

# Harvest of the Month

Network for a Healthy California



## STRAWBERRY

### Knowledge of Nutrition

- Strawberries contain vitamin C and antioxidants, which can help strengthen the immune system
- Strawberries contain nutrients that may help manage blood pressure and lower the risk of heart disease
- Strawberries contain plant compounds that may help keep the brain sharp and prevent age-related memory loss.

## Neighborhood House Association



		Toddler Accommodations	Thursday 1	Friday 2
<div> <div>may 2025</div> <div>EXTERNAL</div> </div>		Lettuce- Steamed Cauliflower Spinach- Steamed Broccoli Pears- Soft Pears Apples - Applesauce Tortilla Chips- Soft Tortillas Carrot Sticks - Soft Carrots Cabbage- Steamed Carrots  <i>*Water optional - not a CACFP component</i>	WGR Rice Chex, Apple, & 1% Milk  Sundried Tomato Mac n Cheese with Smoked Paprika Chicken, Broccoli & Raisin Salad, Strawberries, & 1% Milk  WGR Graham Cracker & 1% Milk	WGR Honey Granola, Pear, & 1% Milk  Turkey & Cheese Sandwich on WGR Wheat Bread, Cream of Zucchini Soup, Orange, & 1% Milk  Arroz con Leche, Banana, & Water*
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
WGR Rice Chex, Pear, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk	English Muffin, Strawberry 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*	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*
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
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 <i>*CAPSLO Oatmeal, Orange &amp; 1% Milk</i>	WGR Rice Chex, Cantaloupe, & 1% Milk
Salvadoran Chicken Sandwich on Mini Kaiser, Ginger Carrot Soup, Orange, & 1% Milk	Beef Picadillo, WGR Brown Rice, Cumin Carrots, Strawberries, & 1% Milk	Balsamic Chicken, Israeli Couscous with Apples, Cranberries, & Herbs, Braised Root Vegetables, Honeydew, & 1% Milk	Toasted Coconut Chicken, WGR Brown Rice, Spinach-Cranberry Salad, Pear & 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*	Roasted Apple Parfait with WGR Granola & Water*
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
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 Mango 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 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
WGR Corn Chex, Pear, & 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
Turkey & Cheese Sandwich, Potato Salad, Oranges, & 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	Moroccan Beef, Turmeric Rice, Spinach-Cranberry Salad, Orange, & 1% Milk
NHA NS Closed				
WGR Graham Cracker & 1% Milk	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*