

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 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
WGR Rice Chex, Pear**, & 1% Milk	WGR Corn Chex, Apple**, & 1% Milk	Mini Bagel with Cream Cheese, Cantaloupe, & 1% Milk	WGR Toasted Oats, Pear**, & 1% Milk	WGR English Muffin, Blueberry Cream Cheese, Orange, & 1% Milk
Black Bean Chili, WGR Corn Tortilla, California Salad**, Orange & 1% Milk	Salvadoran Chicken Sandwich on Mini Kaiser Roll, Carrot Ginger Soup, Banana, & 1% Milk	Beef Picadillo, WGR Wheatberry Roll, 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*	Cinnamon Raisin Bread & 1% Milk	Mozzarella Cheese Stick, Pretzels** & Water*	WGR Graham Cracker & 1% Milk
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
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	Turkey & Cheese on WGR Wheatberry Roll, Potato Salad, Orange, & 1% Milk	Turkey Cranberry on WGR Squaw Roll, Broccoli-Cheddar Soup, Strawberries, & 1% Milk
Sliced Apples & 1% Milk	Cheddar Cheese Square, Crackers, & *Water	Carrots & 1% Milk	WGR Graham Crackers, Pear**, & Water*	Cottage Cheese with Sliced Baguette, & Water*
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
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 Cream Cheese, Pear**, & 1% Milk
Turkey & Cheese Sandwich on WGR Wheat Bread, 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*	Pico de Gallo with Pita Bread & Water*	WGR Graham Cracker & 1% Milk
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
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 29	Tuesday 30	Notes		
WGR Bran Flakes, Orange, & 1% Milk	WGR English Muffin, Lemon-Dill Cream Cheese, Pear**, & 1% Milk	**Toddler Accommodations will be provided		
Lentil Soup with WGR Wheatberry Roll, Sauteed Calabacitas, Cantaloupe, & 1% Milk	African Beef Stew with WGR Wheat Bread, Smothered Cabbage & Potatoes, Banana, & 1% Milk	*Water optional – not a CACFP component		
Cheddar Cheese Stick with Crackers & Water*	Blueberry Muffin & 1% Milk	Milk (unflavored) 12-24 months: Whole Milk 24 months +/- 1% Milk		

