

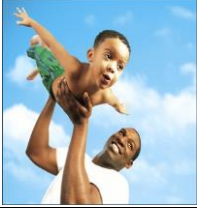





Monday 05/31/21		Tuesday 06/01/21		Wednesday 06/02/21		Thursday 06/03/21		Friday 06/04/21	
 <p>CLOSED IN OBSERVANCE OF MEMORIAL DAY</p>	Non-GMO 100% Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	Non-GMO 100% Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	Breakfast Sandwich on 100% Whole Wheat English Muffin (Organic Scrambled Eggs, Nitrate/Nitrite Free Turkey Bacon and Cheese), Milk & Chilled Water	Homemade Whole Grain Blueberry Pancakes w/ 100% Organic Maple Syrup, Fresh Organic Orange Slices, Milk and Chilled Water	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/Nitrite Free Turkey Bacon, Milk and Chilled Water	<p>05/31 to 06/04</p> 			
	Fresh Assorted Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	Fresh Assorted Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	Fresh Sliced Organic Apple, Organic Animal Crackers & Chilled Water	Fresh Assorted Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water				
	Organic High Protein and Fiber Macaroni Pasta & Cheese, Organic Fresh Fruit, Organic Mixed Vegetables & Milk and Chilled Water	Organic High Protein and Fiber Macaroni Pasta & Cheese, Organic Fresh Fruit, Organic Mixed Vegetables & Milk and Chilled Water	Stir-fry Organic Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit & Milk and Chilled Water	Organic Lean Beef and Organic Vegetable Sloppy Joes on Multigrain Bread, Organic Green Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit & Milk and Chilled Water	Boneless Skinless Organic Chicken Fajitas made with Organic Onions & Bell Peppers, Flour Tortillas, Sour Cream, Homemade Spanish Rice, Fresh Sliced Fruit & Milk and Chilled Water				
	Homemade Healthy Fun Mix made with Organic Dried Blueberries or Raisins, Whole Grain Pretzels, Baked Goldfish and Non-GMO 100% Whole Grain Oat Cheerios & Chilled Water	Homemade Healthy Fun Mix made with Organic Dried Blueberries or Raisins, Whole Grain Pretzels, Baked Goldfish and Non-GMO 100% Whole Grain Oat Cheerios & Chilled Water	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	Non-GMO 100% Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	Organic Homemade Hummus with Organic Baked Pita Chips & Chilled Water				

Monday 06/07/21		Tuesday 06/08/21		Wednesday 06/09/21		Thursday 06/10/21		Friday 06/11/21	
Non-GMO 100% Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	100% Whole Oat Slow Cooked Oatmeal Sprinkled with Cinnamon & Organic Raisins with Milk and Chilled Water	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Blueberries & Milk and Chilled Water	Homemade Whole Grain Pancakes w/ 100% Organic Maple Syrup, Fresh Organic Orange Slices, Milk and Chilled Water	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/Nitrite Free Turkey Bacon, Milk and Chilled Water	<p>06/07 to 06/11</p> 				
Fresh Assorted Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced Assorted Melon & Chilled Water	Fresh Sliced Organic Apple, Organic Animal Crackers & Chilled Water	Fresh Assorted Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water					
Organic High Protein and Fiber Spaghetti Pasta w/ Organic Lean Meat Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast & Milk and Chilled Water	Homemade Roasted Turkey & Gravy, Organic Mashed Potatoes, Organic Mixed Steamed Vegetables, Milk and Chilled Water	Roasted Teriyaki Organic Boneless Skinless Chicken over Brown Rice, Steamed Broccoli & Milk and 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 and Chilled Water	Enchiladas with Grilled Organic Boneless Skinless Chicken, Onions & Bell Peppers, Organic Pinto Beans, Homemade Spanish Brown Rice & Milk and Chilled Water					
Homemade Healthy Fun Mix made with Organic Dried Blueberries or Raisins, Whole Grain Pretzels, Baked Goldfish and Non-GMO 100% Whole Grain Oat Cheerios & Chilled Water	Non-Fat Organic Greek Yogurt, Bananas, Organic Whole Grain and Seeds Granola, Organic Honey & Chilled Water	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	Non-GMO 100% Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	Homemade Fresh Guacamole & Organic Salsa with Organic Tortilla Chips & Chilled Water					

