

# Harvest of the Month

Network for a Healthy California



## SALAD GREENS

Visit the produce section of your grocery store.

- How many different types of lettuce did you find?
- What did the lettuce look like? Was it dark or light green? Curly or flat? Jagged or round edges?
- What is your favorite vegetable? What is your favorite fruit?

# Neighborhood House Association



Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
WGR Rice Chex, Orange, & 1% Milk <b>NHA NS Closed</b>	WGR Corn Chex, Fruit, & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk	Mini Bagel with Apple Cream Cheese, Golden Delicious Apples, & 1% Milk	WGR Honey Granola, Pear, & 1% Milk
Turkey & Cheese Sandwich, Potato Salad, Pear, & 1% Milk	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
Sweet Cottage Cheese with Golden Raisins & Cranberries, WGR Graham Crackers	Cheddar Cheese, Wheat Cracker, & Water*	Orange & 1% Milk	Green Monster Smoothie, WGR Graham Crackers, & Water*	Pico de Gallo with WGR Tortilla Chips & Water*
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
WGR Corn Chex, Pear, & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk	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	<b>Tropical Carrot Smoothie*</b> & Apple *seasonal	Southwestern Black Bean Dip with WGR Tortilla Chips	Orange & 1% Milk	Arroz con Leche, Banana, & Water*
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
WGR Rice Chex, Pear, & 1% Milk <b>NHA NS Closed</b>	WGR Corn Chex, Apple, & 1% Milk	English Muffin, Apple Cinnamon Cream Cheese, Honeydew, & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk	WGR Bran Cereal, Orange, & 1% Milk
Turkey Cranberry with Sliced Tomato on WGR Wheat Berry Bread, Spring Salad, 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
WGR Graham Cracker, & 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 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
WGR Corn Chex, Pear, & 1% Milk	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, <b>Cauliflower Sop*</b> , Orange, & 1% Milk *seasonal	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 Roasted Apples)
Monday 30	Tuesday 31	<div>January 2023</div> <div>Internal Menu</div>		
WGR Corn Chex, Pear, & 1% Milk	WGR Honey Granola, Apple, & 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			
Cilantro Hummus with Carrot Sticks & Water*	Cheddar Cheese Square, Wheat Crackers, & Water*			