
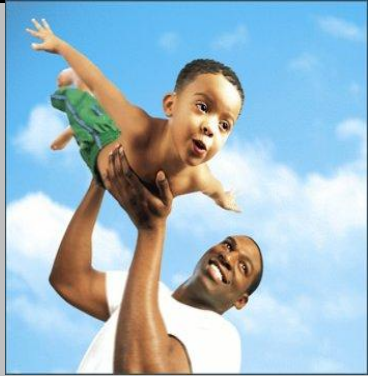


Kids Klub Pasadena Menu

June, 2018

Monday 05/28/18		Tuesday 05/29/18		Wednesday 05/30/18		Thursday 05/31/18		Friday 06/01/18		Saturday 06/02/18		Sunday 06/03/18	
<div>B r k f</div> <div></div> <div>CLOSED IN OBSERVENCE OF MEMORIAL DAY</div>		<div>B r k f</div> <div>Breakfast Sandwich on Whole Grain English Muffin (Organic Scrambled Eggs, Turkey Bacon and Cheese) with Milk</div>	<div>B r k f</div> <div>Cream of Wheat, Organic Fresh Fruit & Milk</div>	<div>B r k f</div> <div>Homemade Whole Grain Organic Banana Pancakes, Turkey Bacon & Milk</div>	<div>B r k f</div> <div>Whole Grain Tortilla Breakfast Burrito (Organic Scrambled Eggs, Shredded Cheese & Potatoes) and Milk</div>	<div>S n k</div> <div>Whole Grain, Non-GMO, Gluten Free Cheerios, Organic Banana & Milk</div>	<div>S n k</div> <div></div>	5/28 to 6/3					
	<div>S n k</div>	<div>S n k</div> <div>Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water</div>	<div>S n k</div> <div>Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water</div>	<div>S n k</div> <div>Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water</div>	<div>S n k</div> <div>Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water</div>	<div>L u n c h</div> <div>Seasoned Organic Lean Ground Beef Tacos with Shredded Cheese, Organic Tomatoes and Lettuce, Homemade Spanish Rice, Organic Pinto Beans & Milk and Chilled Water And/Or Healthy Sandwhich Bar</div>	<div>L u n c h</div> <div>Hearty Homemade Organic Boneless Skinless Chicken and Organic Vegetable, Barilla Plus High Protein & Fiber Noodle Soup, Whole Wheat Bread Fresh Organic Fruit & Chilled Water</div>	<div></div>					
	<div>L n c h</div>	<div>L n c h</div> <div>Stir-fry with Organic Boneless Skinless Chicken and Organic Broccoli, Brown Rice & Milk and Chilled Water</div>	<div>L n c h</div> <div>Hearty Homemade Organic Boneless Skinless Chicken and Organic Vegetable, Barilla Plus High Protein & Fiber Noodle Soup, Whole Wheat Bread, Fresh Organic Fruit & Chilled Water</div>	<div>L n c h</div> <div>Cheese & Organic Vegetarian Bean Burritos on Whole Wheat Tortillas, Homemade Spanish Brown Rice, OrganicFresh Fruit & Milk and Chilled Water</div>	<div>L n c h</div> <div>Seasoned Organic Lean Ground Beef Tacos with Shredded Cheese, Organic Tomatoes and Lettuce, Homemade Spanish Rice, Organic Pinto Beans & Milk and Chilled Water</div>	<div>S n k</div> <div>Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water</div>	<div>S n k</div> <div>Sliced Cheddar/Monterey Jack Cheese with Sliced Organic Apples, Whole Grain Crackers & Chilled Water</div>						
	<div>S n k</div>	<div>S n k</div> <div>Non-Fat Greek Yogurt, Low fat Organic Granola, Organic Berries with Organic Honey & Chilled Water</div>	<div>S n k</div> <div>Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water</div>	<div>S n k</div> <div>Homemade Fresh Guacamole with Organic Tortilla Chips and Organic Salsa & Chilled Water</div>	<div>S n k</div> <div>Whole Grain, Non-GMO, Gluten Free Cheerios, Organic Banana & Milk</div>	<div>D n r</div> <div>Cheese & Organic Vegetarian Bean Burritos on Whole Wheat Tortillas, Homemade Spanish Brown Rice, OrganicFresh Fruit & Milk and Chilled Water</div>	<div>D n r</div> <div>Stir-fry with Organic Boneless Skinless Chicken and Organic Broccoli, Brown Rice & Milk and Chilled Water</div>						
	<div>D n r</div>	<div>D n r</div> <div>Hearty Homemade Organic Boneless Skinless Chicken and Organic Vegetable, Barilla Plus High Protein & Fiber Noodle Soup, Whole Wheat Bread, Fresh Organic Fruit & Chilled Water</div>	<div>D n r</div> <div>Cheese & Organic Vegetarian Bean Burritos on Whole Wheat Tortillas, Homemade Spanish Brown Rice, OrganicFresh Fruit & Milk and Chilled Water</div>	<div>D n r</div> <div>Seasoned Organic Lean Ground Beef Tacos with Shredded Cheese, Organic Tomatoes and Lettuce, Homemade Spanish Rice, Organic Pinto Beans & Milk and Chilled Water</div>	<div>D n r</div> <div>Barilla Plus High Protein and Fiber Pasta Bake with Organic Lean Meat Sauce, Whole Wheat Garlic Toast, Salad with Homemade Ranch & Milk and Chilled Water</div>	<div>S n k</div> <div>Assorted Healthy Snacks</div>	<div>S n k</div> <div>Assorted Healthy Snacks</div>						