Monday 06/14/21		Tuesday 06/15/21		Wednesday 06/16/21		Friday 06/18/21	
MOTHER'S & FATHER'S DAY EVENTS						<p>06/14 to 06/18</p> 	
Non-GMO 100% Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	100% Whole Grain Cream of Wheat, Fresh Organic Bananas & Milk and Chilled Water	Non-GMO 100% Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	100% Whole Oat Slow Cooked Oatmeal Sprinkled with Cinnamon & Organic Raisins with Milk and Chilled Water	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/Nitrite Free Turkey Bacon, Milk and Chilled Water			
Fresh Assorted Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced Assorted Melon & Chilled Water	Fresh Sliced Organic Apple, Organic Animal Crackers & Chilled Water	Fresh Assorted Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water			
Organic High Protein and Fiber Macaroni Pasta & Cheese, Organic Fresh Fruit, Organic Mixed Vegetables & Milk and Chilled Water	Hearty Homemade Organic Boneless Skinless Chicken and Organic Vegetable, High Protein & Fiber Noodle Soup, Whole Wheat Bread, Fresh Organic Fruit & Milk and Chilled Water	Pulled BBQ Chicken Sandwich on Rolls, Steamed Veggies, Fresh Fruit & Milk and Chilled Water	Pizza, Green Salad, Fresh Fruit & Milk and Chilled Water	Organic High Protein and Fiber Spaghetti Pasta Bake w/ Organic Lean Meat Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast & Milk and Chilled Water			
Homemade Healthy Fun Mix made with Organic Dried Blueberries or Raisins, Whole Grain Pretzels, Baked Goldfish and Non-GMO 100% Whole Grain Oat Cheerios & Chilled Water	Non-Fat Organic Greek Yogurt, Blueberries, Organic Whole Grain and Seeds Granola, Organic Honey & Chilled Water	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	Homemade Healthy Fun Mix made with Organic Dried Blueberries or Raisins, Whole Grain Pretzels, Baked Goldfish and Non-GMO 100% Whole Grain Oat Cheerios & Chilled Water	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water			

Monday 06/21/21		Tuesday 06/22/21		Wednesday 06/23/21		Thursday 06/24/21		Friday 06/25/21	
Non-GMO 100% Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	100% Whole Oat Slow Cooked Oatmeal Sprinkled with Cinnamon & Organic Raisins with Milk and Chilled Water	Organic Scrambled Eggs and Cheese, Whole Wheat Toast, Blueberries & Milk and Chilled Water	Homemade Whole Grain Pancakes w/ 100% Organic Maple Syrup, Fresh Organic Orange Slices, Milk and Chilled Water	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/Nitrite Free Turkey Bacon, Milk and Chilled Water	<p>06/21 to 06/25</p> 				
Fresh Assorted Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced Assorted Melon & Chilled Water	Fresh Sliced Organic Apple, Organic Animal Crackers & Chilled Water	Fresh Assorted Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water					
Organic High Protein and Fiber Spaghetti Pasta w/ Organic Lean Meat Sauce, Organic Mixed Salad w/ Homemade Ranch Dressing, Whole Wheat Garlic Toast & Milk and Chilled Water	Quesadillas with Shredded Cheese, Organic Onions & Bell Peppers, Blended Pinto Beans, Fresh Sliced Fruit, & Milk and Chilled Water	High Protein & Fiber Chow Mein made w/ Organic Boneless Skinless Chicken and Mixed Vegetables, Organic Fresh Fruit & Milk and Chilled Water	Organic Lean Beef and Organic Vegetable Sloppy Joes on Multigrain Bread, Organic Green Salad w/ Homemade Ranch Dressing, Organic Fresh Fruit & Milk and Chilled Water	Boneless Skinless Organic Chicken Fajitas made with Organic Onions & Bell Peppers, Flour Tortillas, Sour Cream, Homemade Spanish Rice, Fresh Sliced Fruit & Milk and Chilled Water					
Homemade Healthy Fun Mix made with Organic Dried Blueberries or Raisins, Whole Grain Pretzels, Baked Goldfish and Non-GMO 100% Whole Grain Oat Cheerios & Chilled Water	Non-Fat Organic Greek Yogurt, Bananas, Organic Whole Grain and Seeds Granola, Organic Honey & Chilled Water	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	Non-GMO 100% Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	Homemade Fresh Guacamole & Organic Salsa with Organic Tortilla Chips & Chilled Water					

