

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
Internal 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 WGR Corn Tortilla with Pico de Gallo, Black Beans, Cilantro Cabbage Salad, & 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, & 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 & 1% Milk	Sweet Potato Hummus with Pita Bread, & Water*	Carrot Sticks with Sesame Dip & 1% Milk	Apple with Mozzarella Cheese Stick, & Water*	NHA NS CLOSED 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, Apples, & 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