

# Harvest of the Month

Network for a Healthy California

Botanical name: Diospyros kaki



## PERSIMMONS

Circle all meals with orange fruits and vegetables in them.

- How many did you find?
- What is your favorite orange fruit?
- What is your favorite orange vegetable?
- How many orange fruits and vegetables will you eat this month?

# Neighborhood House Association



|   |  |  | Toddler Accommodations  | Friday 1  |
|---|--|--|---|---|
|  <h2>November 2024</h2> <p>External</p> |  |  | 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>Cabbage---Steamed Carrots<br>*Water --- Optional | WGR Honey Granola, Pear, & 1% Milk<br>Moroccan Beef, Turmeric Rice, Spinach-Cranberry Salad, Persimmon, & 1% Milk<br>Pico de Gallo with WGR Tortilla Chips & Water* |
| Monday 4  | Tuesday 5  | Wednesday 6  | Thursday 7  | Friday 8  |
| WGR Corn Chex, Pear, & 1% Milk  | WGR Toasted Oats, Orange, & 1% Milk  | English Muffin, <b>Persimmon</b> 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, 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 with Smoked Paprika Chicken, Broccoli & Raisin Salad, Pear, & 1% Milk  | Turkey & Cheese Sandwich on WGR Whole Wheat Bread, Zucchini Soup, Orange, & 1% Milk   |
| Apple & 1% Milk   | * <b>Pumpkin Spice</b> Smoothie, WGR Graham Cracker, & Water*<br>* <b>Seasonal</b> | Southwestern Black Bean Dip with WGR Tortilla Chips & Water*   | WGR Graham Cracker & 1% Milk  | Arroz con Leche, Banana, & Water*   |
| Monday 11   | Tuesday 12   | Wednesday 13   | Thursday 14   | Friday 15   |
| WGR Rice Chex, Pear, & 1% Milk<br><b>THANK YOU, VETERANS</b>  | WGR Corn Chex, Apple, & 1% Milk  | English Muffin, Persimmon 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, Potato Salad, 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   |
| Vanilla Yogurt, WGR Graham Cracker, & Water*  | Pico de Gallo with Tortilla Chips and Water*                                       | Cocoa Butter, Apple, & 1% Milk   | WGR Graham Cracker & 1% Milk  | Herbed Cottage Cheese with Wheat Cracker & Water*   |
| Monday 18   | Tuesday 19   | Wednesday 20   | Thursday 21   | Friday 22   |
| WGR Corn Chex, Pear, & 1% Milk  | Mini Bagel, Cream Cheese, Pear, & 1% Milk  | WGR Toasted Oats, Apple, & 1% Milk   | WGR English Muffin, Raspberry Cream Cheese, Orange, & 1% Milk   | WGR Rice Chex, Cantaloupe, & 1% Milk  |
| Salvadoran Chicken Sandwich on Mini Kaiser, <b>Pumpkin Soup*</b> , Orange, & 1% Milk<br>* <b>Seasonal</b>               | Beef Picadillo, WGR Brown Rice, Cumin Carrots, Persimmon, & 1% Milk                | Balsamic Baked Chicken, Israeli Couscous with Apples, Cranberries, & Herbs, Braised Root Vegetables, Honeydew, & 1% Milk | Herb-Roasted Turkey with Gravy, Bread Stuffing, Mashed Potato, Honeydew, Pumpkin Pie, & 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 <b>Roasted Yam*</b> Parfait, & Water*<br>* <b>Seasonal</b>  |
| Monday 25   | Tuesday 26   | Wednesday 27   | Thursday 28   | Friday 29   |
| WGR Corn Chex, Pear, & 1% Milk  | WGR Honey Granola, Apple, & 1% Milk  | Mini Bagel, Cream Cheese, Banana, & 1% Milk  | <h1>Happy Holidays!</h1>  |   |
| Sicilian Meat Sauce over Penne Pasta, Caesar 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, Persimmon, & 1% Milk                                  |   |   |
| Cilantro Hummus, Carrot Sticks & Water  | Cheddar Cheese Square, Wheat Crackers, & Water*                                    | Herbed Cottage Cheese with Italian Crostini, & Water*  |   |   |