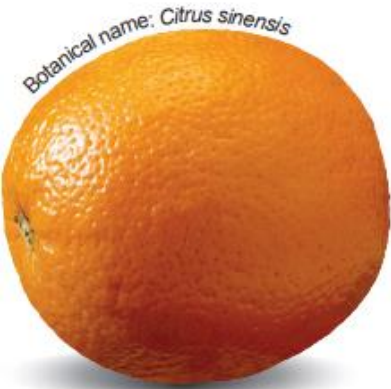


Harvest of the Month

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	FEBRUARY 2022 N.H.A. Menu			
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				