

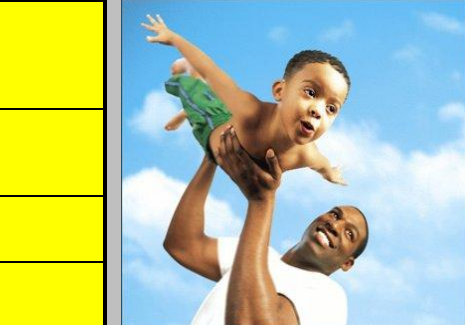


Kids Klub San Gabriel / Rosemead Menu

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		5/28 to 6/3	
B r k f  S n k  L n c h  S n k	  CLOSED IN OBSERVENCE OF	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, Non-GMO, Gluten Free Cheerios, Organic Banana & Milk				
		S n k	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	S n k	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	S n k	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	S n k	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	L u n c h	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				
		L n c h	Stir-fry with Organic Boneless Skinless Chicken and Organic Broccoli, Brown Rice & Milk and Chilled Water	L n c h	Hearty Homemade Organic Boneless Skinless Chicken and Organic Vegetable, Barilla Plus High Protein & Fiber Noodle Soup, Whole Wheat Bread, Fresh Organic Fruit & Chilled Water	L n c h	Cheese & Organic Vegetarian Bean Burritos on Whole Wheat Tortillas, Homemade Spanish Brown Rice, OrganicFresh Fruit & Milk and Chilled Water	L n c h	Seasoned Organic Lean Ground Beef Tacos with Shredded Cheese, Organic Tomatoes and Lettuce, Homemade Spanish Rice, Organic Pinto Beans & Milk and Chilled Water	S n k	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water				
		S n k	Non-Fat Greek Yogurt, Low fat Organic Granola, Organic Berries with Organic Honey & Chilled Water	S n k	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	S n k	Homemade Fresh Guacamole with Organic Tortilla Chips and Organic Salsa & Chilled Water	S n k	Whole Grain, Non-GMO, Gluten Free Cheerios, Organic Banana & Milk	D n r	Cheese & Organic Vegetarian Bean Burritos on Whole Wheat Tortillas, Homemade Spanish Brown Rice, OrganicFresh Fruit & Milk and Chilled Water				
								D n r	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	S n k	Assorted Healthy Snacks				

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>6/4 to 6/10</div> <div></div>	
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	<div>Kids Klub is Closed For Our Annual PreK Graduation</div>				
S n k	Homemade Healthy Fun Mix with Dried Cranberries, Pretzels, Baked Gold Fish and Non-GMO Cheerios & Chilled Water	S n k	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	S n k	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	S n k	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	S n k	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	L u n c h					
L n c h	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	L n c h	Pulled BBQ Organic Boneless Skinless Chicken Sandwich on Whole Wheat Bread, Organic Fresh Fruit, Organic Baked Sweet Potato Sticks & Milk and Chilled Water	L n c h	Homemade Organic Lean Meatloaf made with Oatmeal, Light & Healthy Organic Mashed Potatoes, Organic Fruit & Milk and Chilled Water	L n c h	Stir-fry Organic Boneless Skinless Chicken, Organic Vegetable & Egg Fried Brown Rice, Organic Fresh Fruit & Milk and Chilled Water	L n c h	Homemade Whole Wheat, Organic Tomato Sauce & Mozzarella Cheese Pizza, Organic Green Salad w/ Homemade Ranch, Milk & Chilled Water	S n k					
S n k	Sliced Cheddar/Monterey Jack Cheese with Sliced Organic Apples, Whole Grain Crackers & Chilled Water	S n k	Non-Fat Greek Yogurt, Low fat Organic Granola, Fresh Organic Berries with Organic Honey & Chilled Water	S n k	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	S n k	Organic Homemade Hummus with Organic Baked Pita Chips & Chilled Water	S n k	Whole Grain English Muffins, Cream Cheese, Organic Bananas & Chilled Water	D n r					
								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					

Monday 06/11/18		Tuesday 06/12/18		FATHER'S DAY EVENTS		Thursday 06/14/18		Friday 06/15/18		Saturday 06/16/18		Sunday 06/17/18		6/11 to 6/17	
B r k f	Whole Grain Cereal with Organic Raisins & Milk	B r k f	Oatmeal Fresh Fruit & Milk	B r k f	Whole Grain Cereal with Raisins & Milk	B r k f	Whole Grain Waffles, Organic Fresh Fruit & Milk	B r k f	Breakfast Sandwich on Whole Grain English Muffin (Organic Scrambled Eggs, Turkey Bacon and Cheese) with 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	S n k	Baby Carrots, Raisins, Homemade Ranch Dip & Water	S n k	Fresh Sliced Cucumbers, Celery, Homemade Ranch Dip & Water	S n k	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	S n k	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	L u n c h	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				
L n c h	Homemade Barilla Plus High Protein and Fiber Pasta & Cheese, Organic Fresh Fruit, Organic Steamed Vegetables & Milk and Chilled Water	L n c h	Pizza, Green Salad, Fresh Fruit, Milk & Chilled Water	L n c h	Barilla Plus High Protein & Fiber Pasta Bake with Lean Meat Sauce, Salad, Fresh Fruit, Milk & Chilled Water	L n c h	Whole Wheat Grilled Cheese Sandwich, Organic Green Salad with Homemade Ranch Dressing, Organic Fresh Fruit & Milk and Chilled Water	L n c h	Seasoned Organic Lean Ground Beef Tacos with Shredded Cheese, Organic Tomatoes and Lettuce, Homemade Spanish Rice, Organic Pinto Beans & Milk and Chilled Water	S n k	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water				
S n k	Sliced Cheddar/Monterey Jack Cheese with Sliced Organic Apples, Whole Grain Crackers & Chilled Water	S n k	Whole Grain Graham Crackers, Fresh Sliced Fruit & Chilled Water	S n k	Homemade Healthy Fun Mix w/Dried Cranberries, Pretzels, Baked Gold Fish & Non-GMO Cheerios & Chilled Water	S n k	Homemade Fresh Guacamole with Organic Tortilla Chips and Organic Salsa & Chilled Water	S n k	Whole Grain, Non-GMO, Gluten Free Cheerios, Organic Banana & Milk	D n r	Whole Wheat Grilled Cheese Sandwich, Organic Green Salad with Homemade Ranch Dressing, Organic Fresh Fruit & Milk and Chilled Water				
								D n r	Homemade Barilla Plus High Protein and Fiber Pasta & Cheese, Organic Fresh Fruit, Organic Steamed Vegetables & Milk and Chilled Water	S n k	Assorted Healthy Snacks				

