

# 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



November 2024			Toddler Accommodations	Friday 1
 <p>Internal</p>			Lettuce-Steamed Cauliflower Spinach-Steamed Broccoli Pears---Soft Pears Apples---Applesauce Tortilla Chips---Soft Tortilla Carrot Sticks----Soft Carrots Cabbage---Steamed Carrots *Water --- Optional	WGR Honey Granola, Pear, & 1% Milk Moroccan Beef, Turmeric Rice, Spinach-Cranberry Salad, Persimmon, & 1% Milk
				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* *Seasonal	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 <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, 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*	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	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 *Seasonal	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* *Seasonal
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*		