

Harvest of the Month

Network for a Healthy California



ORANGES

Circle all meals on the menu that contain an orange.

- How many did you find?
- Are there other orange fruits on the menu?
- What is your favorite way to eat an orange?
- What do you like best about oranges?

Neighborhood House Association



| Toddler Accommodations | Tuesday 1 | Wednesday 2 | Thursday 3 | Friday 4 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| 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 Corn Chex, Apple, & 1% Milk  | English Muffin, Apple Cinnamon Cream Cheese, Honeydew, & 1% Milk | WGR Toasted Oats, Banana, & 1% Milk | WGR Kashi Heart to Heart, Orange, & 1% Milk |
| | Rotini alla Bolognese, Caesar Salad, Orange, & 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 |
| | Black Bean and Corn Salad with Tortilla Chips and Water* | Chocolate Butter, Apple, & Water* | Graham Crackers & 1% Milk | Herbed Cottage Cheese with Wheat Cracker & Water* |
| Monday 7 | Tuesday 8 | Wednesday 9 | Thursday 10 | Friday 11 |
| WGR Corn Chex, Pear, & 1% Milk | WGR Wheat 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 |
| 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* | Seasonal Parfait* (Yogurt and WGR Granola with Fruit) |
| Monday 14 | Tuesday 15 | Wednesday 16 | Thursday 17 | Friday 18 |
| 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 | Turkey & Cheese Sandwich on WGR Wheat Berry Bread, Potato Salad, Orange, & 1% Milk NUTRITION SERVICES CLOSED |
| 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* | Applesauce & 1% Milk |
| Monday 21 | Tuesday 22 | Wednesday 23 | Thursday 24 | Friday 25 |
| WGR Rice Chex, Orange, & 1% Milk | WGR Corn Chex, Apple, & 1% Milk | WGR Toasted Oats, Banana, & 1% Milk | WGR Wheat Mini Bagel, Golden Delicious Apples, & 1% Milk | WGR Honey Granola, Pear, & 1% Milk |
| Roast Beef & Cheddar Sandwich on Whole Wheat Bread, Roasted Cauliflower, Sliced Apples, & 1% Milk NUTRITION SERVICES CLOSED | 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 |
| WGR Graham Crackers, & 1% Milk | 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 28 | | | | |
| WGR Corn Chex, Pear, & 1% Milk | <div>FEBRUARY 2022</div> <div>HEAD START Menu</div> | | | |
| Grilled Chicken Taco on WGR Corn Tortilla with Pico de Gallo, Black Beans, Cilantro Cabbage Salad, & 1% Milk | | | | |
| WGR Graham Cracker & 1% Milk | | | | |