

Harvest of the Month

Network for a Healthy California



MELONS

Circle all meals that include melons. Draw a star next to all meals you would like to eat.

- How many different types of melons are on the menu?
- Are melons offered at the salad bar? What kind?
- What is your favorite kind of melon?

Neighborhood House Association



4

5

1

2

3

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
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	Cottage Cheese, Banana, & 1% Milk
Lentil Soup with WGR Wheatberry Roll, Sauteed Calabacitas, Watermelon, & 1% Milk	African Beef Stew with WGR Wheat Bread, Smothered Cabbage & Potatoes, Banana, & 1% Milk	Bolognese with WGR Spaghetti, Steamed Carrots, 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*	WGR Graham Cracker, Pineapple, & Water*
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Vanilla Yogurt, 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	Cinnamon Raisin Oatmeal, Orange & 1% Milk
Black Bean Chili, WGR Corn Tortilla, Roasted Cauliflower, Orange & 1% Milk	Salvadoran Chicken Sandwich on Mini Kaiser Roll, Cream of Zucchini, Banana, & 1% Milk	Beef Picadillo, WGR Brown Rice, Cumin Carrots, Apple**, & 1% Milk	Beef Barbacoa Taco on WGR Corn Tortilla, Zucchini, Honeydew, & 1% Milk	Chicken Piccata with WGR Wheatberry Roll, Sweet Potato Mash, Pear**, & 1% Milk
Pita Bread with Sundried Tomato Spread & 1% Milk	Cottage Cheese with WGR Tortilla Chips** & Water*	Berry Delicious Smoothie with Cinnamon Raisin Bread & Water*	Mozzarella Cheese Stick, Pretzels** & Water*	WGR Graham Cracker & 1% Milk
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
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	Teriyaki Chicken with White Rice, Root Vegetables, Banana, & 1% Milk	Beans, Spanish Rice, Zucchini Apple**, & 1% Milk	BBQ Beef Burger on WGR Wheatberry Roll, Potato Salad, Orange, & 1% Milk	Turkey Cranberry on WGR Squaw Roll, Broccoli-Cheddar Soup, Watermelon, & 1% Milk
Cinnamon Spiced Apples & 1% Milk	Cheddar Cheese Square, Crackers, & *Water	Garlic Hummus with Carrots** & Water*	Teddy Grahams, Pear**, & Water*	Applesauce with WGR Graham Cracker & Water*
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
WGR Honey Granola, Pear**, & 1% Milk	Waffle with Syrup, Apple**, & 1% Milk	Papaya and Granola Yogurt Parfait & 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 with Flour Tortilla, Refried Beans, 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*	Cottage Cheese with Sliced Baguette, & Water*
Monday 31	Notes			
WGR Pancake with Syrup, Pear**, & 1% Milk	**Toddler Accommodations will be provided			
Turkey & Cheese Sandwich on WGR Wheatberry Bread, Cream of Zucchini Soup, Orange, & 1% Milk	*Water optional – not a CACFP component			
Southwestern Black Bean Dip with WGR Tortilla Chips** & Water*	Milk (unflavored) 12-24 months: Whole Milk 24 months +: 1% Milk			



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