

Harvest of the Month

Network for a Healthy California



APPLES

Circle all apples on the menu.

- How many did you find?
- How many different ways are apples served?
- How many apples do you plan to eat this week?

Neighborhood House Association



Toddler Accommodations		Wednesday 1	Thursday 2	Friday 3
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	<p style="text-align: center;">DECEMBER 2021 N.H.A MENU</p>	WGR Toasted Oats, Apple, & 1% Milk	English Muffin, Cream Cheese, Orange, & 1% Milk	WGR Rice Chex, Watermelon, & 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
		Carrot Sticks & 1% Milk	Mozzarella Cheese Stick with Wheat Crackers	Yogurt and WGR Granola
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
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, 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, 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 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
WGR Rice Chex, Orange, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk	WGR Wheat Mini Bagel with Cream Cheese, Golden Delicious Apples, & 1% Milk	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	Mediterranean Pasta Salad with Grilled Chicken, Rainbow Salad, Cantaloupe, & 1% Milk	Moroccan Beef, 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, WGR Graham Crackers, & Water*	Pico de Gallo with WGR Tortilla Chips & Water*
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
WGR Corn Chex, Pear, & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk	English Muffin, Cream Cheese, Orange, & 1% Milk	WGR Rice Chex, Apple, & 1% Milk	Holiday NHA Nutrition Services Closed
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	Roast Beef & Cheddar Sandwich with Lettuce & Tomato, Potato Salad, Pear, & 1% Milk NHA Nutrition Services Closed	Sundried Tomato Bake with Smoked Paprika Chicken, Broccoli & Raisin Salad, Pear, & 1% Milk	
WGR Graham Cracker & 1% Milk	Apple, & 1% Milk	Southwestern Black Bean Dip with WGR Tortilla Chips & Water*	Orange & 1% Milk	
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
WGR Rice Chex, Pear, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk	English Muffin, Cream Cheese, Cantaloupe, & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk	Holiday 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, Peaches, & 1% Milk	Lentil Soup with WGR Multi-Grain Roll, Spinach-Cranberry Salad, Cantaloupe, & 1% Milk	Turkey & Swiss Sandwich with Lettuce & Tomatoes, Potato Salad, Watermelon, & 1% Milk NHA Nutrition Services Closed	
WGR Graham Cracker, & 1% Milk	Cheese Stick & WGR Wheat Crackers	Chocolate Butter, Apple, & Water*	Persimmon & 1% Milk	