5/28 to 6/3

Monday 06/04/18		Tuesday 06/05/18		Wednesday 06/06/18		Thursday 06/07/18		Friday 06/08/18		Saturday 06/09/18		Sunday 06/10/18	
<div>B r k f</div>	Whole Grain Cereal with Organic Raisins & Milk	<div>B r k f</div>	Whole Grain Tortilla Breakfast Burrito (Organic Scrambled Eggs, Shredded Cheese & Potatoes) and Milk	<div>B r k f</div>	Whole Oat Slow Cooked Oatmeal Sprinkled with Cinnamon & Dried Cranberries with Milk	<div>B r k f</div>	Homemade Whole Grain Organic Blueberry Pancakes, Turkey Bacon & Milk	<div>B r k f</div>	Organic Scrambled Vegetable, Egg and Cheese Frittata with Fresh Fruit & Milk	<div>S n k</div>	Whole Grain English Muffins, Cream Cheese, Organic Bananas & Chilled Water	<div>S n k</div>	6/4 to 6/10
<div>S n k</div>	Homemade Healthy Fun Mix with Dried Cranberries, Pretzels, Baked Gold Fish and Non- GMO Cheerios & Chilled Water	<div>S n k</div>	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	<div>S n k</div>	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	<div>S n k</div>	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	<div>S n k</div>	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	<div>L u n c h</div>	Homemade Whole Wheat, Organic Tomato Sauce & Mozzarella Cheese Pizza, Organic Green Salad w/ Homemade Ranch, Milk & Chilled Water And/Or Healthy Sandwhich Bar	<div>L u n c h</div>	<div>Kids Klub is Closed For Our Annual PreK Graduation</div> <div></div>
<div>L n c h</div>	Barilla Plus High Protein and Fiber Spaghetti with Organic Lean Meat Sauce, Whole Wheat Garlic Bread, Organic Green Salad w/ Homemade Ranch & Milk and Chilled Water	<div>L n c h</div>	Pulled BBQ Organic Boneless Skinless Chicken Sandwich on Whole Wheat Bread, Organic Fresh Fruit, Organic Baked Sweet Potato Sticks & Milk and Chilled Water	<div>L n c h</div>	Homemade Organic Lean Meatloaf made with Oatmeal, Light & Healthy Organic Mashed Potatoes, Organic Fruit & Milk and Chilled Water	<div>L n c h</div>	Stir-fry Organic Boneless Skinless Chicken, Organic Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit & Milk and Chilled Water	<div>L n c h</div>	Homemade Whole Wheat, Organic Tomato Sauce & Mozzarella Cheese Pizza, Organic Green Salad w/ Homemade Ranch, Milk & Chilled Water	<div>S n k</div>	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	<div>S n k</div>	
<div>S n k</div>	Sliced Cheddar/Monterey Jack Cheese with Sliced Organic Apples, Whole Grain Crackers & Chilled Water	<div>S n k</div>	Non-Fat Greek Yogurt, Low fat Organic Granola, Fresh Organic Berries with Organic Honey & Chilled Water	<div>S n k</div>	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	<div>S n k</div>	Organic Homemade Hummus with Organic Baked Pita Chips & Chilled Water	<div>S n k</div>	Whole Grain English Muffins, Cream Cheese, Organic Bananas & Chilled Water	<div>D n r</div>	Stir-fry Organic Boneless Skinless Chicken, Organic Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit & Milk and Chilled Water	<div>D n r</div>	
<div>D n r</div>	Pulled BBQ Organic Boneless Skinless Chicken Sandwich on Whole Wheat Bread, Organic Fresh Fruit, Organic Baked Sweet Potato Sticks & Milk and Chilled Water	<div>D n r</div>	Homemade Organic Lean Meatloaf made with Oatmeal, Light & Healthy Organic Mashed Potatoes, Organic Fruit & Milk and Chilled Water	<div>D n r</div>	Stir-fry Organic Boneless Skinless Chicken, Organic Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit & Milk and Chilled Water	<div>D n r</div>	Homemade Whole Wheat, Organic Tomato Sauce & Mozzarella Cheese Pizza, Organic Green Salad w/ Homemade Ranch, Milk & Chilled Water	<div>D n r</div>	Barilla Plus High Protein and Fiber Spaghetti with Organic Lean Meat Sauce, Whole Wheat Garlic Bread, Organic Green Salad w/ Homemade Ranch & Milk and Chilled Water	<div>S n k</div>	Assorted Healthy Snacks	<div>S n k</div>	

