

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 1 | Tuesday 2 | Wednesday 3 | Thursday 4 | Friday 5 |
|--|---|---|--|--|
| 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 |
| Turkey & Cheese Sandwich on WGR Whole Wheat Bread, Carrot Sticks, Pear, & 1% Milk NHA NS CLOSED | 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 8 | Tuesday 9 | Wednesday 10 | Thursday 11 | Friday 12 |
| 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, & 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 |
| Apple, & 1% Milk | Berry-Orange Smoothie, Graham Cracker, & Water* | Southwestern Black Bean Dip with WGR Tortilla Chips & Water* | WGR Graham Cracker & 1% Milk | Arroz con Leche, Banana, & Water* |
| Monday 15 | Tuesday 16 | Wednesday 17 | Thursday 18 | Friday 19 |
| 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, & 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 22 | Tuesday 23 | Wednesday 24 | Thursday 25 | Friday 26 |
| 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, Ginger-Carrot 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, Cantaloupe, & 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 Yogurt Dip & 1% Milk | Apple with Mozzarella Cheese Stick, & Water* | Parfait* (Yogurt and WGR Granola with Roasted Apples), & Water* |
| Monday 29 | Tuesday 30 | Toddler Accommodations | | |
| WGR Corn Chex, Pear, & 1% Milk | WGR Honey Granola, Apple, & 1% Milk | Lettuce-Steamed Cauliflower Spinach-Steamed Broccoli Pears---Soft Pears Apples---Applesauce Tortilla Chips---Soft Tortilla Carrot Sticks---Soft Carrots Kale---Steamed Peas Cabbage---Steamed Carrots *Water --- Optional | | |
| Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange, & 1% Milk | Baked Jerk Chicken, Jasmine Rice, Sesame Slaw with Snap Peas, Honeydew, & 1% Milk | | | |
| Cilantro Hummus with Carrot Sticks & Water* | Cheddar Cheese Square, Wheat Crackers, & Water* | | Internal | |