

Harvest of the Month

Network for a Healthy California



LADY APPLE

Knowledge of Nutrition

Lady apples, also known as Pinova apples, offer several potential health benefits due to their nutritional content. They are a good source of fiber, which aids digestion and can help regulate blood sugar levels. Lady apples also contain antioxidants like vitamin C and polyphenols, which may help protect against cell damage and chronic diseases. Additionally, they can contribute to hydration and provide a source of vitamins and minerals like vitamin K and potassium.

Neighborhood House Association

4	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
	WGR Bran Flakes, Pear**, & 1% Milk	WGR English Muffin, 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, Orange, & 1% Milk	Bolognese Sauce, WGR Spaghetti, Caesar Salad**, Pineapple, & 1% Milk	Coconut Chicken, Cilantro-Lime Rice, Broccoli Salad, Orange & 1% Milk	Chicken with WGR Pesto Pasta, Roasted Turmeric Cauliflower, Honeydew, & 1% Milk
	Cheddar Stick with Wheat Cracker & Water*	Blueberry Mint Smoothie, WGR Graham Cracker, & Water*	Blueberry Muffin & 1% Milk	Cocoa Hummus, Apple**, & Water*	Arroz con Leche, Strawberries, & Water*
5	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
	WGR Rice Chex, Pear**, & 1% Milk	WGR Corn Chex, Apple**, & 1% Milk	Mini Bagel with Cream Cheese, Cantaloupe, & 1% Milk	WGR Toasted Oats, Pear**, & 1% Milk	WGR English Muffin, Cream Cheese, Orange, & 1% Milk
	Black Bean Chili, WGR Corn Tortilla, California Salad**, Orange & 1% Milk	Salvadoran Chicken Sandwich on Mini Kaiser Roll, Cauliflower Soup, Banana, & 1% Milk	Beef Picadillo, WGR Wheatberry Roll, Broccoli, Apple**, & 1% Milk	Beef Barbacoa Taco on WGR Corn Tortilla with Pico de Gallo, Orange, & 1% Milk	Chicken Piccata with WGR Wheatberry Roll, Sweet Potato Mash, Pear** & 1% Milk
	Pita Bread with Sundried Tomato Spread & 1% Milk	WGR Graham Cracker & 1% Milk	Cinnamon Raisin Bread & 1% Milk	Mozzarella Cheese Stick, Pretzels & Water*	Cottage Cheese with Naan Bread & Water*
1	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
	WGR Toasted Oats, Pineapple Tidbits, & 1% Milk	WGR Corn Chex, Apple**, & 1% Milk	Pineapple with Cottage Cheese, & 1% Milk	Mini Bagel with Cream Cheese, Cantaloupe, & 1% Milk	WGR Bran Flakes, Banana, & 1% Milk
	Maple Chicken Salad Sandwich on WGR Wheatberry Bread, Tomato Basil Soup, Mandarin Orange, & 1% Milk	Sicilian Meat Sauce, WGR Penne Pasta, 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 & Cheese on WGR Squaw Roll, Broccoli-Cheddar Soup, Applesauce, & 1% Milk
	Cinnamon Spiced Apples & 1% Milk	Cheddar Cheese Square, Wheat Crackers, & *Water	Cilantro Hummus with Carrots** & Water*	WGR Graham Crackers, Pear**, & Water*	Cottage Cheese with Sliced Baguette, & Water*
2	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
	WGR Honey Granola, Pear**, & 1% Milk	WGR Rice Chex, Apple**, & 1% Milk	WGR Bran Flakes, Orange & 1% Milk		WGR Corn Chex, Pear**, & 1% Milk
	Yellow Curry with Chickpeas and Basmati Rice, Sauteed Zucchini, Orange, & 1% Milk	Maria's Famous Chili with Wheat Crackers, Pear**, & 1% Milk	Chicken Salad Sandwich on WGR Squaw Bread, Carrots**, Banana, & 1% Milk		Turkey & Cheese Sandwich on WGR Wheat Bread, Potato Salad, Applesauce, & 1% Milk
	WGR Graham Crackers & 1% Milk	Sunflower Butter & Jelly Sandwich on WGR Wheat Bread & Water*	WGR Goldfish Pretzels, Mozzarella String Cheese, & Water* NS Closed		WGR Graham Cracker & 1% Milk NS Closed
3	Monday 29	Tuesday 30	Wednesday 31	Notes **Toddler Accommodations will be provided *Water optional – not a CACFP component	
	WGR Honey Granola, Pear**, & 1% Milk	Sunflower Butter & Jelly Sandwich on WGR English Muffin, Pear**, & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk		
	Turkey & Cheese Sandwich on WGR Wheatberry Bread, Cream of Zucchini Soup, Orange, & 1% Milk	Turkey & Cheese on WGR Wheat Bread, Potato Salad, Banana, & 1% Milk	Roast Beef & Cheese Sandwich on WGR Wheat Bread, Broccoli**, Pears**, & 1% Milk		
	Cottage Cheese, Sliced Apples & Water*	Applesauce with WGR Graham Cracker & Water* NS Closed	Mozzarella Cheese Stick, Wheat Crackers & Water* NS Closed		

