

Harvest of the Month

Network for a Healthy California



LEMON

Knowledge of Nutrition

- Lemons are tart, acidic citrus fruits from a small evergreen tree, known for their bright yellow color and high vitamin C content, making them a popular ingredient for flavoring drinks, marinades, and baked goods, as well as for their potential health benefits like boosting immunity and aiding digestion. They are a hybrid of the citron and bitter orange, originating in Asia, and are used globally for their juice, zest, and aroma.

Neighborhood House Association



		Wednesday 1	Thursday 2	Friday 3
		French Toast with Syrup, Pineapple, & 1% Milk	Mini Bagel with Cream Cheese, Cantaloupe, & 1% Milk	WGR Cinnamon Raisin Oatmeal, 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
		Cilantro Hummus with Carrots** & Water*	WGR Graham Crackers, Pear**, & Water*	Herbed Cottage Cheese with Sliced Baguette, & Water*
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
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 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 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
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*	Orange-Berry Smoothie, Crackers, & Water*	Mozzarella Cheese Stick, Pretzels**, & Water*	Sweet Potato Yogurt with WGR Graham Cracker & Water*
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
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, Zucchini, Orange & 1% Milk	Chicken with WGR Pesto Pasta, Roasted Turmeric Cauliflower, Honeydew, & 1% Milk
Cheddar Cheese Stick with Crackers, & Water*	Blueberry Muffin & 1% Milk	Blueberry Mint Smoothie, WGR Graham Cracker, & Water*	Cocoa Hummus, Apple**, & Water*	Arroz con Leche, Strawberries, & Water*
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Notes
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	<p>**Toddler Accommodations will be provided</p> <p>*Water optional – not a CACFP component</p> <p>Milk (unflavored) 12-24 months: Whole Milk 24 months +: 1% Milk</p>
Black Bean Chili, WGR Corn Tortilla, California Salad**, Orange & 1% Milk	Salvadoran Chicken Sandwich on Mini Kaiser Roll, Ginger Carrot 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	
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*	