

# Harvest of the Month

Network for a Healthy California



## KUMQUAT

### Knowledge of Nutrition

- Kumquats are small, orange-like citrus fruits native to China, known for their sweet peel and tart flesh, which can be eaten whole, including the rind. manganese.
- Kumquats are beneficial for digestive health, boosting immunity, and skin health due to their high fiber, vitamin C, and antioxidant content. They can also support weight management due to being low in calories and high in fiber, and may help regulate blood sugar and lower cholesterol levels.

# Neighborhood House Association

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
3	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 Rice Chex, Pineapple, & 1% Milk	WGR English Muffin, Raspberry Cream Cheese, Golden Apple**, & 1% Milk
	Turkey & Cheese Sandwich on WGR Wheatberry Bread, Cream of Zucchini Soup, Orange, & 1% Milk	Tuscan White Beans with Fettuccine, Lemon Cauliflower, Banana, & 1% Milk	Curry Chicken & Naan Bread, 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*	Tropical Carrot Smoothie, Apple**, & Water*	Mozzarella Cheese Stick, Mini Pretzels, & Water*	Sweet Potato Yogurt with WGR Graham Cracker & Water*
	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
4	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 with WGR Spaghetti, Caesar Salad**, Pineapple, & 1% Milk	Coconut Chicken, Cilantro-Lime Rice, Broccoli, Orange & 1% Milk	Chicken with WGR Pesto Pasta, Bean Salad, 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 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
5	WGR Rice Chex, Pear**, & 1% Milk	WGR Corn Chex, Applesauce, & 1% Milk	Egg Sandwich on Mini Bagel with Cheese, Orange & 1% Milk	WGR Toasted Oats, Pear**, & 1% Milk	WGR Cinnamon Raisin Oatmeal, Orange & 1% Milk
	Turkey & Cheese Sandwich on Wheatberry Bread, Potato Salad, Orange, & 1% Milk	Salvadoran Chicken Sandwich on Mini Kaiser Roll, Cauliflower Soup, Banana, & 1% Milk	Beef Picadillo, WGR Wheatberry Roll, Asparagus, 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
	Blueberry Muffin & 1% Milk <b>NS CLOSED</b>	Graham Crackers & 1% Milk	Berry-Delicious Smoothie with Cinnamon Raisin Bread & Water*	Mozzarella Cheese Stick, Pretzels & Water*	Garlic Hummus with Naan Bread & Water*
	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
1	WGR Toasted Oats, Pineapple Tidbits, & 1% Milk	WGR Corn Chex, Apple**, & 1% Milk	French Toast with Syrup, Pineapple & 1% Milk	Mini Bagel with Cream Cheese, Cantaloupe, & 1% Milk	WGR Cinnamon Raisin Oatmeal, 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 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 Carrots** & Water*	WGR Graham Crackers, Pear**, & Water*	Herbed Cottage Cheese with Sliced Baguette, & Water*
Notes					
<p>**Toddler Accommodations will be provided</p> <p>*Water optional – <b>not a CACFP component</b></p> <p><b>Milk (unflavored)</b>                      0-24 months: Whole Milk                      24 months +: 1% Milk</p>					

**FEBRUARY**  
CAPSLO 2026

