

# Harvest of the Month

Network for a Healthy California



## APPLES

Circle all apples on the menu.

- How many did you find?
- How many different ways are apples served?
- How many apples do you plan to eat this week?

# Neighborhood House Association



| December 2022  |  |  | Thursday 1   | Friday 2  |
|--|--|--|--|---|
| External Menu  |  |  | Mini Bagel with Apple Cream Cheese, Golden Delicious Apples, & 1% Milk                     | WGR Honey Granola, Pear, & 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   |
|  |  |  | Green Monster Smoothie, WGR Graham Crackers, &   | Pico de Gallo with WGR Tortilla Chips & Water*  |
| Monday 5   | Tuesday 6  | Wednesday 7  | Thursday 8   | Friday 9  |
| WGR Corn Chex, Pear, & 1% Milk   | WGR Toasted Oats, Orange, & 1% Milk  | WGR English Muffin, Raspberry Cream Cheese, Orange, & 1%   | WGR Rice Chex, Apple, & 1% Milk  | WGR Honey Granola, Pear, & 1% Milk  |
| Grilled Chicken Taco on Corn Tortilla with Pico de Gallo, Black Beans, Cilantro Cabbage Salad, Pear, & 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  | Graham Crackers & 1% Milk  | Arroz con Leche, Banana, & Water*   |
| Monday 12  | Tuesday 13   | Wednesday 14   | Thursday 15  | Friday 16   |
| WGR Rice Chex, Pear, & 1% Milk   | WGR Corn Chex, Apple, & 1% Milk  | WGR English Muffin, Apple Cinnamon Cream Cheese, Honeydew, & 1% Milk   | WGR Toasted Oats, Banana, & 1% Milk  | WGR Kashi Heart to Heart, Orange, & 1% Milk   |
| Turkey Cranberry with Sliced Tomato on WGR Wheat Berry Bread, Cream of Potato Soup, 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, Apple, & 1% Milk     |
| Blueberry Mint Smoothie, WGR Graham Cracker, &   | Black Bean and Corn Salad with Tortilla Chips and                                  | Chocolate Butter, Apple, & Water*  | Graham Crackers & 1% Milk  | Herbed Cottage Cheese with Wheat Cracker & Water*                                       |
| Monday 19  | Tuesday 20   | Wednesday 21   | Thursday 22  | Friday 23   |
| WGR Corn Chex, Pear, & 1% Milk   | Mini Bagel, Cream Cheese, Pear, & 1% Milk  | WGR Toasted Oats, Apple, & 1% Milk   | WGR English Muffin, Cream Cheese, Orange, & 1% Milk  | WGR Rice Chex, Watermelon, & 1% Milk  |
| Salvadoran Chicken Sandwich on Mini Kaiser, Steamed Carrots, 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            | Curry Chicken Salad Sandwich, Potato Salad, Banana, & 1% Milk                           |
| Graham Crackers & Milk   | Sweet Potato Hummus with Pita Bread, & Water*                                      | Carrot Sticks with Sesame Dip & 1% Milk  | Apple with Mozzarella Cheese Stick, & Water*   | NHA NS CLOSED<br>Graham Crackers & 1% Milk  |
| Monday 26  | Tuesday 27   | Wednesday 28   | Thursday 29  | Friday 30   |
| WGR Corn Chex, Pear, & 1% Milk   | WGR Honey Granola, Apple, & 1% Milk  | Mini Bagel, Cream Cheese, Banana, & 1% Milk  | WGR Toasted Oats, Cantaloupe, & 1% Milk  | WGR English Muffin, Cream Cheese, Pear, & 1% Milk                                       |
| Roast Beef & Cheddar Sandwich, Caesar Salad, Orange, & 1% Milk   | Baked Jerk Chicken, Jasmine Rice, Sesame Slaw with Snap Peas, Watermelon & 1% Milk | Mediterranean Pasta Salad with Chicken, Rainbow Salad, Cantaloupe & 1% Milk  | Black Bean Chili, WGR Corn Tortilla, Steamed Carrots, Sliced Peaches, & 1% Milk            | Maple Chicken Salad Sandwich on WGR Wheat Berry Bread, Spring Salad, Oranges, & 1% Milk |
| NHA NS CLOSED  |  | NHA NS CLOSED  |  | NHA NS CLOSED   |
| Cilantro Hummus with Carrot Sticks & Water*  | Cheddar Cheese Square, Wheat Crackers, & Water*                                    | Herbed Cottage Cheese with Italian Crostini, & Water*  | WGR Graham Crackers, & 1% Milk   | Harvest Applesauce & 1% Milk  |