

# Harvest of the Month

Network for a Healthy California

Botanical name: *Lactuca sativa*



## 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 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
	WGR Chex Cereal, Pear, & 1% Milk	English Muffin, Cream Cheese, Honeydew, & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk	WGR Bran Flakes, Orange, & 1% Milk
	Rotini alla Bolognese, Steamed Peas, 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, Honeydew, & 1% Milk	Bean Taco on WGR Corn Tortilla & with Pico de Gallo, Spring Salad, & 1% Milk
	WGR Graham Crackers & 1% Milk	Apple, & 1% Milk	WGR Graham Cracker & 1% Milk	Herbed Cottage Cheese with Wheat Cracker & Water*
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
WGR Chex Cereal, 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 Chex Cereal, Cantaloupe, & 1% Milk
Salvadoran Chicken Sandwich on Mini Kaiser, <b>Cauliflower Soup*</b> , 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
<b>*Seasonal</b>				
Pico de Gallo with WGR Tortilla Chips & Water*	Sweet Potato Hummus with Pita Bread, & Water*	Carrot Sticks with Yogurt Dip & 1% Milk	Apple with Mozzarella Cheese Stick, & Water*	<b>Seasonal Parfait*</b> Yogurt and WGR Granola with Oranges
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
WGR Chex Cereal, Pear, & 1% Milk	WGR Honey Granola, Apple, & 1% Milk	Mini Bagel, Cream Cheese, Banana, & 1% Milk	WGR Bran Flakes, Cantaloupe, & 1% Milk	English Muffin, Tropical Mango Cream Cheese, Pear, & 1% Milk
Turkey & Cheese Sandwich, Potato Salad, Orange, & 1% Milk	Baked Jerk Chicken, Jasmine Rice, Sesame Slaw with Snap Peas, Honeydew & 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, & 1% Milk
<b>Holiday - NHA NS Closed</b>				
Carrot Sticks & 1% Milk	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 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
WGR Chex Cereal, Orange, & 1% Milk	WGR Chex Cereal, 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, California Salad, Orange, & 1% Milk	Taco Salad with Beef, Beans & Corn, Romaine Lettuce, WGR Tortilla Chips, Pico de Gallo, & 1% Milk	Grilled Chicken, Spanish Rice, Rainbow Salad, Cantaloupe, & 1% Milk	Moroccan Beef, Turmeric Rice, 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*	WGR Graham Cracker & 1% Milk	Green Monster Smoothie, WGR Graham Crackers, & Water*	Pico de Gallo with WGR Tortilla Chips & Water*
Monday 29	Tuesday 30	Wednesday 31	<b>JANUARY</b>  <b>2024</b>	<b>Toddler Accommodations</b>  Lettuce---Steamed Cauliflower Spinach---Steamed Broccoli Pears---Soft Pears Apples---Applesauce Tortilla Chips---Soft Tortilla Carrot Sticks---Soft Carrots WGR---Whole Grain Rich *Water ---- Option
WGR Chex Cereal, Pear, & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk	English Muffin, Raspberry Cream Cheese, Orange, & 1%		
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		
WGR Graham Cracker & 1% Milk	<b>Tropical Carrot Smoothie*</b> & Apple <b>*Seasonal</b>	Southwestern Black Bean Dip with WGR Tortilla Chips & Water*	Internal Menu	