Monday 06/11/18		Tuesday 06/12/18		Wednesday 06/13/18		Thursday 06/14/18		FATHER'S DAY EVENTS		Saturday 06/16/18		Sunday 06/17/18	
<div>B r k f</div>	Whole Grain Cereal with Organic Raisins & Milk	<div>B r k f</div>	Scrambled Eggs and Cheese, Whole Wheat Toast & Milk	<div>B r k f</div>	Whole Wheat French Toast, Turkey Bacon & Milk	<div>B r k f</div>	Oatmeal Fresh Fruit & Milk *****	<div>B r k f</div>	Whole Grain Cereal with Raisins & Milk *****	<div>S n k</div>	Whole Grain, Non-GMO, Gluten Free Cheerios, Organic Banana & Milk	<div>S n k</div>	6/11 to 6/17
<div>S n k</div>	Homemade Healthy Fun Mix with Dried Cranberries, Pretzels, Baked Gold Fish and Non- GMO Cheerios & Chilled Water	<div>S n k</div>	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	<div>S n k</div>	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	<div>S n k</div>	Baby Carrots, Raisins, Homemade Ranch Dip & Water *****	<div>S n k</div>	Fresh Sliced Organic Apples , Organic Animal Crackers & Chilled Water *****	<div>L u n c h</div>	Seasoned Organic Lean Ground Beef Tacos with Shredded Cheese, Organic Tomatoes and Lettuce, Homemade Spanish Rice, Organic Pinto Beans & Milk and Chilled Water And/Or Healthy Sandwhich Bar	<div>L u n c h</div>	<div>Happy Father's Day to all of our Dads & Granddads! Kids Klub is Closed</div> <div></div>
<div>L n c h</div>	Homemade Barilla Plus High Protein and Fiber Pasta & Cheese, Organic Fresh Fruit, Organic Steamed Vegetables & Milk and Chilled Water	<div>L n c h</div>	Stir-fry Organic Boneless Skinless and Fresh Organic Green Beans, Brown Rice & Milk and Chilled Water	<div>L n c h</div>	Quesadillas with Grilled Organic Boneless Skinless Chicken, Onions & Organic Bell Peppers, Organic Pinto Beans, Homemade Spanish Brown Rice & Milk and Chilled Water	<div>L n c h</div>	Pizza, Green Salad, Fresh Fruit, Milk & Chilled Water *****	<div>L n c h</div>	Barilla Plus High Protein & Fiber Pasta Bake with Lean Meat Sauce, Salad, Fresh Fruit, Milk & Chilled Water *****	<div>S n k</div>	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	<div>S n k</div>	
<div>S n k</div>	Sliced Cheddar/Monterey Jack Cheese with Sliced Organic Apples, Whole Grain Crackers & Chilled Water	<div>S n k</div>	Non-Fat Greek Yogurt, Low fat Organic Granola, Organic Berries with Organic Honey & Chilled Water	<div>S n k</div>	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	<div>S n k</div>	Whole Grain Graham Crackers, Fresh Sliced Fruit & Chilled Water *****	<div>S n k</div>	Homemade Healthy Fun Mix w/Dried Cranberries, Pretzels, Baked Gold Fish & Non-GMO Cheerios & Chilled Water	<div>D n r</div>	Whole Wheat Grilled Cheese Sandwich, Organic Green Salad with Homemade Ranch Dressing, Organic Fresh Fruit & Milk and Chilled Water	<div>D n r</div>	
<div>D n r</div>	Stir-fry Organic Boneless Skinless and Fresh Organic Green Beans, Brown Rice & Milk and Chilled Water	<div>D n r</div>	Quesadillas with Grilled Organic Boneless Skinless Chicken, Onions & Organic Bell Peppers, Organic Pinto Beans, Homemade Spanish Brown Rice & Milk and Chilled Water	<div>D n r</div>	Whole Wheat Grilled Cheese Sandwich, Organic Green Salad with Homemade Ranch Dressing, Organic Fresh Fruit & Milk and Chilled Water	<div>D n r</div>	Barilla Plus High Protein & Fiber Pasta Bake with Lean Meat Sauce, Salad, Fresh Fruit, Milk & Chilled Water	<div>D n r</div>	Homemade Barilla Plus High Protein and Fiber Pasta & Cheese, Organic Fresh Fruit, Organic Steamed Vegetables & Milk and Chilled Water	<div>S n k</div>	Assorted Healthy Snacks	<div>S n k</div>	

