

# Harvest of the Month

Network for a Healthy California

Botanical name: *Citrus sinensis*



## ORANGES

Circle all meals on the menu that contain an orange.

- How many did you find?
- Are there other orange fruits on the menu?
- What is your favorite way to eat an orange?
- What do you like best about oranges?

# Neighborhood House Association



## February 2024



External Menu

|   |   |  | Thursday 1  | Friday 2   |
|---|---|--|---|--|
|   |   |  | WGR Rice Chex, Apple, & 1% Milk   | WGR Honey Granola, 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  | Arroz con Leche, Banana, & Water*  |
| Monday 5  | Tuesday 6   | Wednesday 7  | Thursday 8  | Friday 9   |
| 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, Honeydew, & 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 12   | Tuesday 13  | Wednesday 14   | Thursday 15   | Friday 16  |
| 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, 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>  |   |  |   | <b>NHA NS Closed</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>Parfait*</b> (Yogurt and WGR Granola with Mandarin Oranges)<br><b>*Seasonal</b>   |
| Monday 19   | Tuesday 20  | Wednesday 21   | Thursday 22   | Friday 23  |
| 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, Tropical Mango Cream Cheese, Pear, & 1% Milk   |
| Turkey & Cheese Sandwich, Caesar Salad, Orange, & 1% Milk<br><b>NHA NS Closed</b>                     | 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, Orange & 1% Milk   |
| 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 26   | Tuesday 27  | Wednesday 28   | Thursday 29   | Toddler Accommodations   |
| 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                        | Lettuce-Steamed Cauliflower<br>Spinach-Steamed Broccoli<br>Pears---Soft Pears<br>Apples---Applesauce<br>Tortilla Chips---Soft Tortilla<br>Carrot Sticks---Soft Carrots<br>WGR---Whole Grain Rich<br>*Water ---- Option |
| 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                           |  |
| 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*   |  |