

# Harvest of the Month



Network for a Healthy California



Pineapples

## Nutrition Knowledge

Pineapples are low in calories but High in nutrition

Pineapples contain both vitamins A and K

Pineapple may help to prevent inflammation in the body

# Neighborhood House Association



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Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
WGR Corn Chex, Pear, & 1% Milk	WGR Honey Granola, Apple, & 1% Milk	Mini Bagel, Cream Cheese, Banana, & 1% Milk	WGR Bran Flakes, Cantaloupe, & 1% Milk	English Muffin, Tropical Cream Cheese, Pear, & 1% Milk
Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange, & 1% Milk	Jerk Chicken, Jasmine Rice, Sesame Slaw with Snap Peas, Honeydew & 1% Milk	BBQ Beef Burger on Sliced WGR Wheat Berry Mini-Bun, Chopped Salad, Orange, & 1% Milk	Herb-Roasted Turkey with Gravy, WGR Wheat Berry Roll, Mashed Potato, Banana, & 1% Milk	Maple Chicken Salad Sandwich on WGR Wheat Berry Bread, Tomato Basil Soup, Spring Salad, Orange & 1% Milk
Cilantro Hummus with Carrot Sticks & Water*	Cheddar Cheese Square, Wheat Crackers, & Water*	Herbed Cottage Cheese with Italian Crostini, & Water*	Sweet Potato Yogurt, WGR Graham Crackers, & Water*	Harvest Applesauce & 1% Milk
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
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 Apples, & 1% Milk	WGR Honey Granola, Pear, & 1% Milk
Maria's Famous Chili with Wheat Crackers, Pear, & 1% Milk	Curry Chicken Salad Sandwich 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	Chicken Salad Sandwich on Wheat Bread, Spinach-Cranberry Salad, Orange, & 1% Milk <b>NHA NS Closed</b>
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 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
WGR Corn Chex, Pear, & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk CAPSLO: Cinnamon Raisin Oatmeal	English Muffin, Cream Cheese, Orange, & 1%	WGR Rice Chex, Apple, & 1% Milk	WGR Honey Granola, Pear, & 1% Milk
Turkey & Cheese Sandwich, Potato Salad, Orange, & 1% Milk <b>NHA NS Closed</b>	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	Sundried Tomato Mac n Cheese with Smoked Paprika Chicken, Broccoli & Raisin Salad, Pineapple, & 1% Milk	Turkey & Cheese Sandwich on WGR Wheat Bread, Cream of Zucchini Soup, Orange, & 1% Milk
WGR Graham Cracker & 1% Milk	Apple, & 1% Milk	Southwestern Black Bean Dip with WGR Tortilla Chips	WGR Graham Cracker & 1% Milk	Arroz con Leche, Banana, & Water*
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
WGR Rice Chex, Pear, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk	English Muffin, Pineapple 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	Black Bean and Corn Salad with Tortilla Chips and Water*	Chocolate Butter, Apple, & Water*	WGR Graham Cracker & 1% Milk	Herbed Cottage Cheese with Wheat Cracker & Water*
				<b>Toddler Accommodations</b>
				Lettuce- Steamed Cauliflower Spinach- Steam Broccoli Pears- Soft pears Apples & Apple Sauce Tortilla Chips- Soft Tortillas Carrot Sticks – Soft Carrots Cabbage- Steam carrots Water optional

EXTERNAL