

Harvest of the Month

Network for a Healthy California



DRAGONFRUIT

Knowledge of Nutrition

- Dragon fruit offers several health benefits, including being a good source of fiber, antioxidants, and vitamin C.
- The fiber content in dragon fruit can help promote healthy digestion and gut health.
- Dragon fruit may help regulate blood sugar levels

Neighborhood House Association



Toddler Accommodations	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Lettuce- Steamed Cauliflower Spinach- Steamed Broccoli Pears- Soft Pears Apples - Applesauce Tortilla Chips- Soft Tortillas Carrot Sticks – Soft Carrots Cabbage- Steamed Carrots *Water optional – <i>not</i> a CACFP component	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, Apple, & 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*	 <i>Happy 4th of July!</i>
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
WGR Corn Chex, Pear, & 1% Milk Grilled Chicken Taco on WGR Corn Tortilla with Pico de Gallo, Black Beans, Cilantro Cabbage Salad, Pear, & 1% Milk WGR Graham Cracker & 1% Milk	WGR Toasted Oats**, Orange, & 1% Milk **CAPSLO: Cinnamon Raisin Oatmeal Stewed Beef with White Rice, Italian Salad, Banana, & 1% Milk Strawberry Smoothie Apple, & Water*	English Muffin, Raspberry Cream Cheese, Orange, & 1% Shredded Beef Tacos with Pico de Gallo on WGR Whole Wheat Tortilla, Pear, & 1% Milk Southwestern Black Bean Dip with WGR Tortilla Chips & Water*	WGR Rice Chex, Apple, & 1% Milk Sundried Tomato Mac n Cheese with Smoked Paprika Chicken, Broccoli & Raisin Salad, Dragon Fruit & 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 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
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, Dragon Fruit 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, Apple, & 1% Milk Herbed Cottage Cheese with Wheat Cracker & Water*
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
WGR Corn Chex, Pear, & 1% Milk Salvadoran Chicken Sandwich on Mini Kaiser, Cream of Zucchini 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, Dragon Fruit, & 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 **CAPSLO: Cinnamon Raisin Oatmeal 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 Yogurt Parfait with Peach Compote & WGR Granola & Water
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	 <i>July 2025</i> External
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*	