

# Harvest of the Month

Network for a Healthy California

Botanical name: *Capsicum annuum*



## PEPPERS

Circle all vegetables on the menu.

- How many vegetables are green?
- How many are red?
- How many are yellow?
- Draw a star next to your favorite vegetables.

# Neighborhood House Association



Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Holiday Nutrition Services Closed	WGR Toasted Oats, Orange, & 1% Milk	English Muffin, Cream Cheese, Orange, & 1% Milk	WGR Rice Chex, Apple, & 1% Milk	WGR Honey Granola, Pear, & 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
	Graham Cracker & 1% Milk	Southwestern Black Bean Dip with WGR Tortilla Chips & Water	Orange & 1% Milk	Arróz con Leche, Banana, & Water
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
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, Oranges, & 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	Black Bean and Corn Salad with Tortilla Chips and Water	Chocolate Butter, Apple, & Water	Orange & 1% Milk	Herbed Cottage Cheese with Wheat Cracker & Water
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
WGR Corn Chex, Pear, & 1% Milk	Multi-Grain Bagel, Cream Cheese, Pear, & 1% Milk	WGR Toasted Oats, Apple, & 1% Milk	English Muffin, Raspberry Cream Cheese, Orange, & 1% Milk	WGR Rice Chex, Watermelon, & 1% Milk
Salvadoran Chicken Sandwich on Mini Kaiser, Spring Salad, Orange, & 1% Milk	Beef Picadillo, WGR Brown Rice, Cumin Carrots, Orange, & 1% Milk	Balsamic Baked Chicken, Israeli Couscous with Apples, Cranberries, & Herbs, Braised Root Vegetables, Honeydew, & 1% Milk	Toasted Coconut Chicken, WG Brown Rice, Spinach-Cranberry Salad, Pear & 1% Milk	Black Bean Chili, WGR Corn Tortilla, California Salad, Banana, & 1% Milk
Pico de Gallo with WGR Tortilla Chips & Water	Sweet Potato Hummus with Pita Bread, & Water	Carrot Sticks with Sesame Dip & 1% Milk	Apple with Mozzarella Cheese Stick, & Water	Roasted Sweet Potato & Yogurt Parfait with WGR Honey Granola
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
WGR Corn Chex, Pear, & 1% Milk	WGR Bran Muffin, Apple, & 1% Milk	WGR Honey Granola, Banana, & 1% Milk	English Muffin, Tropical Mango 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
Cilantro Hummus with Carrot Sticks & Water	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 30	Toddler Accommodations	SEPTEMBER 2019		
WGR Rice Chex, Orange, & 1% Milk	Lettuce---Roasted Cauliflower Spinach---Broccoli Pears---Soft Pears Apples---Applesauce Tortilla Chips---Soft Tortilla Carrot Sticks ---Steamed Carrots WGR---Whole Grain Rich			
Maria's Famous Chili with Wheat Crackers, Broccoli Slaw, & 1% Milk				
Sweet Cottage Cheese with Golden Raisins & Cranberries, WGR Graham Crackers, & Water				