

# Harvest of the Month

Network for a Healthy California



## BERRIES

Circle all berries on the menu.

- How many did you circle?
- How many are red?
- How many are blue/purple?
- What is your favorite berry?

# Neighborhood House Association



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
WGR Corn Chex, Pear, & 1% Milk	WGR Bran Muffin, Apple, & 1% Milk	WGR Honey Granola, Banana, & 1% Milk	English Muffin, Blueberry Cream Cheese, Pear, & 1% Milk	WGR Kashi Heart to Heart, Cantaloupe, & 1% Milk
Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange, & 1% Milk	Baked Jerk Chicken, Jasmine Rice, Sesame Slaw with Snap Peas, Watermelon & 1% Milk	BBQ Beef Burger on Sliced WGR Wheat Berry Mini-Bun, Chopped Salad, Orange, & 1% Milk	Herb-Roasted Turkey with Herbed Gravy, WGR Wheat Berry Roll, Mashed Potato, Banana, & 1% Milk	Maple Chicken Salad Sandwich on WGR Wheat Berry Bread, Roasted Tomato Soup, Spring Salad, & 1% Milk
Graham Crackers & 1% Milk	Cheddar Cheese Stick, Wheat Crackers, & Water	Herbed Cottage Cheese with Italian Crostini, & Water	Sweet Potato Yogurt, WGR Graham Crackers, & Water	Harvest Applesauce & 1% Milk
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
WGR Rice Chex, Orange, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk	WGR Bran Muffin, Golden Delicious Apples, & 1% Milk	WGR Honey Granola, Pear, & 1% Milk
Maria's Famous Chili with Wheat Crackers, Broccoli Slaw, & 1% Milk	Curried Chicken Salad Sandwich, California Salad, Orange, & 1% Milk	Taco Salad with Beef, Beans & Corn, Romaine Lettuce, WGR Tortilla Chips, Pico de Gallo, & 1% Milk	WGR Sesame Noodles with Chicken & Vegetables, Cantaloupe, & 1% Milk	Beef Kebabs, Turmeric Rice with Raisins, Spinach-Cranberry Salad, Orange, & 1% Milk
Sweet Cottage Cheese with Golden Raisins & Cranberries, WGR Graham Crackers, & Water	Roasted Garlic & Rosemary Bean Soup, Wheat Cracker, & Water	Orange & 1% Milk	Green Monster Smoothie, Graham Crackers, & Water	Pico de Gallo with WGR Tortilla Chips & Water
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
WGR Corn Chex, Pear, & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk	English Muffin, Raspberry Cream Cheese, Orange, & 1% Milk	WGR Rice Chex, Apple, & 1% Milk	WGR Honey Granola, Pear, & 1% Milk
Grilled Chicken Taco on WGR Corn Tortilla with Pico de Gallo, Black Beans, Cilantro Cabbage Salad, & 1% Milk	Stewed Beef with White Rice, Italian Salad, Banana, & 1% Milk	Shredded Beef Tacos with Pico de Gallo on WGR Whole Wheat Tortilla, Pear, & 1% Milk	Sundried Tomato Bake with Smoked Paprika Chicken, Broccoli & Raisin Salad, Pear, & 1% Milk	Red Bean Soup, WGR Multi-Grain Roll, Kale Salad, Orange, & 1% Milk
WGR Graham Cracker & 1% Milk	Strawberry Smoothie, Apple, & Water	Southwestern Black Bean Dip with WGR Tortilla Chips & Water	Orange & 1% Milk	Arróz con Leche, Banana, & Water
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
WGR Rice Chex, Pear, & 1% Milk	WGR Bran Muffin, Apple, & 1% Milk	English Muffin, Apple Cinnamon Cream Cheese, Cantaloupe, & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk	WGR Kashi Heart to Heart, Orange, & 1% Milk
Turkey Cranberry with Sliced Tomato on WGR Wheat Berry Bread Bread, Cream of Potato Soup, Orange, & 1% Milk	Rotini alla Bolognese, Caesar Salad, Orange, & 1% Milk	Lentil Soup with WGR Multi-Grain Roll, Spinach-Cranberry Salad, Cantaloupe, & 1% Milk	Pesto Pasta with Oven Baked Chicken, Roasted Turmeric Cauliflower, Watermelon, & 1% Milk	Bean Taco on WGR Corn Tortilla & with Pico de Gallo, Spring Salad, & 1% Milk
Blueberry Mint Smoothie, WGR Graham Cracker, & Water	Edamame Hummus with Carrot Sticks & Water	Chocolate Butter, Apple Slices, & Water	Graham Cracker & 1% Milk	Herbed Cottage Cheese with Wheat Cracker & Water
Monday 29	Tuesday 30	TODDLER ACCOMODATIONS		
WGR Corn Chex, Pear, & 1% Milk	Multi-Grain Bagel, Cream Cheese, Pear, & 1% Milk	<i>Lettuce---Peas Spinach---Broccoli Pears---Soft Pears Apples---Applesauce Tortilla Chips---Soft Tortilla Carrot Sticks----Soft Carrots 1% Milk - Whole Milk WGR - Whole Grain Rich</i>		
Salvadoran Chicken Sandwich on Mini Kaiser, Spring Salad, Orange, & 1% Milk	Beef Picadillo, WGR Brown Rice, Cumin Carrots, Orange, & 1% Milk			
Pico de Gallo with WGR Tortilla Chips & Water	Sweet Potato Hummus with Pita Bread, & Water			
A P R I L 2 0 1 9				