Monday 06/28/21		Tuesday 06/29/21		Wednesday 06/30/21		Thursday 07/01/21		Friday 07/02/21	
Non-GMO 100% Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	100% Whole Grain Cream of Wheat, Fresh Organic Bananas & Milk and Chilled Water	Breakfast Sandwich on 100% Whole Wheat English Muffin (Organic Scrambled Eggs, Nitrate/Nitrite Free Turkey Bacon and Cheese), Milk & Chilled Water	Homemade Whole Grain Blueberry Pancakes w/ 100% Organic Maple Syrup, Fresh Organic Orange Slices, Milk and Chilled Water	Whole Grain Waffles w/ 100% Organic Maple Syrup, Nitrate/Nitrite Free Turkey Bacon, Milk and Chilled Water	<p>06/28 to 07/02</p> 				
Fresh Assorted Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	100% Whole Wheat English Muffins, Cream Cheese, Fresh Sliced Assorted Melon & Chilled Water	Fresh Sliced Organic Apple, Organic Animal Crackers & Chilled Water	Fresh Assorted Organic Vegetables w/ Homemade Ranch Dip & Chilled Water	Fresh Sliced Melon w/ Whole Grain Graham Crackers & Chilled Water					
Organic High Protein and Fiber Macaroni Pasta & Cheese, Organic Fresh Fruit, Organic Mixed Vegetables & Milk and Chilled Water	Whole Wheat Grilled Cheese Sandwich, Organic Green Salad w/ Homemade Ranch Dressing, Fresh Fruit & Milk and Chilled Water	Baked Boneless Skinless Organic Chicken, Organic Green Beans, Light & Healthy Organic Mashed Sweet Potatoes & Milk and 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 and Chilled Water	Enchiladas with Grilled Organic Boneless Skinless Chicken, Onions & Bell Peppers, Organic Pinto Beans, Homemade Spanish Brown Rice & Milk and Chilled Water					
Homemade Healthy Fun Mix made with Organic Dried Blueberries or Raisins, Whole Grain Pretzels, Baked Goldfish and Non-GMO 100% Whole Grain Oat Cheerios & Chilled Water	Non-Fat Organic Greek Yogurt, Blueberries, Organic Whole Grain and Seeds Granola, Organic Honey & Chilled Water	Cubed Cheddar Cheese & Monterey Jack Cheese, Whole Wheat Thins & Chilled Water	Non-GMO 100% Whole Grain Cheerios with Organic Bananas with Milk and Chilled Water	Organic Homemade Hummus with Organic Baked Pita Chips & Chilled Water					

HOORAY FOR HEALTHY!
Did you know that Kids Klub always serves:

- * Hormone / Antibiotic Free Milk & Cheese
- * Nitrate / Nitrite Free Turkey Bacon
- * Organic Hormone Free Boneless Skinless Chicken
- * Organic Lean Ground Beef
- * Organic Eggs
- * Organic Potatoes (Regular & Sweet)
- * Organic Honey
- * Organic Granola
- * Organic Maple Syrup
- * Organic Animal Crackers
- * Organic Tomatoes & Tomato Sauces
- * Whole Grain Crackers
- * Whole Wheat Breads
- * Homemade Dressings & Hummus
- * High Fiber Pinto Beans

We Always bake - Never Fry! NO GMO

Lunch Serving Sizes

Food Components	Age 1 & 2	Age 3 - 5	Age 6 - 12
Milk, Fluids	1/2 cup	3/4 cup	1 cup
Vegetables and/ Or Fruits	1/2 cup	3/4 cup	1 cup
Bread	1/2 slice	3/4 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc	1/2 serving	3/4 serving	1 serving
Cooked pasta or Noodle products	1/4 cup		1/2 cup
Cooked cereal grains or an equivalent	1/4 cup	1/2 cup	3/4 cup
Quantity of any Combination of bread	1 oz.	1 1/2 oz.	2 oz.
Lean meat, poultry or fish	1 oz.	1 1/2 oz.	2 oz.
Cheese	1 oz.	1 1/2 oz.	2 oz.
Eggs	1 egg	1 egg	1 egg
Cooked dry beans or peas	1/4 cup	3/8 cup	2 cups

Veggies & Fruits

Fresh Organic Assorted Veggies*

At least 2 of the following per snack based upon availability:

- Organic Bell Pepper
- Organic Carrots
- Organic Onions
- Organic Lettuce
- Organic Celery
- Organic Cucumber
- Organic Edamame
- Organic Mixed Greens

Fresh Fruit Options
Based upon availability:

- Organic Apples
- Organic Honeydew Melon
- Organic Watermelon
- Bananas
- Cantaloupe
- Watermelon
- Oranges

KING of the GRILL




- 14 Fun Activities for Dads to do with Preschoolers**
1. Building w/ blocks or Legos
 2. Drawing pictures
 3. Spelling
 4. Toss a ball around
 5. Riding the Bicycle or Tricycle
 6. Reading
 7. Dress Up - Dramatic Play
 8. Taking a Bath
 9. Disassembling something
 10. Making music
 11. Blowing bubbles
 12. Car games
 13. Chasing, playing hide & seek

