

# Harvest of the Month

Network for a Healthy California

Botanical name: *Diospyros kaki*



## PERSIMMONS

Circle all meals with orange fruits and vegetables in them.

- How many did you find?
- What is your favorite orange fruit?
- What is your favorite orange vegetable?
- How many orange fruits and vegetables will you eat this month?

# Neighborhood House Association



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
WGR Corn Chex, Pear, & 1% Milk	WGR Wheat Mini Bagel, Cream Cheese, 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, Persimmon, & 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, Tomato Basil 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 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	NHA Nutrition Services Closed	WGR Honey Granola, Pear, & 1% Milk
Maria's Famous Chili with Wheat Crackers, Pear, & 1% Milk	Curry Chicken Salad Sandwich, California Salad, Orange, & 1% Milk	Taco Salad with Beef, Beans & Corn, Romaine Lettuce, WGR Tortilla Chips, Pico de Gallo, & 1% Milk		Moroccan Beef, Turmeric Rice with Raisins, Spinach-Cranberry Salad, Persimmon, & 1% Milk
Sweet Cottage Cheese with Golden Raisins & Cranberries, WGR Graham Crackers, & Water*	Roasted Garlic & Rosemary Bean Soup, Wheat Cracker, & Water*	Orange & 1% Milk		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, Persimmon 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	Roasted Turkey with Gravy & Mashed Potatoes, Traditional Stuffing, Broccoli & Raisin Salad, Pumpkin Pie, & 1% Milk	Red Bean Soup, WGR Multi-Grain Roll, Citrus Kale Salad, Orange, & 1% Milk
WGR Graham Cracker & 1% Milk	Pumpkin Spice Smoothie, Apple, & Water*	Southwestern Black Bean Dip with WGR Tortilla Chips & Water*	Orange & 1% Milk <i>Happy Thanksgiving!</i>	Arroz con Leche, Banana, & Water*
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
WGR Rice Chex, Pear, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk	English Muffin, Apple Cinnamon Cream Cheese, Cantaloupe, & 1% Milk	NHA Nutrition Services Closed	NHA Nutrition Services Closed
Turkey Cranberry with Sliced Tomato on WGR Wheat Berry 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		
Blueberry Mint Smoothie, WGR Graham Cracker, & Water*	Black Bean and Corn Salad with Tortilla Chips and Water*	Chocolate Butter, Apple, & Water*		
Monday 29	Tuesday 30	Toddler Accommodations	<b>NOVEMBER 2021</b> <b>H.S.</b> <b>NHA</b>	
WGR Corn Chex, Pear, & 1% Milk	WGR Wheat Mini Bagel, Cream Cheese, Pear, & 1% Milk	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		
Salvadoran Chicken Sandwich on Mini Kaiser, Pumpkin Soup, Orange, & 1% Milk	<b>Beef Picadillo, WGR Brown Rice, Cumin Carrots, Persimmon, &amp; 1% Milk</b>			
Pico de Gallo with WGR Tortilla Chips & Water*	Sweet Potato Hummus with Pita Bread, & Water*			