

Harvest of the Month

Network for a Healthy California



MULBERRIES

Knowledge of Nutrition

Mulberries are highly nutritious, sweet-tart, blackberry-like fruits (often white, red, or black) packed with Vitamin C, iron, and antioxidants. They are known to boost heart health, improve blood sugar management, and offer potential anti-inflammatory properties. Primarily enjoyed fresh or dried, they are also used in jams and pies, and thrive in full sun and various soil types.

Neighborhood House Association



			Notes	Friday 1
			Toddler Accommodations will be provided *Water optional – <i>not a CACFP component</i> Milk (unflavored) 12-24 months: Whole Milk 24 months +: 1% Milk	WGR Cinnamon Raisin Oatmeal, Orange & 1% Milk Chicken Piccata with WGR Wheatberry Roll, Sweet Potato Mash, Pear, & 1% Milk Garlic Hummus with Naan Bread & Water*
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
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, Green Bean Salad, 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, Crackers, & Water*	Cilantro Hummus with Carrots** & Water*	WGR Graham Crackers, Pear**, & Water*	Herbed Cottage Cheese with Sliced Baguette, & Water*
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
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 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
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 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Egg Omelet w/ Cheese, 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, Sautéed Calabacitas, Cantaloupe, & 1% Milk	African Beef Stew with WGR Wheat Bread, Smothered Cabbage & Potatoes, Orange, & 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 NS Closed	Blueberry Muffin & 1% Milk	Mozzarella Cheese Stick, WGR Graham Cracker, & Water*	Cocoa Hummus, Apple**, & Water*	Arroz con Leche, Strawberries, & Water*