

# 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



| May 2026                                                                                            |                                                                                         |                                                                                    | Notes                                                                                   | Friday 1                                                                                               |
|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
|                                                                                                     |                                                                                         |                                                                                    | **Toddler Accommodations will be provided                                               | WGR English Muffin, Blueberry Cream Cheese, Orange, & 1% Milk                                          |
|                                                                                                     |                                                                                         |                                                                                    | *Water optional – <b>not a CACFP component</b>                                          | Chicken Piccata with WGR Wheatberry Roll, Sweet Potato Mash, Pear**, & 1% Milk                         |
|                                                                                                     |                                                                                         |                                                                                    | Milk (unflavored)<br>12-24 months: Whole Milk<br>24 months +: 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                                                       | Pineapple with Cottage Cheese & 1% Milk                                            | Mini Bagel with Cream Cheese, Cantaloupe, & 1% Milk                                     | WGR Bran Flakes, 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                                                                | 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 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 Honey Granola, Pear**, & 1% Milk                                                                | Sunflower Butter & Jelly Sandwich on WGR Wheat Bread, Pear**, & 1% Milk                 | WGR Toasted Oats, 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                                                                                              |
| 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, 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*<br>NS Closed                                            | Blueberry Muffin & 1% Milk                                                              | Mozzarella Cheese Stick, WGR Graham Cracker, & Water*                              | Cocoa Hummus, Apple**, & Water*                                                         | Arroz con Leche, Strawberries, & Water*                                                                |