

Harvest of the Month

Network for a Healthy California



CHERRY TOMATOES

Knowledge of Nutrition

- Cherry tomatoes are a good source of vitamins A, C, and K
- Cherry tomatoes are rich in antioxidants, which can help protect against cancer, heart disease, and skin damage.
- Boost Immunity System

Neighborhood House Association



Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
WGR Corn Chex, Pear, & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk	English Muffin, Raspberry 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, & 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	Sun-dried Tomato Mac n Cheese with Smoked Paprika Chicken, Broccoli & Raisin Salad, Diced Tomatoes, & 1% Milk	Turkey & Cheese Sandwich on WGR Wheat Bread, Cream of Zucchini Soup, Orange, & 1% Milk
WGR Graham Cracker & 1% Milk	Berry Orange Smoothie *, Apple, & Water*	Southwestern Black Bean Dip with WGR Tortilla Chips & Water*	WGR Graham Cracker & 1% Milk	Arroz con Leche, Banana, & Water*
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
WGR Rice Chex, Pear, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk	English Muffin, Sun-Dried Tomato 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	Roast Beef & Cheddar Sandwich on WGR Wheat Berry Bread, Spinach-Cranberry Salad, Cantaloupe, & 1% Milk	Chicken Salad on WGR Wheat Bread, Roasted Turmeric Cauliflower, Honeydew, & 1% Milk	Turkey & Swiss Sandwich on WGR Wheat Berry Roll, Spring Salad, Banana, & 1% Milk
Blueberry Mint Smoothie, WGR Graham Cracker, & Water*	Black Bean and Corn Salad with Tortilla Chips and Water*	Mozzerella Cheese Stick, Apple, & Water*	WGR Graham Cracker & 1% Milk	Cheddar Cheese Square with Wheat Cracker & Water*
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
WGR Corn Chex, Pear, & 1% Milk	Mini Bagel, Cream Cheese, Pear, & 1% Milk	WGR Toasted Oats, Apple, & 1% Milk		WGR Rice Chex, Cantaloupe, & 1% Milk
Beef Sliders on Mini Kaiser Roll, Ginger Carrot Soup*, Orange, & 1% Milk	Beef Picadillo, WGR Brown Rice, Cumin Carrots, Diced Tomatoes, & 1% Milk	Balsamic Chicken, Israeli Couscous with Apples, Cranberries, & Herbs, Braised Root Vegetables, Honeydew, & 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		Yogurt Parfait with Roasted Apples, WGR Granola & Water
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
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, & 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 30	Toddler Accommodation	Internal Menu		
WGR Rice Chex, Orange, & 1% Milk	Lettuce- Steamed Cauliflower Spinach- Steamed Broccoli Pears- Soft Pears Apples - Applesauce Tortilla Chips- Soft Tortillas Carrot Sticks – Soft Carrots Cabbage- Soft Carrots			
Maria's Famous Chili with Wheat Crackers, Pear, & 1% Milk				
Cottage Cheese with Golden Raisins & Cranberries, WGR Graham Crackers, & Water*				
	*Water optional – not a CACFP component			