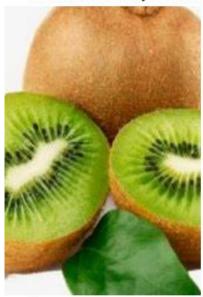


Network for a Healthy California



## Kiwi Fruit

## **Nutrition Knowledge**

Kiwi has a high vitamin C content One Kiwi contains about 215 mg of potassium Kiwi has been known to improve sleep

	INTERNAL	Toddler Accommodations	Wednesday 1	Thursday 2	Friday 3
1	January 2025	Lettuce- Steamed Cauliflower Spinach- Steam Broccoli Pears- Soft pears Apples & Apple Sauce Tortilla Chips- Soft Tortillas Carrot Sticks – Soft Carrots Cabbage- Steam carrots Water optional	Holiday	WGR Bran Flakes, Canned Pears, & 1% Milk Herb-Roasted Turkey with Herbed Gravy, WGR Wheat Berry Roll, Mashed Potato, Banana, & 1% Milk Graham Crackers & 1% Milk	English Muffin, Cream Cheese, Pear, & 1% Milk Maple Chicken Salad Sandwich on WGR Wheat Berry Bread, Tomato Basil Soup, Spring Salad, & 1% Milk Harvest Applesauce & 1% Milk
	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
2	WGR Rice Chex, Orange, & 1% Milk Maria's Famous Chili with Wheat Crackers, Pear, & 1% Milk	WGR Corn Chex, Apple, & 1% Milk Curry Chicken Salad Sandwich, California Salad, Orange, & 1%	WGR Toasted Oats, Banana, & 1% Milk  Taco Salad with Beef, Beans & Com, Romaine Lettuce, WGR	Mini Bagel with Apple Cream Cheese, Golden Delicious Apples, & 1% Milk Grilled Chicken, Spanish Rice, Rainbow Salad, Cantaloupe, &	WGR Honey Granola, Pear, & 1% Milk  Moroccan Beef, Turmeric Rice, Spinach-Cranberry Salad, Kiwi, & 100 Miles (1997)
	Sweet Cottage Cheese with Golden Raisins & Cranberries, WGR Graham Crackers,	Milk  Roasted Garlic & Rosemary  Bean Soup, Wheat Cracker, &  Water*	Tortilla Chips, Pico de Gallo, & 1% Milk  WGR Graham Cracker & 1% Milk	1% Milk  Green Monster Smoothie, WGR Graham Crackers, & Water*	Pico de Gallo with WGR Tortilla Chips & Water*
	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
3	WGR Corn Chex, Pear, & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk	English Muffin, Raspberry 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	Sundried Tomato Bake with Smoked Paprika Chicken, Broccoli & Raisin Salad, Pear, & 1% Milk	Red Bean Soup, WGR Multi- Grain Roll, Citrus Kale Salad, Orange, & 1% Milk
	WGR Graham Cracker & 1% Milk	Tropical Carrot Smoothie*, Apple, & Water* *Seasonal	Southwestern Black Bean Dip with WGR Tortilla Chips & Water*	WGR Graham Cracker & 1% Milk	Arroz con Leche, Banana, & Water*
4	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
	Holiday	WGR Corn Chex, Apple, & 1% Milk	English Muffin, Apple Cinnamon Cream Cheese, Honeydew, & 1% Milk	WGR Toasted Oats, Banana, & 1% Milk	WGR Bran Flakes, 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
		Pico de Gallo with Tortilla Chips and Water*	Chocolate Butter, Apple, & Water*	WGR Graham Cracker & 1% Milk	Herbed Cottage Cheese with Wheat Cracker & Water*
	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
5	WGR Corn Chex, Pear, & 1% Milk	Mini Bagel, Cream Cheese, Pear, & 1% Milk	WGR Toasted Oats, Apple, & 1% Milk	English Muffin, Raspberry Cream Cheese, Orange, & 1% Milk *	WGR Rice Chex, Cantaloupe, & 1% Milk
	Salvadoran Chicken Sandwich on Mini Kaiser, Cauliflower Soup*, Orange, & 1% Milk *Seasonal	Beef Picadillo, WGR Brown Rice, Cumin Carrots, Kiwi, & 1% Milk	Balsamic Chicken, Israeli Couscous with Apples, Cranberries, & Herbs, Braised Root Vegetables, Honeydew, & 1% Milk	Toasted Coconut Chicken, WG Brown Rice, Spinach-Cranberry Salad, Pear & 1% Milk	Black Bean Chili, WGR Corn Tortilla, California Salad, Banana, & 1% Milk
	Pico de Gallo with WGR Tortilla Chips & Water*	Sweet Potato Hummus with Pita Bread, & Water*	Carrot Sticks with Yogurt Dip & 1% Milk	Apple with Mozzarella Cheese Stick, & Water*	Orange Parfait & Water *Seasonal (Yogurt and WGR Granola with Fruit)

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