

Harvest of the Month

Network for a Healthy California



Botanical name: *Cucurbita pepo*

PUMPKINS

Circle all meals on the menu with orange fruits and vegetables in them.

- How many meals did you circle?
- What is your favorite orange fruit or vegetable?
- Why do you like to eat it?

Neighborhood House Association



Toddler Accommodations		OCTOBER 2021 HEAD START MENU NHA			Friday 1
Lettuce-Steamed Cauliflower Spinach-Steamed Broccoli Pears---Soft Pears Apples---Applesauce Tortilla Chips---Soft Tortilla Carrot Sticks---Steamed Carrots WGR---Whole Grain Rich *Water ---- Optional					WGR Kashi Heart to Heart, Cantaloupe, & 1% Milk Maple Chicken Salad Sandwich on WGR Wheat Berry Bread, Tomato Basil Soup, Spring Salad, & 1% Milk Harvest Applesauce & 1% Milk
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	
WGR Rice Chex, Orange, & 1% Milk Maria's Famous Chili with Wheat Crackers, Pear, & 1% Milk Sweet Cottage Cheese with Golden Raisins & Cranberries, WGR Graham Crackers, & Water*	WGR Corn Chex, Apple, & 1% Milk Curry Chicken Salad Sandwich, California Salad, Orange, & 1% Milk Roasted Garlic & Rosemary Bean Soup, Wheat Cracker, & Water*	WGR Toasted Oats, Banana, & 1% Milk Taco Salad with Pear, Beans & Corn, Romaine Lettuce, WGR Tortilla Chips, Pico de Gallo, & 1% Milk Orange & 1% Milk	Wheat Bagel with Pumpkin Cream Cheese, Golden Delicious Apples, & 1% Milk Mediterranean Pasta Salad with Grilled Chicken, Rainbow Salad, Cantaloupe, & 1% Milk Green Monster Smoothie, Graham Crackers, & Water*	WGR Honey Granola, Pear, & 1% Milk Moroccan Beef, Turmeric Rice with Raisins, Spinach-Cranberry Salad, Orange, & 1% Milk Pico de Gallo with WGR Tortilla Chips & Water*	
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	
WGR Corn Chex, Pear, & 1% Milk Grilled Chicken Taco on WGR Corn Tortilla with Pico de Gallo, Black Beans, Cilantro Cabbage Salad, & 1% Milk WGR Graham Cracker & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk Stewed Beef with White Rice, Italian Salad, Banana, & 1% Milk Pumpkin Spice Smoothie, Apple, & Water*	English Muffin, Raspberry Cream Cheese, Orange, & 1% Milk Shredded Beef Tacos with Pico de Gallo on WGR Whole Wheat Tortilla, Pear, & 1% Milk Southwestern Black Bean Dip with WGR Tortilla Chips	WGR Rice Chex, Apple, & 1% Milk Sundried Tomato Bake with Smoked Paprika Chicken, Broccoli & Raisin Salad, Pear, & 1% Milk Orange & 1% Milk	WGR Honey Granola, Pear, & 1% Milk Red Bean Soup, WGR Multi-Grain Roll, Citrus Kale Salad, Orange, & 1% Milk Arroz con Leche, Banana, & Water*	
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	
WGR Rice Chex, Pear, & 1% Milk Turkey Cranberry with Sliced Tomato on WGR Wheat Berry Bread, Cream of Potato Soup, Orange, & 1% Milk Blueberry Mint Smoothie & WGR Graham Cracker	WGR Corn Chex, Apple, & 1% Milk Rotini alla Bolognese, Caesar Salad, Orange, & 1% Milk Black Bean and Corn Salad with Tortilla Chips and Water*	English Muffin, Pumpkin Cream Cheese, Cantaloupe, & 1% Milk Lentil Soup with WGR Multi-Grain Roll, Spinach, Cranberry Salad, Cantaloupe, & 1% Milk Chocolate Butter, Apple, & Water*	WGR Toasted Oats, Orange, & 1% Milk Pesto Pasta with Oven Baked Chicken, Roasted Turmeric Cauliflower, Watermelon, & 1% Milk Orange & 1% Milk	WGR Kashi Heart to Heart, Orange, & 1% Milk Bean Taco on WGR Corn Tortilla & with Pico de Gallo, Spring Salad, & 1% Milk Herbed Cottage Cheese with Wheat Cracker & Water*	
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	
WGR Corn Chex, Pear, & 1% Milk Salvadoran Chicken Sandwich on Mini Kaiser, Pumpkin Soup, Orange, & 1% Milk Pico de Gallo with WGR Tortilla Chips & Water*	Whole Wheat Mini Bagel, Cream Cheese, Pear, & 1% Milk Beef Picadillo, WGR Brown Rice, Cumin Carrots, Orange, & 1% Milk Sweet Potato Hummus with Pita Bread, & Water*	WGR Toasted Oats, Apple, & 1% Milk Mediterranean Baked Chicken, Israeli Couscous with Apples, Cranberries, & Raisins, Braised Root Vegetables, Honeydew, & 1% Milk Carrot Sticks with Sesame Dip & 1% Milk	English Muffin, Raspberry Cream Cheese, Orange, & 1% Milk Toasted Coconut Chicken, WG Brown Rice, Spinach-Cranberry Salad, Pear & 1% Milk Apple with Mozzarella Cheese Stick, & Water*	WGR Rice Chex, Watermelon, & 1% Milk Black Bean Chili, WGR Corn Tortilla, California Salad, Banana, & 1% Milk Seasonal Parfait (Yogurt, Granola & Roasted Pumpkin)	