

# 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	
 <p><b>MAY 2024</b> Internal</p>	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, Tropical Mango Cream Cheese, Pear, & 1% Milk Maple Chicken Salad Sandwich on WGR Wheat Berry Bread, Tomato Basil Soup, Spring Salad, & 1% Milk Harvest Applesauce & 1% Milk	
	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
	WGR Rice Chex, Orange, & 1% Milk Maria's Famous Chili with Wheat Crackers, Pear, & 1% Milk Sweet Cottage Cheese with Golden Raisins & Cranberries, WGR Graham Crackers, & Water*	WGR Corn Chex, Apple, & 1% Milk Curry Chicken Salad Sandwich, California Salad, Orange, & 1% Milk Roasted Garlic & Rosemary Bean Soup, Wheat Cracker, & Water*	WGR Toasted Oats, Banana, & 1% Milk Taco Salad with Beef, Beans & Corn, Romaine Lettuce, WGR Tortilla Chips, Pico de Gallo, & 1% Milk WGR Graham Cracker & 1% Milk	Mini Bagel with Apple Cream Cheese, Golden Delicious Apples, & 1% Milk Grilled Chicken, Spanish Rice, Rainbow Salad, Cantaloupe, & 1% Milk Green Monster Smoothie, WGR Graham Crackers, & Water*	WGR Honey Granola, Pear, & 1% Milk Moroccan Beef, Turmeric Rice, Spinach-Cranberry Salad, Orange, & 1% Milk Pico de Gallo with WGR Tortilla Chips & Water*
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	
WGR Corn Chex, Pear, & 1% Milk Grilled Chicken Taco on WGR Corn Tortilla with Pico de Gallo, Black Beans, Cilantro Cabbage Salad, & 1% Milk Apple & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk <b>CAPSLO OATMEAL</b> Stewed Beef with White Rice, Italian Salad, Banana, & 1% Milk Berry-Orange Smoothie, WGR Graham Cracker, & Water*	English Muffin, Raspberry Cream Cheese, Orange, & 1% Milk Shredded Beef Tacos with Pico de Gallo on WGR Whole Wheat Tortilla, Pear, & 1% Milk Southwestern Black Bean Dip with WGR Tortilla Chips & Water*	WGR Rice Chex, Apple, & 1% Milk Sundried Tomato Bake with Smoked Paprika Chicken, Broccoli & Raisin Salad, Pear, & 1% Milk WGR Graham Cracker & 1% Milk	WGR Honey Granola, Pear, & 1% Milk Red Bean Soup, WGR Multi-Grain Roll, Citrus Kale Salad, Orange, & 1% Milk Arroz con Leche, Banana, & Water*	
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	
WGR Rice Chex, Pear, & 1% Milk Turkey Cranberry with Sliced Tomato on WGR Wheat Berry Bread, Cream of Potato Soup, Orange, & 1% Milk Blueberry Mint Smoothie, WGR Graham Cracker, & Water*	WGR Corn Chex, Apple, & 1% Milk Rotini alla Bolognese, Caesar Salad, Orange, & 1% Milk Black Bean and Corn Salad with Tortilla Chips and Water*	English Muffin, Apple Cinnamon Cream Cheese, Honeydew, & 1% Milk Lentil Soup with WGR Multi-Grain Roll, Spinach-Cranberry Salad, Cantaloupe, & 1% Milk Chocolate Butter, Apple, & Water*	WGR Toasted Oats, Banana, & 1% Milk Pesto Pasta with Oven Baked Chicken, Roasted Turmeric Cauliflower, Honeydew, & 1% Milk WGR Graham Cracker & 1% Milk	WGR Bran Flakes, Orange, & 1% Milk Bean Taco on WGR Corn Tortilla with Pico de Gallo, Spring Salad, & 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 Salvadoran Chicken Sandwich on Mini Kaiser, Ginger-Carrot Soup, Orange, & 1% Milk <b>NHA NS CLOSED</b> Pico de Gallo with WGR Tortilla Chips & Water*	Mini Bagel, Cream Cheese, Pear, & 1% Milk Beef Picadillo, WGR Brown Rice, Cumin Carrots, Orange, & 1% Milk Sweet Potato Hummus with Pita Bread, & Water*	WGR Toasted Oats, Apple, & 1% Milk Balsamic Baked Chicken, Israeli Couscous with Apples, Cranberries, & Herbs, Braised Root Vegetables, Honeydew, & 1% Milk Carrot Sticks with Yogurt Dip & 1% Milk	English Muffin, Raspberry Cream Cheese, Orange, & 1% Milk <b>CAPSLO OATMEAL</b> Toasted Coconut Chicken, WG Brown Rice, Spinach-Cranberry Salad, Pear & 1% Milk Apple with Mozzarella Cheese Stick, & Water*	WGR Rice Chex, Cantaloupe, & 1% Milk Black Bean Chili, WGR Corn Tortilla, California Salad, Banana, & 1% Milk Yogurt, WGR Granola and Roasted Apples Parfait, & Water*	