Kids Klub San Gabriel/Rosemead Menu

October / November 2026



	Monday 10/26/26	Tuesday 10/27/26	Wednesday 10/28/26	Thursday 10/29/26	Friday 10/30/26
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	Homemade Pumpkin Pancakes w/ 100% Organic Maple Syrup, Organic Fresh Fruit, with Milk & Chilled Water
AM Snack:	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	Organic Tortilla Chips & Salsa & 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	Build Your Own Spidey Snacks (Cream Cheese, Whole Grain Crackers, Pretzel Sticks, & Organic Raisins) with 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 a Whole Wheat Bun, 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	Mummy Wraps (100% Grass Fed Polish Sausage Wrapped w/ Phyllo Dough) Homemade Organic Baked Beans w/ Nitrate/Nitrite Free Turkey Bacon & Organic Onions, Steamed Vegetables with Milk & Chilled Water
PM 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 Wheat English Muffins, Cream Cheese, Organic Fruit Preserves & Chilled Water	Fresh Fruit (Cuties, Melon, Apples or Oranges) & Whole Grain Graham Crackers & Chilled Water	Non-Fat Organic Greek Yogurt, Fresh "Boo" Berries, Organic Pumpkin Seed & Flax Granola, Organic Honey with Chilled Water

	Monday 11/02/26	Tuesday 11/03/26	Wednesday 11/04/26	Thursday 11/05/26	Friday 11/06/26
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	Homemade Whole Grain Pancakes (regular or banana) w/ 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:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & 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	Organic Homemade Hummus w/ Organic Baked Pita Chips & Chilled Water	Fresh Fruit (Cuties, Melon, Apples or Oranges) & Whole Grain Graham Crackers & Chilled Water

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	Monday 11/09/26	Tuesday 11/10/26	Wednesday 11/11/26	Thursday 11/12/26	Friday 11/13/26
Breakfast:	Non-GMO Whole Grain Cheerios w/ Fresh Fruit w/ Milk & Chilled Water	Homemade Whole Grain Pancakes (regular or banana) w/ 100% Organic Maple Syrup, Fresh Fruit; Milk & Chilled Water	Organic Yogurt Parfait w/ Granola & Fresh Fruit; Milk & Chilled Water	100% Whole Oat Slow Cooked Oatmeal sprinkled w/ Cinnamon & Organic Raisins; Milk & Chilled Water	Breakfast Burrito w/ Scrambled Eggs, Shredded Cheese, & Nitrate/Nitrite-Free Turkey Bacon on Whole Grain Tortillas; Milk & Chilled Water
AM Snack:	Whole Wheat English Muffins, Cream Cheese, Organic Fruit Preserves & Chilled Water	Organic Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Fresh Fruit or Bananas; Chilled Water	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & 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:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & Chilled Water	Organic Tortilla Chips & Salsa & Chilled Water	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & 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 11/16/26	Tuesday 11/17/26	Wednesday 11/18/26	Thursday 11/19/26	Friday 11/20/26
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	Homemade Whole Grain Pancakes (regular or banana) w/ 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 Non-Fat Greek Yogurt, Low-fat Organic Granola w/ Organic Honey & Fresh Fruit or Bananas; Chilled Water	Fresh Fruit (Cuties, Melon, Apples or Oranges) & Whole Grain Graham Crackers & Chilled Water	Organic Fresh Sliced Cucumbers, Carrots, Celery Sticks or Other Organic Vegetables & Whole Grain Crackers w/ Homemade Ranch Dip & Chilled Water	Sliced Cheddar and Monterey Jack Cheese w/ Whole Grain Crackers & Chilled Water	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & 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 a Whole Wheat Bun, 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:	Homemade Healthy Fun Mix w/ Dried Raisins, Pretzels, Baked Gold Fish, and Non-GMO Cheerios & 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	Organic Homemade Hummus w/ Organic Baked Pita Chips & Chilled Water