

Harvest of the Month

Network for a Healthy California



AVOCADO

Knowledge of Nutrition

- Avocados are rich in healthy fats, particularly monounsaturated fatty acids, which are beneficial for heart health. They also contain a variety of vitamins and minerals, including:
- Vitamins: C, E, K, and B6
- Minerals: Potassium and magnesium
- Fiber: Essential for digestive health
- The avocado is virtually the only fruit that contains heart-healthy monounsaturated fat – good fat!

Neighborhood House Association



Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
WGR Rice Chex, Pear, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk	Egg Sandwich on Mini Bagel with Cheese, Cantaloupe & 1% Milk	WGR Toasted Oats, Pear, & 1% Milk	WGR Cinnamon Raisin Oatmeal, Orange & 1% Milk
Black Bean Chili, WGR Corn Tortilla, California Salad, Orange & 1% Milk	Salvadoran Chicken Sandwich on Mini Kaiser Roll, Pumpkin Soup, Banana, & 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
Pita Bread with Sundried Tomato Spread & 1% Milk	Pico de Gallo with WGR Tortilla Chips & Water*	Berry-Delicious Smoothie Bowl, Cinnamon Raisin Bread & Water*	Naan Bread with Herbed Yogurt Dip & 1% Milk	Garlic Hummus with Pretzels, & Water*
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
WGR English Muffin, Tropical Cream Cheese, Pineapple Tidbits, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk	French Toast with Syrup, Pears & 1% Milk	WGR Cinnamon Raisin Oatmeal, Apple, & 1% Milk	WGR Bran Flakes, Cantaloupe, & 1% Milk
Maple Chicken Salad Sandwich on WGR Wheatberry Bread, Tomato Basil Soup, Mandarin Orange, & 1% Milk	Turkey & Cheese Sandwich on WGR Wheat Bread, Potato Salad, Pear & Milk Nutrition Services Closed THANK YOU, VETERANS!	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*	Carrot Sticks with Herbed Ranch & 1% Milk	WGR Graham Crackers, Pear, & Water*	Herbed Cottage Cheese with Sliced Baguette, & Water*
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
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, Roasted Zucchini, Honeydew, & 1% Milk	Herb-Roasted Turkey with Gravy, Bread Stuffing, Garlic Mashed Potatoes, Apple, Pumpkin Pie, & 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 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
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		
Turkey & Cheese Sandwich on WGR Wheatberry Bread, Cream of Zucchini Soup, Orange, & 1% Milk	Tuscan White Beans with Fettuccine, Cucumber Coins, Banana, & 1% Milk	Herb-Roasted Turkey w/Gravy, Bread Stuffing, WGR Wheatberry Roll, Roasted Sweet Potatoes, Banana, Pumpkin Pie, & 1% Milk		
Southwestern Black Bean Dip with WGR Tortilla Chips & Water*	Apple Salad with WGR Graham Cracker & Water*	Pumpkin Smoothie, Apple, & Water*		
Toddler Accommodations	 November 2025 CAPSLO			
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				