

# Harvest of the Month

Network for a Healthy California

Botanical name: *Diospyros kaki*



## PERSIMMONS

Circle all meals with orange fruits and vegetables in them.

- How many did you find?
- What is your favorite orange fruit?
- What is your favorite orange vegetable?
- How many orange fruits and vegetables will you eat this month?

# 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 Pumpkin Spice Smoothie*, Apple, & Water*	English Muffin, Persimmon Cream Cheese, Orange, & 1% Milk 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 Graham Crackers & 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 Persimmon & 1% Milk	NHA NS CLOSED
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	
WGR Corn Chex, Pear, & 1% Milk Salvadoran Chicken Sandwich on Mini Kaiser, Pumpkin Soup*, Orange, & 1% Milk	Mini Bagel, Cream Cheese, Pear, & 1% Milk Beef Picadillo, WGR Brown Rice, Cumin Carrots, Persimmon, & 1% Milk	WGR Toasted Oats, Apple, & 1% Milk Balsamic Baked Chicken, Israeli Couscous with Apples, Cranberries, & Herbs, Braised Root Vegetables, Honeydew, & 1% Milk	English Muffin, Persimmon Cream Cheese, Orange, 1% Milk Roasted Turkey with Gravy, Bread Stuffing, Sweet Potato Mash, Pear, Pumpkin Pie, & 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 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
WGR Corn Chex, Pear, & 1% Milk Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Persimmon, & 1% Milk	WGR Honey Granola, Apple, & 1% Milk Baked Jerk Chicken, Jasmine Rice, Sesame Slaw with Snap Peas, Watermelon & 1% Milk	Mini Bagel, Cream Cheese, Banana, & 1% Milk BBQ Beef Burger on Sliced WGR Wheat Berry Mini-Bun, Chopped Salad, Orange, & 1% Milk	WGR Kashi Heart to Heart, Cantaloupe, & 1% Milk Turkey & Cheese Sandwich, Potato Salad, Banana, & 1% Milk NHA NS CLOSED	English Muffin, Cream Cheese, Pear, & 1% Milk Maple Chicken Salad Sandwich on WGR Wheat Bread, Orange, Spring Salad, & 1% Milk NHA NS CLOSED
Cilantro Hummus with Carrot Sticks & Water*	Cheddar Cheese Square, Wheat Crackers, & Water*	Herbed Cottage Cheese with Wheat Crackers, & Water*	Graham Crackers, & 1% Milk	Applesauce & 1% Milk
Monday 28	Tuesday 29	Wednesday 30	<div>NOVEMBER 2022</div> <div>Head Start Menu</div> <div>External</div>	
WGR Rice Chex, Pear, & 1% Milk Maria's Famous Chili with Wheat Crackers, Pear, & 1% Milk WGR Graham Crackers, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk Curry Chicken Salad Sandwich with Tomatoes & Lettuce, 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, Apple, & 1% Milk Orange & 1% Milk		