

Harvest of the Month

Network for a Healthy California



MANGO

Knowledge of Nutrition

- Mangoes are a good source of vitamins A, C, and E, which are antioxidants that help with healthy skin and hair. Vitamin C also supports the immune system
- Mangoes contain lutein, zeaxanthin, and vitamin A, which are all important for eye health

Neighborhood House Association




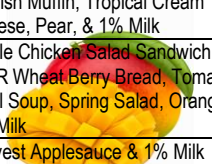
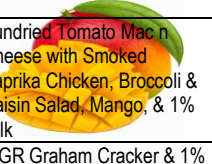


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Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
WGR Corn Chex, Pear, & 1% Milk	Mini Bagel, Cream Cheese, Pear, & 1% Milk 	WGR Toasted Oats, Apple, & 1% Milk	English Muffin, Raspberry Cream Cheese, Orange, & 1% Milk CAPSLO: oatmeal, orange & Milk	WGR Rice Chex, Cantaloupe, & 1% Milk
Salvadoran Chicken Sandwich on Mini Kaiser, Cauliflower Soup, Orange, & 1% Milk	Beef Picadillo, WGR Brown Rice, Cumin Carrots, Mango, & 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*	Seasonal Parfait & Water (Yogurt and WGR Granola with (Oranges)
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
WGR Corn Chex, Pear, & 1% Milk	WGR Honey Granola, Apple, & 1% Milk	Mini Bagel, Cream Cheese, Banana, & 1% Milk	WGR Bran Flakes, Cantaloupe, & 1% Milk	English Muffin, Tropical Cream Cheese, Pear, & 1% Milk
Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange, & 1% Milk	Jerk Chicken, Jasmine Rice, Sesame Slaw with Snap Peas, Honeydew & 1% Milk	BBQ Beef Burger on Sliced WGR Wheat Berry Mini-Bun, Chopped Salad, Orange, & 1% Milk	Herb-Roasted Turkey with Gravy, WGR Wheat Berry Roll, Mashed Potato, Banana, & 1% Milk	Maple Chicken Salad Sandwich on WGR Wheat Berry Bread, Tomato Basil Soup, Spring Salad, Orange & 1% Milk 
Cilantro Hummus with Carrot Sticks & Water*	Cheddar Cheese Square, Wheat Crackers, & Water*	Herbed Cottage Cheese with Italian Crostini, & Water*	Sweet Potato Yogurt, WGR Graham Crackers, & Water*	Harvest Applesauce & 1% Milk
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
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 Apples, & 1% Milk	WGR Honey Granola, Pear, & 1% Milk
Maria's Famous Chili with Wheat Crackers, Pear, & 1% Milk	Curry Chicken Salad Sandwich on WGR Wheat Bread, California Salad, Orange, & 1% Milk	Taco Salad with Beef, Beans & Corn, Romaine Lettuce, WGR Tortilla Chips, Pico de Gallo, Apple, & 1% Milk	Grilled Chicken, Spanish Rice, Rainbow Salad, Cantaloupe, & 1% Milk	Moroccan Beef, Turmeric Rice, Spinach-Cranberry Salad, Orange, & 1% Milk
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 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
WGR Corn Chex, Pear, & 1% Milk	WGR Toasted Oats, Orange, & 1% Milk CAPSLO: Cinnamon Raisin Oatmeal	English Muffin, 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, Pear, & 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 Mac n Cheese with Smoked Paprika Chicken, Broccoli & Raisin Salad, Mango, & 1% Milk 	Turkey & Cheese Sandwich on WGR Wheat Bread, Cream of Zucchini Soup, Orange, & 1% Milk
WGR Graham Cracker & 1% Milk	Tropical Carrot Smoothie, Apple, & Water*	Southwestern Black Bean Dip with WGR Tortilla Chips & Water*	WGR Graham Cracker & 1% Milk	Arroz con Leche, Banana, & Water*
Monday 31	Toddler Accommodation	EXTERNAL		
WGR Corn Chex, Pear, & 1% Milk	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 – not a CACFP component*			
Turkey & Cheese Sandwich, Potato Salad, Oranges, & 1% Milk				
NHA NS Closed				
WGR Graham Cracker & 1% Milk				

March 2025