

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
		Lettuce- Steamed Cauliflower Spinach-Steamed Broccoli Pears- Soft Pears Apples - Applesauce Tortilla Chips- Soft Tortillas Carrot Sticks – Soft Carrots Cabbage- Steamed Carrots *Water optional - not a CACFP component	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 Turkey Cranberry with Sliced Tomato on WGR Wheat Berry Bread, Cream of Potato Soup, Orange, & 1% Milk Blueberry Mint Smoothie, WGR Graham Cracker, & Water*	WGR Corn Chex, Apple, & 1% Milk Rotini alla Bolognese, Caesar Salad, Orange, & 1% Milk Black Bean and Corn Salad with Tortilla Chips and Water*	English Muffin, Strawberry Cream Cheese, Honeydew, & 1% Milk Lentil Soup with WGR Multi-Grain Roll, Spinach-Cranberry Salad, Cantaloupe, & 1% Milk Chocolate Butter, Apple, & Water*	WGR Toasted Oats, Banana, & 1% Milk Pesto Pasta with Oven Baked Chicken, Roasted Turmeric Cauliflower, Honeydew, & 1% Milk WGR Graham Cracker & 1% Milk	WGR Bran Flakes, Orange, & 1% Milk Bean Taco on WGR Corn Tortilla & with Pico de Gallo, Spring Salad, & 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 Salvadoran Chicken Sandwich on Mini Kaiser, Ginger Carrot Soup, Orange, & 1% Milk Pico de Gallo with WGR Tortilla Chips & Water*	Mini Bagel, Cream Cheese, Pear, & 1% Milk Beef Picadillo, WGR Brown Rice, Cumin Carrots, Strawberries, & 1% Milk Sweet Potato Hummus with Pita Bread, & Water*	WGR Toasted Oats, Apple, & 1% Milk Balsamic Chicken, Israeli Couscous with Apples, Cranberries, & Herbs, Braised Root Vegetables, Honeydew, & 1% Milk Carrot Sticks with Yogurt Dip & 1% Milk	English Muffin, Raspberry Cream Cheese, Orange, & 1% Milk Toasted Coconut Chicken, WGR Brown Rice, Spinach-Cranberry Salad, Pear & 1% Milk Apple with Mozzarella Cheese Stick, & Water*	WGR Rice Chex, Cantaloupe, & 1% Milk Black Bean Chili, WGR Corn Tortilla, California Salad, Banana, & 1% Milk Roasted Apple Parfait with WGR Granola, & Water*
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
WGR Corn Chex, Pear, & 1% Milk Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange, & 1% Milk Cilantro Hummus with Carrot Sticks & Water*	WGR Honey Granola, Apple, & 1% Milk Jerk Chicken, Jasmine Rice, Sesame Slaw with Snap Peas, Honeydew & 1% Milk Cheddar Cheese Square, Wheat Crackers, & Water*	Mini Bagel, Cream Cheese, Banana, & 1% Milk BBQ Beef Burger on Sliced WGR Wheat Berry Mini-Bun, Chopped Salad, Orange, & 1% Milk Herbed Cottage Cheese with Italian Crostini, & Water*	WGR Bran Flakes, Cantaloupe, & 1% Milk Herb-Roasted Turkey with Gravy, WGR Wheat Berry Roll, Mashed Potato, Banana, & 1% Milk Sweet Potato Yogurt, WGR Graham Crackers, & Water*	English Muffin, Tropical Mango Cream Cheese, Pear, & 1% Milk Maple Chicken Salad Sandwich on WGR Wheat Berry Bread, Tomato Basil Soup, Spring Salad, & 1% Milk Harvest Applesauce & 1% Milk
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
WGR Corn Chex, Pear, & 1% Milk Turkey & Cheese Sandwich, Potato Salad, Oranges, & 1% Milk NHA NS Closed WGR Graham Cracker & 1% Milk	WGR Corn Chex, Apple, & 1% Milk Curry Chicken Salad Sandwich on WGR Wheat Bread, California Salad, Orange, & 1% Milk Roasted Garlic & Rosemary Bean Soup, Wheat Cracker, & Water*	WGR Toasted Oats, Banana, & 1% Milk Taco Salad with Beef, Beans & Corn, Romaine Lettuce, WGR Tortilla Chips, Pico de Gallo, & 1% Milk WGR Graham Cracker & 1% Milk	Mini Bagel with Apple Cinnamon Cream Cheese, Golden Apples, & 1% Milk Grilled Chicken, Spanish Rice, Rainbow Salad, Cantaloupe, & 1% Milk Green Monster Smoothie, WGR Graham Crackers, & Water*	WGR Honey Granola, Pear, & 1% Milk Moroccan Beef, Turmeric Rice, Spinach-Cranberry Salad, Orange, & 1% Milk Pico de Gallo with WGR Tortilla Chips & Water*