

Harvest of the Month

Network for a Healthy California



Botanical name: *Cucurbita pepo*

PUMPKINS

Circle all meals on the menu with orange fruits and vegetables in them.

- How many meals did you circle?
- What is your favorite orange fruit or vegetable?
- Why do you like to eat it?

Neighborhood House Association



| | | | Toddler Accommodations | Friday 1 |
|---|---|--|--|--|
|  <h2>September 2023</h2> <p>External Menu</p> | | | Lettuce-Steamd Cauliflower Spinach-Steamd Broccoli Pears---Soft Pears Apples---Applesauce Tortilla Chips---Soft Tortilla Carrot Sticks---Soft Carrots WGR---Whole Grain Rich *Water ---- Option | English Muffin, Tropical Mango Cream Cheese, Pear, & 1% Milk Maple Chicken Salad Sandwich on WGR Wheat Berry Bread, Tomato Basil Soup, Spring Salad, Orange & 1% Milk Harvest Applesauce & 1% Milk |
| Monday 4 | Tuesday 5 | Wednesday 6 | Thursday 7 | Friday 8 |
| 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 | Grilled Chicken, Spanish Rice, Rainbow Salad, Cantaloupe, & 1% Milk | Moroccan Beef, Turmeric Rice with Raisins, Spinach-Cranberry Salad, Orange, & 1% Milk |
| Holiday, NHA NS Closed | | | | |
| Sweet Cottage Cheese with Golden Raisins & Cranberries, WGR Graham Crackers, & Water* | Sunbutter, Wheat Cracker, & Water* | WGR Graham Cracker & 1% Milk | Green Monster Smoothie, WGR Graham Crackers, & Water* | Pico de Gallo with WGR Tortilla Chips & Water* |
| Monday 11 | Tuesday 12 | Wednesday 13 | Thursday 14 | Friday 15 |
| 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 | Pumpkin Spice Smoothie* , Apple, & Water* *Seasonal | Southwestern Black Bean Dip with WGR Tortilla Chips & Water* | WGR Graham Cracker & 1% Milk | Arroz con Leche, Banana, & Water* |
| Monday 18 | Tuesday 19 | Wednesday 20 | Thursday 21 | Friday 22 |
| WGR Rice Chex, Pear, & 1% Milk | WGR Corn Chex, Apple, & 1% Milk | English Muffin, Apple Cinnamon Cream Cheese, Honeydew, & 1% Milk | WGR Toasted Oats, Banana, & 1% Milk | WGR Bran Flakes, 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, & Water* | Black Bean and Corn Salad with Tortilla Chips and Water* | Chocolate Butter, Apple, & Water* | WGR Graham Cracker & 1% Milk | Herbed Cottage Cheese with Wheat Cracker & Water* |
| Monday 25 | Tuesday 26 | Wednesday 27 | Thursday 28 | Friday 29 |
| 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, Pumpkin Soup* , 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 | Black Bean Chili, WGR Corn Tortilla, California Salad, Banana, & 1% Milk |
| *Seasonal | | | | |
| 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* | Fruit and Yogurt Parfait* , WGR Granola, Yogurt, & Pumpkin* *Seasonal |

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