# EAT YOUR BERRIES

## Berry Delicious

There are many kinds of berries. They taste great fresh, frozen, canned, and dried. And, they can be eaten with breakfast, lunch, and dinner, or as snacks and for dessert! Find these varieties and forms of berries in the word search puzzle. Then, write down all the different ways you like to eat berries.

BLACKBERRY	FRESH	KIWI
BLUEBERRY	FROZEN	RASPBERRY
CANNED	FRUIT	RED CURRANT
CRANBERRY	JUICE	STRAWBERRY

S	T	R	A	W	B	E	R	R	Y	E	A
C	B	F	U	N	R	B	F	R	E	S	H
R	R	L	P	L	A	D	L	E	Y	B	R
E	F	A	U	S	S	W	R	Z	N	L	A
D	J	K	N	E	P	E	D	A	I	A	Y
C	B	Z	Q	B	B	I	W	I	K	C	K
U	B	N	C	E	E	E	V	E	B	K	Q
R	Q	E	A	F	R	R	R	S	V	B	J
R	T	Z	N	Y	R	Y	R	R	K	E	U
A	B	O	N	O	Y	U	G	Y	Y	R	I
N	M	R	E	H	J	D	I	R	A	R	C
T	J	F	D	D	T	H	Q	T	R	Y	E

How do you like to eat berries? \_\_\_\_\_

## Reasons to Eat Berries

A ½ cup of sliced berries has lots of vitamin C. Eating a ½ cup of berries – like strawberries, blackberries, blueberries, and raspberries – is also a good way to get fiber and manganese. Berries are rich in phytochemicals, which help you stay healthy.

### Phytochemical Champions:\*

Berries, broccoli, carrots, cauliflower, collard greens, garlic, grapefruit, kiwifruit, limes, nuts, onions, pumpkin, sweet potatoes, and whole grains.

\*Phytochemical Champions are rich in phytochemicals.

## How Much Do I Need?

A ½ cup of berries is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day.

Look at the chart below to find out how much you need. Write it down on a paper and set a goal for how many fruits and vegetables you will eat each day. You can also set a goal to be active for at least 60 minutes. Look at your goals every day to remind yourself to be healthy.

### Recommended Daily Amounts of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.

## Nutrition Facts

Serving Size: ½ cup blueberries (74g)  
Calories 42      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 0%
Vitamin C 12%	Iron 1%