Kids Klub Pasadena Menu

Monday 06/18/18		Tuesday 06/19/18		Wednesday 06/20/18		Thursday 06/21/18		Friday 06/22/18		Saturday 06/23/18		Sunday 06/24/18	
B r k f	Whole Grain Cereal with Organic Raisins & Milk	B r k f	Breakfast Sandwich on Whole Grain English Muffin (Organic Scrambled Eggs, Turkey Bacon and Cheese) with Milk	B r k f	Cream of Wheat, Organic Fresh Fruit & Milk	B r k f	Homemade Whole Grain Organic Banana Pancakes, Turkey Bacon & Milk	B r k f	Whole Grain Tortilla Breakfast Burrito (Organic Scrambled Eggs, Shredded Cheese & Potatoes) and Milk	S n k	Whole Grain English Muffins, Cream Cheese, Organic Bananas & Chilled Water	S n k	
	Homemade Healthy Fun Mix with Dried Cranberries, Pretzels, Baked Gold Fish and Non-GMO Cheerios & Chilled Water		Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water		Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water		Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water		Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water		Homemade Whole Wheat, OrganicTomato Sauce & Mozzarella Cheese Pizza, Organic Green Salad w/ Homemade Ranch, Milk & Chilled Water And/Or Healthy Sandwich Bar		
	Barilla Plus High Protein and Fiber Pasta Bake with Organic Lean Meat Sauce, Whole Wheat Garlic Toast, Organic Green Salad with Homemade Ranch & Milk and Chilled Water		Barilla Plus High Protein and Fiber Chow Mein with Organic Stir-fry Boneless Skinless Chicken and Organic Vegetables, Organic Fresh Fruit & Milk and Chilled Water		Homemade Organic Lean Meatloaf made with Oatmeal, Light & Healthy Organic Mashed Potatoes, Organic Fruit & Milk and Chilled Water		Roasted Teriyaki Organic Boneless Skinless Chicken over Brown Rice, Steamed Organic Broccoli & Milk and Chilled Water		Homemade Whole Wheat, OrganicTomato Sauce & Mozzarella Cheese Pizza, Organic Green Salad w/ Homemade Ranch, Milk & Chilled Water		Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water		
	Sliced Cheddar/Monterey Jack Cheese with Sliced Organic Apples, Whole Grain Crackers & Chilled Water		Non-Fat Greek Yogurt, Low fat Organic Granola, Fresh Organic Berries with Organic Honey & Chilled Water		Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water		Organic Homemade Hummus with Organic Baked Pita Chips & Chilled Water		Whole Grain English Muffins, Cream Cheese, Organic Bananas & Chilled Water		Roasted Teriyaki Organic Boneless Skinless Chicken over Brown Rice, Steamed Organic Broccoli & Milk and Chilled Water		
D n r	Barilla Plus High Protein and Fiber Chow Mein with Organic Stir-fry Boneless Skinless Chicken and Organic Vegetables, Organic Fresh Fruit & Milk and Chilled Water	D n r	Homemade Organic Lean Meatloaf made with Oatmeal, Light & Healthy Organic Mashed Potatoes, Organic Fruit & Milk and Chilled Water	D n r	Roasted Teriyaki Organic Boneless Skinless Chicken over Brown Rice, Steamed Organic Broccoli & Milk and Chilled Water	D n r	Homemade Whole Wheat, OrganicTomato Sauce & Mozzarella Cheese Pizza, Organic Green Salad w/ Homemade Ranch, Milk & Chilled Water	D n r	Barilla Plus High Protein and Fiber Pasta Bake with Organic Lean Meat Sauce, Whole Wheat Garlic Toast, Organic Green Salad with Homemade Ranch & Milk and Chilled Water	S n k	Assorted Healthy Snacks	S n k	Assorted Healthy Snacks

