

Harvest of the Month

Network for a Healthy California



LIME

Knowledge of Nutrition

- Limes are high in vitamin C, antioxidants, and other nutrients. They may help boost immunity, reduce the chance of heart disease, prevent kidney stones, aid iron absorption, and promote healthy skin.
- Vitamin C could help wounds recover faster by reducing inflammation.

Neighborhood House Association



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
WGR English Muffin, Tropical Cream Cheese, Pineapple Tidbits, & 1% Milk	WGR Corn Chex, Apple Sauce, & 1% Milk	French Toast with Syrup, Pineapple & 1% Milk	WGR Cinnamon Raisin Oatmeal, Banana, & 1% Milk	WGR Bran Flakes, Cantaloupe, & 1% Milk
Maple Chicken Salad Sandwich on WGR Wheatberry Bread, Tomato Basil Soup, Mandarin Orange, & 1% Milk	Sicilian Meat Sauce, Penne Pasta, Caesar Salad, Orange, & 1% Milk	Bean Taco on WGR Corn Tortilla & Pico de Gallo, Spring Salad, Apple, & 1% Milk	BBQ Beef Burger on WGR Wheatberry Roll, Chopped Salad, Orange, & 1% Milk	Turkey Cranberry on WGR Squaw Roll, Broccoli-Cheddar Soup, Strawberries, & 1% Milk
Cinnamon Spiced Apples & 1% Milk NHA NS CLOSED	Cheddar Cheese Square, Wheat Crackers, & *Water	Cilantro Hummus with Carrot Sticks & Water*	WGR Graham Crackers, Pear, & Water*	Herbed Cottage Cheese with Sliced Baguette, & Water*
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
WGR Honey Granola, Pear, & 1% Milk	Waffle with Syrup, Apple, & 1% Milk	Vanilla Yogurt with Papaya & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk	Egg Omelet with Cheese, Pear, & 1% Milk
Yellow Curry with Chickpeas and Basmati Rice, Spinach-Cranberry Salad, Orange, & 1% Milk	Maria's Famous Chili with Wheat Crackers, Pear, & 1% Milk	Chicken Salad Sandwich on WGR Wheat Bread, California Salad, Honeydew, & 1% Milk	Honey-Rosemary Chicken, WGR Wheatberry Roll, Garlic Mashed Potatoes, Apple, & 1% Milk	Grilled Chicken, Spanish Rice, Bean & Corn Salad, Cantaloupe, & 1% Milk
Cottage Cheese with Raisins, WGR Graham Crackers, & Water*	Sunflower Butter & Jelly Sandwich on WGR Wheat Bread & Water*	WGR Goldfish Pretzels, Mozzarella String Cheese, & Water*	Roasted Beet Hummus with Pita Bread & Water*	Green Monster Smoothie with WGR Graham Cracker & Water*
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
WGR Pancake with Syrup, Pear, & 1% Milk	Sunflower Butter & Jelly Sandwich on WGR Wheat Bread, Pear, & 1% Milk	WGR Cinnamon Raisin Oatmeal, Orange, & 1% Milk	WGR English Muffin, Raspberry Cream Cheese, Pineapple, & 1% Milk	WGR Rice Chex, Golden Apple, & 1% Milk
Turkey & Cheese Sandwich on WGR Wheat Bread, Cream of Zucchini Soup, Orange, & 1% Milk	Tuscan White Beans with Fettuccine, Cucumber Coins, Banana, & 1% Milk	Curry Chicken & Rice Bowl, Orange Glazed Carrots, Honeydew, & 1% Milk	Asian Beef & Broccoli with WGR Noodles, Pear, & 1% Milk	Sundried Tomato Mac n Cheese with Smoked Paprika Chicken, California Salad, Mandarin Orange, & 1% Milk
Southwestern Black Bean Dip with WGR Tortilla Chips & Water*	Apple Salad with WGR Graham Cracker & Water*	Pumpkin Smoothie, Apple, & Water*	Mozzarella String Cheese, Mini Pretzels, & Water*	Sweet Potato Yogurt with WGR Graham Cracker & Water*
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Egg Omelet w/ Cheese, Orange, & Milk	WGR English Muffin, Lemon-Dill Cream Cheese, Pear, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk	Sunflower Butter & Jelly on WGR Wheat Bread, Honeydew, & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk
Lentil Soup with WGR Wheat Berry Roll, Spinach-Cranberry Salad, Cantaloupe, & 1% Milk	African Beef Stew with WGR Wheat Bread, Smothered Cabbage & Potatoes, Banana, & 1% Milk	Bolognese Sauce, WGR Spaghetti, Caesar Salad, Pineapple, & 1% Milk	Coconut Chicken, Cilantro-Lime Rice, Broccoli & Raisin Slaw, Orange & 1% Milk	Chicken Pesto Pasta, Roasted Turmeric Cauliflower, Honeydew, & 1% Milk
Cottage Cheese with Pineapple & Water*	Blueberry Mint Smoothie, WGR Graham Cracker, & Water*	Cocoa Hummus, Apple, & Water*	WGR Graham Cracker & 1% Milk	Arroz con Leche, Strawberries, & Water*
Monday 29	Tuesday 30	Toddler Accommodations		
WGR Rice Chex, Pear, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk	Lettuce- Steamed Cauliflower Spinach- Steamed Broccoli Pears- Soft Pears Apples - Applesauce Tortilla Chips- Soft Tortillas Carrot Sticks & Cabbage- Steamed Carrots *Water optional – not a CACFP component		
Black Bean Chili, WGR Corn Tortilla, California Salad, Orange & 1% Milk	Salvadoran Chicken Sandwich on Mini Kaiser Roll, Pumpkin Soup, Banana, & 1% Milk			
Pita Bread with Sundried Tomato Spread & 1% Milk	Pico de Gallo with WGR Tortilla Chips & Water*			

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