

Harvest of the Month

Network for a Healthy California



CRANBERRIES

Nutrition Knowledge

A cup of Cranberries will provide 4 grams of Fiber.
Cranberries are almost 90% water
Cranberries support healthy digestion and heart



Neighborhood House Association

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
WGR Rice Chex, Orange, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk	Mini Bagel with Apple Cinnamon 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 Lettuce & Tomato, 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 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
WGR Corn Chex, Pear, & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk	English Muffin, Cranberry 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 & Cheese with Smoked Paprika Chicken, Broccoli & Raisin Salad, Pear, & 1% Milk	Turkey & Cheese Sandwich on WGR Whole Wheat Bread, Zucchini Soup, Orange, & 1% Milk
Apples & 1% Milk	Pumpkin 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 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
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 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
Blueberry Mint Smoothie, WGR Graham Cracker, & Water*	Pico de Gallo with WGR Tortilla Chips & Water*	Chocolate Butter, Apple, & Water*	WGR Graham Cracker & 1% Milk	Herbed Cottage Cheese with Wheat Cracker & Water*
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
WGR Corn Chex, Pear, & 1% Milk	Mini Bagel, Cream Cheese, Pear, & 1% Milk	<h1>Holiday</h1>	English Muffin, Cream Cheese, Orange, & 1% Milk	WGR Rice Chex, Cantaloupe, & 1% Milk
Salvadoran Chicken Sandwich on Mini Kaiser, Cauliflower Soup* , Orange, & 1% Milk	Turkey & Cheese Sandwich, Potato Salad, Orange & 1% Milk NS Closed		Toasted Coconut Chicken, WGR Brown Rice, Spinach-Cranberry Salad, Pear & 1% Milk	Roast Beef Sandwich with Cheddar Cheese, California Salad, Banana, & 1% Milk NS Closed
Pico de Gallo with WGR Tortilla Chips & Water*	Sweet Potato Hummus with Pita Bread, & Water*		Apple with Mozzarella Cheese Stick, & Water*	Vanilla Yogurt & WGR Granola
Monday 30	Tuesday 31	Toddler Accommodations	External	
WGR Corn Chex, Pear, & 1% Milk	WGR Honey Granola, Apple, & 1% Milk	<ul style="list-style-type: none"> Lettuce -Steamed Cauliflower Spinach-Steamed Broccoli Pears-Soft pears Apples-Applesauce Tortilla Chips-Soft Tortillas Carrot Sticks-Soft Carrots Cabbage-Steam Carrots Water-Optional 		
Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange, & 1% Milk	Turkey & Cheese Sandwich, Potato Salad, Orange & 1% Milk NS Closed			
Cilantro Hummus with Carrot Sticks & Water*	Cheddar Cheese Square, Wheat Crackers, & Water*			

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