6/18 to 6/24

Monday 06/25/18		Tuesday 06/26/18		Wednesday 06/27/18		Thursday 06/28/18		Friday 06/29/18		Saturday 06/30/18		Sunday 07/01/18	
B r k f	Whole Grain Cereal with Organic Raisins & Milk	B r k f	Whole Grain Tortilla Breakfast Burrito (Organic Scrambled Eggs, Shredded Cheese & Potatoes) and Milk	B r k f	Whole Oat Slow Cooked Oatmeal Sprinkled with Cinnamon & Dried Cranberries with Milk	B r k f	Homemade Whole Grain Organic Blueberry Pancakes, Turkey Bacon & Milk	B r k f	Organic Scrambled Vegetable, Egg and Cheese Frittata with Fresh Fruit & Milk	S n k	Whole Grain, Non-GMO, Gluten Free Cheerios, Organic Banana & Milk	S n k	
	Homemade Healthy Fun Mix with Dried Cranberries, Pretzels, Baked Gold Fish and Non-GMO Cheerios & Chilled Water		Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water		Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water		Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water		Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water		Seasoned Organic Lean Ground Beef Tacos with Shredded Cheese, Organic Tomatoes and Lettuce, Homemade Spanish Rice, Organic Pinto Beans & Milk and Chilled Water And/Or Healthy Sandwich Bar		BBQ Organic Boneless Skinless Chicken, Organic Oven Baked Country Fries, Fresh Organic Fruit & Milk and Chilled Water
	Barilla Plus High Protein and Fiber Spaghetti with Organic Lean Meat Sauce, Whole Wheat Garlic Bread, Organic Green Salad w/ Homemade Ranch & Milk and Chilled Water		Homemade Chili w/ Organic Lean Beef, Organic Kidney & Pinto Beans, Homemade Cornbread, Mixed Steamed Organic Vegetables & Milk and Chilled Water		BBQ Organic Boneless Skinless Chicken, Organic Oven Baked Country Fries, Fresh Organic Fruit & Milk and Chilled Water		Homemade Roasted Turkey with Organic Mashed Sweet Potatoes and Gravy, Organic Mixed Steamed Vegetables, Milk and Chilled Water		Seasoned Organic Lean Ground Beef Tacos with Shredded Cheese, Organic Tomatoes and Lettuce, Homemade Spanish Rice, Organic Pinto Beans & Milk and Chilled Water		Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water		Sliced Cheddar/Monterey Jack Cheese with Sliced Organic Apples, Whole Grain Crackers & Chilled Water
