

Harvest of the Month

Network for a Healthy California



ROOT VEGETABLES

Circle all vegetables on the menu.

- How many are roots (carrots, turnips, parsnips)?
- How many are tubers (potatoes, yams)?
- Draw a star next to your favorite root or tuber.
- What is your favorite way to eat root vegetables?

Neighborhood House Association



	Toddler Accommodations	Wednesday 1	Thursday 2	Friday 3
	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	Mini Bagel, Cream Cheese, Banana, & 1% Milk BBQ Beef Burger on Sliced WGR Wheat Berry Mini-Bun, Chopped Salad, Orange, & 1% Milk Herbed Cottage Cheese with Italian Crostini, & Water*	WGR Bran Flakes, Cantaloupe, & 1% Milk Herb-Roasted Turkey with Herbed Gravy, WGR Wheat Berry Roll, Mashed Potato, Banana, & 1% Milk Sweet Potato Yogurt, WGR Graham Crackers, & Water*	English Muffin with 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 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
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 on WGR Wheat Bread, 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, 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 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
WGR Corn Chex, Pear, & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk	English Muffin with Raspberry Cream Cheese, Orange, & 1%	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	Cheesy Sun-Dried Tomato Mac N Cheese, 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, WGR Graham Cracker, & Water*	Southwestern Black Bean Dip with WGR Tortilla Chips & Water*	WGR Graham Cracker & 1% Milk	Arroz con Leche, Banana, & Water*
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
WGR Rice Chex, Pear, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk	English Muffin with 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, WGR Multi-Grain Roll, Spinach-Cranberry Salad, Cantaloupe, & 1% Milk	Pesto Penne 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 WGR Tortilla Chips and Water*	Cocoa Butter, Apple, & Water*	WGR Graham Cracker & 1% Milk	Herbed Cottage Cheese with Wheat Cracker & Water*
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
WGR Corn Chex, Pear, & 1% Milk	Mini Bagel with 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
Turkey & Cheese Sandwich on WGR Wheat Bread, Carrots, Orange, & 1% Milk NHA NS CLOSED	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*	Sweet Potato Hummus with Pita Bread, & Water*	Carrot Sticks with Yogurt Dip & 1% Milk	Apple with Mozzarella Cheese Stick, & Water*	Yogurt, WGR Granola and Roasted Apples Parfait, & Water*