

Harvest of the Month

Network for a Healthy California



GOLD KIWI

Knowledge of Nutrition

- Gold kiwifruit, like Zespri SunGold, has smooth skin, bright yellow flesh, and a tropical, sweet flavor with hints of mango and pineapple, making it less tart than green kiwi. It's rich in Vitamin C, antioxidants, and fiber, and can be eaten by scooping it with a spoon, often without peeling. Ripe gold kiwis yield to slight pressure, and once ripe, should be refrigerated.
- Contains significantly more Vitamin C than an orange.

Neighborhood House Association



REV 6.22.2026		Wednesday 1	Thursday 2	Friday 3
		WGR Corn Chex, Apple**, & 1% Milk	Sunflower Butter & Jelly on WGR Wheat Bread, Honeydew, & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk
		Bolognese with WGR Spaghetti, Caesar Salad**, Pineapple, & 1% Milk	Coconut Chicken, Cilantro-Lime Rice, Zucchini, Watermelon & 1% Milk	Chicken with WGR Pesto Pasta, Roasted Turmeric Cauliflower, Honeydew, & 1% Milk
		Blueberry Mint Smoothie, WGR Graham Cracker, & Water*	Cocoa Hummus, Apple**, & Water*	Arroz con Leche, Strawberries, & Water*
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
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, Steamed Cauliflower, Orange & 1% Milk	Salvadoran Chicken Sandwich on Mini Kaiser Roll, Cream of Zucchini, 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 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
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, 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*	Cottage Cheese with Sliced Baguette, & Water*
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
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*	Cheddar Cheese Stick with WGR Graham Cracker & Water*
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
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, Orange, & 1% Milk
Southwestern Black Bean Dip with WGR Tortilla Chips** & Water*	Apple Salad with WGR Graham Cracker & Water*	Strawberry Smoothie, Apple**, & Water*	Mozzarella Cheese Stick, Pretzels**, & Water*	Yogurt with WGR Graham Cracker & Water*
**Toddler Accommodations will be provided		Milk (unflavored)		
*Water optional not a CACFP component		12-24 months: Whole Milk 24 months +: 1% Milk		