

Harvest of the Month

Network for a Healthy California



PUMPKIN

Knowledge of Nutrition

- Pumpkin offers a variety of health benefits due to its rich nutrient profile.
- It's a good source of vitamins A, C, and E, as well as antioxidants like beta-carotene, which can boost the immune system and protect against certain cancers. Pumpkin also contains potassium, magnesium, and fiber, which are beneficial for heart health, blood pressure regulation, and digestion.



Neighborhood House Association

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OCTOBER		NOTES		Thursday 1	Friday 2
CAPSLO		*Water optional: not a CACFP component **Toddler Accommodations provided ***WGR substitute for 6+: WGR Graham Crackers Milk (unflavored) 12-24 months: Whole Milk 24 months +: 1% Milk		Egg Omelet with Cheese, Banana, & 1% Milk	WGR English Muffin with Apple Cinnamon Cream Cheese, Pear**, & 1% Milk
				Honey-Rosemary Chicken, WGR Wheatberry Roll, Garlic Mashed Potatoes, Apple**, & 1% Milk	Grilled Chicken with Flour Tortilla, Refried Beans, Cantaloupe, & 1% Milk
				Roasted Beet Hummus with WGR Pita Triangles & Water*	Herbed Cottage Cheese with WGR Breadstick & Water*
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	
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	Vanilla Yogurt with 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*	Pumpkin Smoothie, Apple**, & Water*	Mozzarella Cheese Stick, WGR Goldfish Pretzels, & Water*	Sweet Potato Yogurt with WGR Graham Cracker & Water*	
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	
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, 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, WGR Wheatberry Roll, Zucchini, Orange & 1% Milk	Chicken with WGR Pesto Pasta, Cauliflower, Honeydew, & 1% Milk	
Cheddar Cheese Stick with WGR Goldfish Crackers & Water*	Blueberry Muffin*** & 1% Milk	Blueberry Mint Smoothie, WGR Graham Cracker, & Water*	WGR Graham Cracker, Apple**, & Water*	Arroz con Leche***, Strawberries, & Water*	
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	
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, Pumpkin Soup, Banana, & 1% Milk	Beef Picadillo, WGR Brown Rice, Cumin Carrots, Apple**, & 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 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	
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, Orange, & 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*	Pumpkin Spice Arroz con Leche with Banana & Water*	