

Harvest of the Month

Network for a Healthy California



FIG

Knowledge of Nutrition

- Figs are rich in dietary fiber and contain a digestive enzyme called **ficin**, which promotes regularity and prevents constipation
- High in potassium, figs help counteract the negative effects of sodium, which can reduce blood pressure and improve overall cardiovascular health
- They are a good source of calcium, magnesium, and potassium minerals essential for maintaining bone density and preventing osteoporosis.

Neighborhood House Association



Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
WGR Honey Granola, Pear**, & 1% Milk	Waffle with Syrup, Apple**, & 1% Milk	Vanilla Yogurt with Papaya & 1% Milk	Egg Omelet with Cheese, Banana, & 1% Milk	Mini Bagel with Apple Cinnamon Cream Cheese, Pear**, & 1% Milk
Yellow Curry with Chickpeas and Rice, Pea Salad, 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, Black 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*
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
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, Green Bean 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, Pretzels**, & Water*	Sweet Potato Yogurt with WGR Graham Cracker & Water*
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
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, 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 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
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, 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, Honeydew, & 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 30	Tuesday 31	Notes	<p>March CAPSLO 2026</p>	
WGR Toasted Oats, Pineapple Tidbits, & 1% Milk	WGR Corn Chex, Apple**, & 1% Milk	**Toddler Accommodations will be provided		
Maple Chicken Salad Sandwich on WGR Wheatberry Bread, Tomato Basil Soup, Mandarin Orange, & 1% Milk	Sicilian Meat Sauce, WGR Penne Pasta, Green Bean Salad, Banana, & 1% Milk	*Water optional – not a CACFP component		
Cinnamon Spiced Apples & 1% Milk	Cheddar Cheese Square, Wheat Crackers, & *Water	Milk (unflavored) 12-24 months: Whole Milk 24 months +: 1% Milk		