

Harvest of the Month

Network for a Healthy California



CRANBERRIES

Nutrition Knowledge

A cup of Cranberries will provide 4 grams of Fiber.
Cranberries are almost 90% water
Cranberries support healthy digestion and heart



Neighborhood House Association

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	
	WGR Rice Chex, Orange, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk	Mini Bagel with Apple Cinnamon Cream Cheese, Golden Delicious Apples, & 1% Milk	WGR Honey Granola, Pear, & 1% Milk	
	Maria's Famous Chili with Wheat Crackers, Pear, & 1% Milk	Curry Chicken Salad Sandwich, California Salad, Orange, & 1% Milk	Taco Salad with Beef, Beans & Corn, Romaine Lettuce, WGR Tortilla Chips, Pico de Gallo & 1% Milk	Grilled Chicken, Spanish Rice, Rainbow Salad, Cantaloupe, & 1% Milk	Moroccan Beef, Turmeric Rice, Spinach-Cranberry Salad, Orange, & 1% Milk	2
	Sweet Cottage Cheese with Golden Raisins & Cranberries, WGR Graham Crackers, & Water*	Roasted Garlic & Rosemary Bean Soup, Wheat Cracker, & Water*	WGR Graham Cracker & 1% Milk	Green Monster Smoothie, WGR Graham Crackers, & Water*	Pico de Gallo with WGR Tortilla Chips & Water*	
	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	
	WGR Corn Chex, Pear, & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk	English Muffin, Cranberry Cream Cheese, Orange, & 1%	WGR Rice Chex, Apple, & 1% Milk	WGR Honey Granola, Pear, & 1% Milk	
	Grilled Chicken Taco on WGR Corn Tortilla with Pico de Gallo, Black Beans, Cilantro Cabbage Salad, & 1% Milk	Stewed Beef with White Rice, Italian Salad, Banana, & 1% Milk	Shredded Beef Tacos with Pico de Gallo on WGR Whole Wheat Tortilla, Pear, & 1% Milk	Cheesy Sun-Dried Tomato Mac & Cheese with Smoked Paprika Chicken, Broccoli & Raisin Salad, Pear, & 1% Milk	Turkey & Cheese Sandwich on WGR Whole Wheat Bread, Zucchini Soup, Orange, & 1% Milk	3
	Apples & 1% Milk	Pumpkin Smoothie*, WGR Graham Cracker, & Water*	Southwestern Black Bean Dip with WGR Tortilla Chips & Water*	WGR Graham Cracker & 1% Milk	Arroz con Leche, Banana, & Water*	
	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	
	WGR Rice Chex, Pear, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk	English Muffin with Apple Cinnamon Cream Cheese, Honeydew, & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk	WGR Bran Flakes, Orange, & 1% Milk	
	Turkey Cranberry with Sliced Tomato on WGR Wheat Berry Bread, Cream of Potato Soup, Orange, & 1% Milk	Rotini alla Bolognese, Caesar Salad, Orange, & 1% Milk	Lentil Soup with WGR Multi-Grain Roll, Spinach-Cranberry Salad, Cantaloupe, & 1% Milk	Pesto Pasta with Oven Baked Chicken, Roasted Turmeric Cauliflower, Honeydew, & 1% Milk	Bean Taco on WGR Corn Tortilla with Pico de Gallo, Spring Salad & 1% Milk	4
	Blueberry Mint Smoothie, WGR Graham Cracker, & Water*	Pico de Gallo with WGR Tortilla Chips & Water*	Chocolate Butter, Apple, & Water*	WGR Graham Cracker & 1% Milk	Herbed Cottage Cheese with Wheat Cracker & Water*	
	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	
	WGR Corn Chex, Pear, & 1% Milk	Mini Bagel, Cream Cheese, Pear, & 1% Milk	<i>Holiday</i>	English Muffin, Cream Cheese, Orange, & 1% Milk	WGR Rice Chex, Cantaloupe, & 1% Milk	
	Salvadoran Chicken Sandwich on Mini Kaiser, Cauliflower Soup*, Orange, & 1% Milk	Turkey & Cheese Sandwich, Potato Salad, Orange & 1% Milk NS Closed		Toasted Coconut Chicken, WGR Brown Rice, Spinach-Cranberry Salad, Pear & 1% Milk	Roast Beef Sandwich with Cheddar Cheese, California Salad, Banana, & 1% Milk NS Closed	5
	Pico de Gallo with WGR Tortilla Chips & Water*	Sweet Potato Hummus with Pita Bread, & Water*		Apple with Mozzarella Cheese Stick, & Water*	Vanilla Yogurt & WGR Granola	
	Monday 30	Tuesday 31	Toddler Accommodations	INTERNAL		
	WGR Corn Chex, Pear, & 1% Milk	WGR Honey Granola, Apple, & 1% Milk	Lettuce -Steamed Cauliflower Spinach-Steamed Broccoli Pears-Soft pears Apples-Applesauce Tortilla Chips-Soft Tortillas Carrot Sticks-Soft Carrots Cabbage-Steam Carrots Water-Optional			
	Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange, & 1% Milk	Turkey & Cheese Sandwich, Potato Salad, Orange & 1% Milk NS Closed				1
	Cilantro Hummus with Carrot Sticks & Water*	Cheddar Cheese Square, Wheat Crackers, & Water*				