

Harvest of the Month

Network for a Healthy California



COOKED GREENS

Circle all vegetables on the menu.

- How many vegetables are raw?
- How many are cooked?
- What is your favorite cooked vegetable?
- What is your favorite cooked leafy green vegetable?

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 Toasted Oats, Orange, & 1% Milk Stewed Beef with White Rice, Italian Salad, Banana, & 1% Milk Strawberry Smoothie, Apple, & Water*	English Muffin, Raspberry Cream Cheese, Orange, & 1% Shredded Beef Tacos with Pico de Gallo on WGR Whole Wheat Tortilla, Pear, & 1% Milk Southwestern Black Bean Dip with WGR Tortilla Chips & Water*	WGR Rice Chex, Apple, & 1% Milk Sundried Tomato Bake with Smoked Paprika Chicken, Broccoli & Raisin Salad, Pear, & 1% Milk Orange & 1% Milk	WGR Honey Granola, Pear, & 1% Milk Red Bean Soup, WGR Multi-Grain Roll, Citrus Kale Salad, Orange, & 1% Milk Arroz con Leche, Banana, & Water*
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
WGR Rice Chex, Pear, & 1% Milk Turkey Cranberry with Sliced Tomato on WGR Wheat Berry Bread, Cream of Potato Soup, Orange, & 1% Milk Blueberry Mint Smoothie, WGR Graham Cracker, & Water*	WGR Corn Chex, Apple, & 1% Milk Rotini alla Bolognese, Caesar Salad, Orange, & 1% Milk Black Bean and Corn Salad with Tortilla Chips and Water*	English Muffin, Apple Cinnamon Cream Cheese, Honeydew, & 1% Milk Lentil Soup with WGR Multi-Grain Roll, Spinach-Cranberry Salad, Cantaloupe, & 1% Milk Chocolate Butter, Apple, & Water*	WGR Toasted Oats, Banana, & 1% Milk Pesto Pasta with Oven Baked Chicken, Roasted Turmeric Cauliflower, Watermelon, & 1% Milk Orange & 1% Milk	WGR Kashi Heart to Heart, Orange, & 1% Milk Bean Taco on WGR Corn Tortilla & with Pico de Gallo, Spring Salad, & 1% Milk Herbed Cottage Cheese with Wheat Cracker & Water*
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
WGR Corn Chex, Pear, & 1% Milk Salvadoran Chicken Sandwich on Mini Kaiser, Steamed Broccoli, Orange, & 1% Milk Pico de Gallo with WGR Tortilla Chips & Water*	Mini Bagel, Cream Cheese, Pear, & 1% Milk Beef Picadillo, WGR Brown Rice, Cumin Carrots, Orange, & 1% Milk Sweet Potato Hummus with Pita Bread, & Water*	WGR Toasted Oats, Apple, & 1% Milk Balsamic Baked Chicken, Israeli Couscous with Apples, Cranberries, & Herbs, Braised Root Vegetables, Honeydew, & 1% Milk Carrot Sticks with Sesame Dip & 1% Milk	English Muffin, Raspberry Cream Cheese, Orange, & 1% Milk Toasted Coconut Chicken, WG Brown Rice, Spinach-Cranberry Salad, Pear & 1% Milk Apple with Mozzarella Cheese Stick, & Water*	WGR Rice Chex, Watermelon, & 1% Milk Black Bean Chili, WGR Corn Tortilla, California Salad, Banana, & 1% Milk Seasonal Parfait* (Yogurt and WGR Granola with Roasted Apples) & Water*
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
WGR Corn Chex, Pear, & 1% Milk Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange, & 1% Milk Cilantro Hummus with Carrot Sticks & Water*	WGR Honey Granola, Apple, & 1% Milk Baked Jerk Chicken, Jasmine Rice, Sesame Slaw with Snap Peas, Watermelon & 1% Milk Cheddar Cheese Square, Wheat Crackers, & Water*	Mini Bagel, Cream Cheese, Banana, & 1% Milk BBQ Beef Burger on Sliced WGR Wheat Berry Mini-Bun, Chopped Salad, Orange, & 1% Milk Herbed Cottage Cheese with Italian Crostini, & Water*	WGR Kashi Heart to Heart, Cantaloupe, & 1% Milk Herb-Roasted Turkey with Herbed Gravy, WGR Wheat Berry Roll, Mashed Potato, Banana, & 1% Milk Sweet Potato Yogurt, WGR Graham Crackers, & Water*	English Muffin, Tropical Mango Cream Cheese, Pear, & 1% Milk Maple Chicken Salad Sandwich on WGR Wheat Berry Bread, Tomato Basil Soup, Spring Salad, & 1% Milk Harvest Applesauce & 1% Milk
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	
WGR Rice Chex, Orange, & 1% Milk Maria's Famous Chili with Wheat Crackers, Pear, & 1% Milk Sweet Cottage Cheese with Golden Raisins & Cranberries, WGR Graham Crackers, & Water*	WGR Corn Chex, Apple, & 1% Milk Curry Chicken Salad Sandwich, California Salad, Orange, & 1% Milk Roasted Garlic & Rosemary Bean Soup, Wheat Cracker, & Water*	WGR Toasted Oats, Banana, & 1% Milk Taco Salad with Beef, Beans & Corn, Romaine Lettuce, WGR Tortilla Chips, Pico de Gallo, & 1% Milk Orange & 1% Milk	Mini Bagel, Golden Delicious Apples, & 1% Milk Mediterranean Pasta Salad with Grilled Chicken, Rainbow Salad, Cantaloupe, & 1% Milk NHA NS CLOSED Green Monster Smoothie, WGR Graham Crackers, & Water*	

MARCH 2022
HEAD START MENU

