

Harvest of the Month

Network for a Healthy California



PAPAYA

Knowledge of Nutrition

Papayas are packed with antioxidants that help protect against chronic diseases and inflammation.

Papayas are also a good source of vitamin C, folate, and fiber. They also contain papain, which is a natural protein-digesting enzyme. It helps fight against infections and supports healing wounds.

Studies also show it can protect your skin and reduce sign of aging like wrinkling, sagging, etc.

Try eating about 1 cup of papaya day.

Neighborhood House Association

January 2026		Notes	Thursday 1	Friday 2
		**Toddler Accommodations will be provided *Water optional – not a CACFP component Milk (unflavored) 0-24 months: Whole Milk 24 months +: 1% Milk	 NS Closed	WGR Rice Chex, Applesauce, & 1% Milk
				Smoked Paprika Chicken with WGR Wheat Bread, Cauliflower, Mandarin Orange, & 1% Milk
				Yogurt with WGR Graham Cracker & Water*
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
WGR Bran Flakes, Orange, & 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, Banana, & 1% Milk	Bolognese with 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 Cheese Stick with Apples** & Water*	Blueberry Muffin & 1% Milk	Blueberry Mint Smoothie, WGR Graham Cracker, & Water*	Cocoa Hummus, Apple**, & Water*	Arroz con Leche, Strawberries, & Water*
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
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, Blueberry 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 Brown Rice, Asparagus Salad, Apple**, & 1% Milk	Beef Barbacoa Taco on WGR Corn Tortilla with Pico de Gallo, Steamed Carrots, & 1% Milk	Chicken Piccata with WGR Wheatberry Roll, 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 with Cinnamon Raisin Bread & Water*	Mozzarella Cheese Stick, Pretzels & Water*	Garlic Hummus with Naan Bread & Water*
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
 NS Closed	WGR Corn Chex, Apple**, & 1% Milk	Pineapple Tidbits with Cottage Cheese, & 1% Milk	Mini Bagel with Cream Cheese, Cantaloupe, & 1% Milk	WGR Bran Flakes, Banana, & 1% Milk
	Sicilian Meat Sauce, WGR Penne Pasta, Broccoli, Orange, & 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
	Cheddar Cheese Square, Wheat Crackers, & *Water	Blueberry Muffin & 1% Milk	WGR Graham Crackers, Pear**, & Water*	Herbed Cottage Cheese with Sliced Baguette, & Water*
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
WGR Honey Granola, Pear**, & 1% Milk	WGR Rice Chex, Apple**, & 1% Milk	Vanilla Yogurt with Papaya & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk	Mini Bagel with Apple Cinnamon Cream Cheese, 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, Carrot Ginger Soup, Honeydew, & 1% Milk	Honey-Rosemary Chicken, WGR Wheatberry Roll, Garlic Mashed Potatoes, Apple**, & 1% Milk	Grilled Chicken, Spanish Rice, Bean Salad, Cantaloupe, & 1% Milk
WGR Graham Cracker & 1% Milk	Sunflower Butter & Jelly Sandwich on WGR Wheat Bread & Water*	WGR Goldfish Pretzels, Mozzarella Cheese Stick, & Water*	Roasted Beet Hummus with Pita Bread & Water*	Green Monster Smoothie with WGR Graham Cracker & Water*

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