Kids Klub San Gabriel / Rosemead 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		6/18 to 6/24	
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	S n k	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	S n k	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	S n k	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	S n k	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	L u n c h	Homemade Whole Wheat, OrganicTomato Sauce & Mozzarella Cheese Pizza, Organic Green Salad w/ Homemade Ranch, Milk & Chilled Water And/Or Healthy Sandwich Bar				
L n c h	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	L n c h	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	L n c h	Homemade Organic Lean Meatloaf made with Oatmeal, Light & Healthy Organic Mashed Potatoes, Organic Fruit & Milk and Chilled Water	L n c h	Roasted Teriyaki Organic Boneless Skinless Chicken over Brown Rice, Steamed Organic Broccoli & Milk and Chilled Water	L n c h	Homemade Whole Wheat, OrganicTomato Sauce & Mozzarella Cheese Pizza, Organic Green Salad w/ Homemade Ranch, Milk & Chilled Water	S n k	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water				
S n k	Sliced Cheddar/Monterey Jack Cheese with Sliced Organic Apples, Whole Grain Crackers & Chilled Water	S n k	Non-Fat Greek Yogurt, Low fat Organic Granola, Fresh Organic Berries with Organic Honey & Chilled Water	S n k	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	S n k	Organic Homemade Hummus with Organic Baked Pita Chips & Chilled Water	S n k	Whole Grain English Muffins, Cream Cheese, Organic Bananas & Chilled Water	D n r	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 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				

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		6/25 to 7/1	
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	S n k	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	S n k	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water	S n k	Fresh Sliced Melon, Whole Grain Graham Crackers & Chilled Water	S n k	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	L u n c h	Seasoned Organic Lean Ground Beef Tacos with Shredded Cheese, OrganicTomatoes and Lettuce, Homemade Spanish Rice, Organic Pinto Beans & Milk and Chilled Water And/Or Healthy Sandwich Bar				
L n c h	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	L n c h	Homemade Chili w/ Organic Lean Beef, Organic Kidney & Pinto Beans, Homemade Cornbread, Mixed Steamed Organic Vegetables & Milk and Chilled Water	L n c h	BBQ Organic Boneless Skinless Chicken, Organic Oven Baked Country Fries, Fresh Organic Fruit & Milk and Chilled Water	L n c h	Homemade Roasted Turkey with Organic Mashed Sweet Potatoes and Gravy, Organic Mixed Steamed Vegetables, Milk and Chilled Water	L n c h	Seasoned Organic Lean Ground Beef Tacos with Shredded Cheese, OrganicTomatoes and Lettuce, Homemade Spanish Rice, Organic Pinto Beans & Milk and Chilled Water	S n k	Fresh Sliced Organic Apples, Organic Animal Crackers & Chilled Water				
S n k	Sliced Cheddar/Monterey Jack Cheese with Sliced Organic Apples, Whole Grain Crackers & Chilled Water	S n k	Non-Fat Greek Yogurt, Low fat Organic Granola, Organic Berries with Organic Honey & Chilled Water	S n k	Fresh Organic Assorted Veggies* (varies by availability, see below*) with Homemade Ranch Dip & Chilled Water	S n k	Homemade Fresh Guacamole with Organic Tortilla Chips and Organic Salsa & Chilled Water	S n k	Whole Grain, Non-GMO, Gluten Free Cheerios, Organic Banana & Milk	D n r	Homemade Roasted Turkey with Organic Mashed Sweet Potatoes and Gravy, Organic Mixed Steamed Vegetables, 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				

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

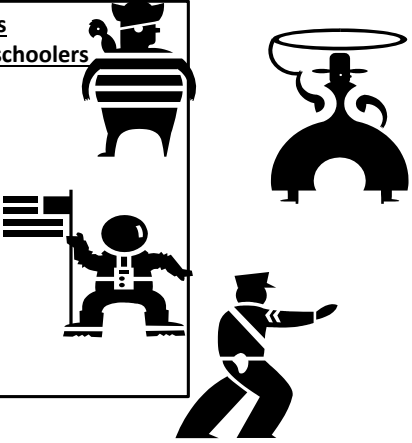
Protein Packed! - Kids Klub uses Barilla Plus

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.

ProteinPLUS® is made with non-GMO ingredients

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	¼ 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

