

# Harvest of the Month

Network for a Healthy California



## BERRIES

Circle all berries on the menu.

- How many did you circle?
- How many are red?
- How many are blue/purple?
- What is your favorite berry?

# Neighborhood House Association



Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
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>Ginger Carrot Soup*</b> , Orange, & 1% Milk <b>*Seasonal</b>	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*	Cheddar Cheese with Pita Bread, & Water*	Carrot Sticks with Sesame Dip & 1% Milk	Apple with Mozzarella Cheese Stick, & Water*	Vanilla Yogurt and WGR Granola
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
WGR Corn Chex, Pear, & 1% Milk	WGR Honey Granola, Apple, & 1% Milk	Mini Bagel, Cream Cheese, Banana, & 1% Milk	WGR Bran Flakes, Cantaloupe, & 1% Milk	English Muffin, Blueberry Cream Cheese, Pear, & 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	BBQ Beef Burger on Sliced WGR Wheat Berry Mini-Bun, Chopped Salad, Orange, & 1% Milk	Herb-Roasted Turkey with Herbed Gravy, WGR Wheat Berry Roll, Mashed Potato, Banana, & 1% Milk	Maple Chicken Salad Sandwich on WGR Wheat Berry Bread, Tomato Basil Soup, Spring Salad, Orange & 1% Milk
Cilantro Hummus with Carrot Sticks & Water*	Cheddar Cheese Square, Wheat Crackers, & Water*	Herbed Cottage Cheese with Italian Crostini, & Water*	Sweet Potato Yogurt, WGR Graham Crackers, & Water*	Harvest Applesauce & 1% Milk
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
WGR Rice Chex, Orange, & 1% Milk	WGR Corn Chex, Apple, & 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
Maria's Famous Chili with Wheat Crackers, Pear, & 1% Milk	Curry Chicken Salad Sandwich with Tomatoes & Lettuce, California Salad, Orange, & 1% Milk	Taco Salad with Beef, Beans & Corn, Romaine Lettuce, WGR Tortilla Chips, Pico de Gallo, Apple, & 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, & Water*	Roasted Garlic & Rosemary Bean Soup, Wheat Cracker, & Water*	Orange & 1% Milk	Green Monster Smoothie, WGR Graham Crackers, & Water*	Pico de Gallo with WGR Tortilla Chips & Water*
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
WGR Corn Chex, Pear, & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk	English Muffin, Raspberry Cream Cheese, Orange, & 1% Milk	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, 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	<b>Berry-Orange Smoothie*</b> , Apple, & Water <b>*Seasonal</b>	Southwestern Black Bean Dip with WGR Tortilla Chips & Water*	Orange & 1% Milk	Arroz con Leche, Banana, & Water*
Toddler Accommodations				
Lettuce-Steamd Cauliflower Spinach-Steamd Broccoli Pears---Soft Pears Apples---Applesauce Tortilla Chips---Soft Tortilla Carrot Sticks---Soft Carrots WGR---Whole Grain Rich *Water ---- Optional				
<div>April 2023</div> <div>External Menu</div> <div></div>				