	Sliced Cheddar/Monterey Jack Cheese with Sliced Organic Apples, Whole Grain Crackers & Chilled Water		Non-Fat Greek Yogurt, Low fat Organic Granola, Organic Berries with Organic Honey & Chilled Water		Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water		Homemade Fresh Guacamole with Organic Tortilla Chips and Organic Salsa & Chilled Water		Whole Grain, Non-GMO, Gluten Free Cheerios, Organic Banana & Milk		Homemade Roasted Turkey with Organic Mashed Sweet Potatoes and Gravy, Organic Mixed Steamed Vegetables, Milk and Chilled Water		Homemade Chili w/ Organic Lean Beef, Organic Kidney & Pinto Beans, Homemade Cornbread, Mixed Steamed Organic Vegetables & Milk and Chilled Water
D n r	Homemade Chili w/ Organic Lean Beef, Organic Kidney & Pinto Beans, Homemade Cornbread, Mixed Steamed Organic Vegetables & Milk and Chilled Water	D n r	BBQ Organic Boneless Skinless Chicken, Organic Oven Baked Country Fries, Fresh Organic Fruit & Milk and Chilled Water	D n r	Homemade Roasted Turkey with Organic Mashed Sweet Potatoes and Gravy, Organic Mixed Steamed Vegetables, Milk and Chilled Water	D n r	Seasoned Organic Lean Ground Beef Tacos with Shredded Cheese, Organic Tomatoes and Lettuce, Homemade Spanish Rice, Organic Pinto Beans & Milk and Chilled Water	D n r	Barilla Plus High Protein and Fiber Spaghetti with Organic Lean Meat Sauce, Whole Wheat Garlic Bread, Organic Green Salad w/ Homemade Ranch & Milk and Chilled Water	S n k	Assorted Healthy Snacks	S n k	Assorted Healthy Snacks

6/25 to 7/1

HOORAY FOR HEALTHY!

Did you know that Kids Klub always serves:

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

Veggies & Fruits

Fresh Organic Assorted Veggies*

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

- * Organic Bell Peppers
- * Organic Celery
- * Organic Broccoli
- * Organic Carrots
- * Organic Cucumbers
- * Organic Green Beans
- * Organic Squash / Zucchini

Fresh Fruit Options

based upon availability:

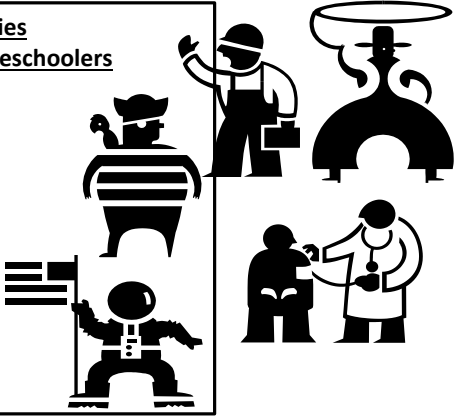
- * Organic Berries
- * Organic Apples
- * Organic Bananas
- * Seasonal Melons
- * Oranges
- * Pineapple

Protein Packed! - Kids Klub uses Barilla Plus

Pasta!! A delicious multigrain pasta made with simple ingredients like flaxseed, barley, and oats, plus protein-rich chickpeas, lentils, and egg whites, ProteinPLUS® pasta is a good source of lean protein.

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
14. Cook / Grill



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	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



KING of the GRILL