

Harvest of the Month

Network for a Healthy California



PUMPKIN

Knowledge of Nutrition

- Pumpkin offers a variety of health benefits due to its rich nutrient profile.
- It's a good source of vitamins A, C, and E, as well as antioxidants like beta-carotene, which can boost the immune system and protect against certain cancers. Pumpkin also contains potassium, magnesium, and fiber, which are beneficial for heart health, blood pressure regulation, and digestion.

Neighborhood House Association



 CAPSLO	Toddler Accommodations	Wednesday 1	Thursday 2	Friday 3
	Lettuce- Steamed Cauliflower Spinach- Steamed Broccoli Pears- Soft Pears Apples - Applesauce Tortilla Chips- Soft Tortillas Carrot Sticks & Cabbage - Steamed Carrots *Water optional – <i>not a CACFP component</i>	Egg Sandwich on Mini Bagel with Cheese, Cantaloupe & 1% Milk	WGR Toasted Oats, Pear, & 1% Milk	WGR Cinnamon Raisin Oatmeal, Orange & 1% Milk
		Beef Picadillo, WGR Brown Rice, Asparagus Salad, Apple, & 1% Milk	Beef Barbacoa Taco on WGR Corn Tortilla with Mango Pico de Gallo, Cilantro Cabbage Salad, & 1% Milk	Chicken Piccata with Orzo, Sweet Potato Mash, Pear & 1% Milk
		Berry-Delicious Smoothie Bowl with WGR Granola & Water*	Cucumber Coins with Herbed Yogurt Dip & 1% Milk	Garlic Hummus with Pretzels, & Water*
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
WGR English Muffin, Tropical Cream Cheese, Pineapple Tidbits, & 1% Milk	WGR Corn Chex, Apple, & 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, WGR Penne Pasta, Steamed Broccoli, Banana, & 1% Milk	Bean Taco on WGR Corn Tortilla & Pico de Gallo, Spring Salad, Apple, & 1% Milk	BBQ Beef Burger on WGR Wheatberry Roll, Potato Salad, Orange, & 1% Milk	Turkey Cranberry on WGR Squaw Roll, Broccoli-Cheddar Soup, Strawberries, & 1% Milk
Cinnamon Spiced Apples & 1% Milk	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 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
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, Balsamic Glazed Green Beans, Orange, & 1% Milk	Maria's Famous Chili with Wheat Crackers, Pear, & 1% Milk	Chicken Salad Sandwich on WGR Squaw Bread, Parmesan Zucchini, 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 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
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 Wheatberry 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, Pea Salad, Mandarin Orange, & 1% Milk
Southwestern Black Bean Dip with WGR Tortilla Chips & Water*	Apple Salad with WGR Graham Cracker & Water*	Pumkin Smoothie*, Apple, & Water*	Mozzarella String Cheese, Mini Pretzels, & Water*	Sweet Potato Yogurt with WGR Graham Cracker & Water*
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Thursday 31
Egg Omelet w/ Cheese, Orange, & 1% 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 Wheatberry Roll, Sauteed Calabacitas, 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 Salad, 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	Pumpkin Spiced Arroz con Leche, Strawberries, & Water*