

Harvest of the Month

Network for a Healthy California

Botanical name: *Lactuca sativa*



SALAD GREENS

Visit the produce section of your grocery store.

- How many different types of lettuce did you find?
- What did the lettuce look like? Was it dark or light green? Curly or flat? Jagged or round edges?
- What is your favorite vegetable? What is your favorite fruit?

Neighborhood House Association



Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
WGR Rice Chex, Pear, & 1% Milk	Mini 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, Steamed Broccoli, 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
WGR Graham Crackers & 1% Milk	Sweet Potato Hummus with Pita Bread, & Water*	Carrot Sticks with Sesame Dip & 1% Milk	Apple with Mozzarella Cheese Stick, & Water*	Seasonal Parfait* (Yogurt and WGR Granola with Fruit) & Water*
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
WGR Rice Chex, Pear, & 1% Milk	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 Square, Wheat Crackers, & Water*	Herbed Cottage Cheese with Italian Crostini, & Water*	Sweet Potato Yogurt, WGR Graham Crackers, & Water*	Harvest Applesauce & 1% Milk
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Holiday NHA Nutrition Services Closed	WGR Rice Chex, Apple, & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk	Mini Bagel, Golden Delicious Apples, & 1% Milk	WGR Honey Granola, Pear, & 1% Milk
	Curry Chicken Salad Sandwich, California Salad, Orange, & 1% Milk	Taco Salad with Beef Beans & Corn, Romaine Lettuce, WGR Tortilla Chips, Black Beans, & 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
	Cheddar Cheese Square & Wheat Cracker	Orange & 1% Milk	Green Monster Smoothie, WGR Graham Crackers, & Water*	Pico de Gallo with WGR Tortilla Chips & Water*
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
WGR Rice Chex, Pear, & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk	English Muffin, Raspberry Cream Cheese, Orange, & 1%	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, Citrus 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	Arroz con Leche, Banana, & Water*
Monday 31	Toddler Accommodations		<h1>JANUARY 2022</h1> <h2>HEAD START MENU</h2>	
WGR Rice Chex, Pear, & 1% Milk	Lettuce-Steamed Cauliflower			
Turkey Cranberry with Sliced Tomato on WGR Wheat Berry Bread, Cream of Potato Soup, Orange, & 1% Milk	Spinach-Steamed Broccoli			
Blueberry Mint Smoothie, WGR Graham Cracker, & Water*	Pears---Soft Pears			
	Apples---Applesauce			
	Tortilla Chips---Soft Tortilla			
	Carrot Sticks---Steamed Carrots			
	WGR---Whole Grain Rich			
	*Water ---- Optional			