crackers & Chilled Water

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	Monday 07/20/26	Tuesday 07/21/26	Wednesday 07/22/26	Thursday 07/23/26	Friday 07/24/26
Breakfast:	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	Homestyle Waffles with 100% Organic Maple Syrup, Fresh Fruit; Milk & Chilled Water	Organic Yogurt Parfait w/ Granola & Fresh Fruit; Milk & Chilled Water	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Fresh Fruit; Milk & Chilled Water	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water
AM Snack:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Fresh Fruit or Bananas; Chilled Water	Whole Wheat English Muffins, Cream Cheese, Organic Fruit Preserves & Chilled Water	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	Fresh Fruit (Cuties, Melon, Apples or Oranges) & Whole Grain Graham Crackers & Chilled Water
Lunch:	Organic High Protein and Fiber Pasta Bake w/ Organic Lean Meat Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Fresh Fruit, Milk & Chilled Water	Whole Wheat Grilled Cheese Sandwich, Organic Mixed Salad with Homemade Ranch Dressing, Fresh Fruit; Milk & Chilled Water	Organic Boneless Skinless Chicken with Teriyaki Sauce, Broccoli, Brown Rice, Fresh Fruit, Milk & Chilled Water	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	Cheese Pizza w/ Organic Marinara Sauce and High Protein Crust, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water
PM Snack:	Whole Wheat English Muffins, Cream Cheese, Organic Fruit Preserves & Chilled Water	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	Organic Tortilla Chips & Salsa & Chilled Water	Homemade Fresh Guacamole with Organic Tortilla Chips & Salsa & Chilled Water	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks or Other Organic Vegetables & Whole Grain Crackers w/ Homemade Ranch Dip & Chilled Water

	Monday 07/27/26	Tuesday 07/28/26	Wednesday 07/29/26	Thursday 07/30/26	Friday 07/31/26
Breakfast:	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	Homestyle Waffles with 100% Organic Maple Syrup, Fresh Fruit; Milk & Chilled Water	Organic Yogurt Parfait w/ Granola & Fresh Fruit; Milk & Chilled Water	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Fresh Fruit; Milk & Chilled Water
AM Snack:	Organic Tortilla Chips & Salsa & Chilled Water	Fresh Fruit (Cuties, Melon, Apples or Oranges) & Whole Grain Graham Crackers & Chilled Water	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks or Other Organic Vegetables & Whole Grain Crackers w/ Homemade Ranch Dip & Chilled Water	Organic Homemade Hummus w/ Organic Baked Pita Chips & Chilled Water
Lunch:	Organic High Protein and Fiber Pasta w/ Organic Lean Meat Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Fresh Fruit, Milk & Chilled Water	BBQ Organic Boneless Skinless Chicken, Baked Sweet Potato Fries, Fresh Fruit; Milk & Chilled Water	Quesadillas w/ Four Cheese Blend and Organic Onions, Blended Pinto Beans, Fresh Sliced Fruit; Milk & Chilled Water	Organic Lean Beef Sloppy Joes on Multigrain English Muffin, Organic Mixed Salad w/ Homemade Ranch Dressing, Fresh Fruit; Milk & Chilled Water	Cheese Pizza w/ Organic Marinara Sauce and High Protein Crust, Organic Mixed Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit; Milk & Chilled Water
PM Snack:	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Fresh Fruit or Bananas; Chilled Water	Whole Grain, Non-GMO, Gluten Free Cheerios & Milk w/ Bananas	Fresh Fruit (Cuties, Melon, Apples or Oranges) & Whole Grain Graham Crackers & Chilled Water	Whole Wheat English Muffins, Cream Cheese, Organic Fruit Preserves & Chilled Water	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water