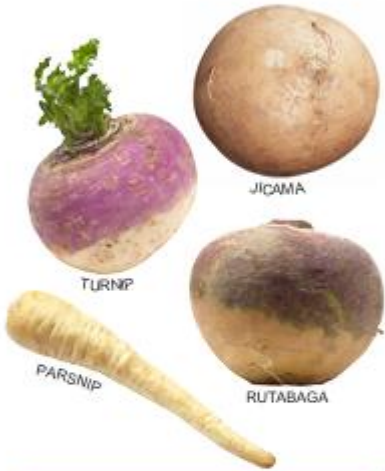


Harvest of the Month

Network for a Healthy California



ROOT VEGETABLES

Circle all vegetables on the menu.

- How many are roots (carrots, turnips, parsnips)?
- How many are tubers (potatoes, yams)?
- Draw a star next to your favorite root or tuber.
- What is your favorite way to eat root vegetables?

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Notes	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
*Water optional – not a CACFP component	WGR Rice Chex, Pear**, & 1% Milk	WGR Cinnamon Raisin Oatmeal, Orange, & 1% Milk	Vanilla Yogurt with Pineapple, & 1% Milk	WGR English Muffin, Raspberry Cream Cheese, Golden Apple**, & 1% Milk
Toddler Accommodations provided	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
***WGR substitute for 6+: WGR Graham Crackers	Apple Salad with WGR Graham Cracker & Water*	Strawberry Smoothie, Apple**, & Water*	Mozzarella Cheese Stick, WGR Goldfish Pretzels, & Water*	Sweet Potato Yogurt with WGR Graham Cracker & Water*
Milk (unflavored) 12-24 months: Whole Milk 24 months +: 1% Milk				
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Happy LABOR DAY CLOSED	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
	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
	Blueberry Muffin*** & 1% Milk	Mozzarella Cheese Stick, WGR Graham Cracker, & Water*	Cocoa Hummus, Apple**, & Water*	WGR Graham Cracker, Strawberries, & Water*
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
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	WGR Cinnamon Raisin Oatmeal, Orange & 1% Milk
Black Bean Chili, WGR Corn Tortilla, California Salad**, Orange & 1% Milk	Salvadoran Chicken Sandwich on Mini Kaiser Roll, Cream of Zucchini, Banana, & 1% Milk	Chicken Pozole, WGR Corn Tortillas, Cumin Carrots, Watermelon, & 1% Milk	Beef Barbacoa Taco on WGR Corn Tortilla with Pico de Gallo, Honeydew, & 1% Milk	Teriyaki Chicken, Macaroni Salad, Peas & Carrots, Pineapple & 1% Milk
WGR 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, WGR Goldfish Pretzels** & Water*	Garlic Hummus with Carrots** & Water*
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
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	California Salad** Bowl with Beans, WGR Brown Rice & Pico de Gallo, 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, WGR Goldfish Crackers, & *Water	Cilantro Hummus with Carrots** & Water*	WGR Teddy Grahams, Pear**, & Water*	Green Monster Smoothie with WGR Graham Cracker & Water*
Monday 28	Tuesday 29	Wednesday 30	2026 September CAPSLO	
WGR Honey Granola, Pear**, & 1% Milk	WGR Waffle with Syrup, Apple**, & 1% Milk	Papaya and Granola Yogurt Parfait & 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		
WGR Graham Cracker & 1% Milk	Sunflower Butter & Jelly Sandwich on WGR Wheat Bread & Water*	WGR Goldfish Pretzels, Mozzarella Cheese Stick, & Water*		

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