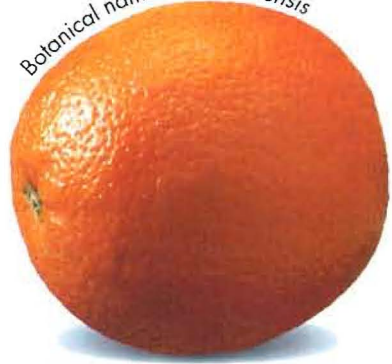


Harvest of the Month

Network for a Healthy California

Botanical name: *Citrus sinensis*



ORANGES
January

Orange Activities

Circle all of the meals on the menu that contain an orange.



- How many did you find?
- Are there any other yellow or orange fruits or vegetables?
- What is your favorite way to eat an orange?

Neighborhood House Association

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
7 Grain Honey Puffs, Fresh Pear, & Milk	English Muffin, Raspberry Cream Cheese, Orange, & Milk	Toasted Oats, Banana, & Milk	Bran Muffin, Sliced Apples, & Milk	Granola, Peaches, & Milk
California Cassoulet, Multi Grain Roll, Romaine Salad with Chive Vinaigrette, Fresh Melon Medley, & Milk	Chicken Fajita, Corn Tortilla, Tomato Rice, Oregano Cilantro Cabbage Salad with Ranch Dressing, Fresh Pear, & Milk	Philly Steak Sandwich on Hoagie, Red Rose Chive Mashed Potato, Fresh Apple Slices, & Milk	Homemade French Toast Sticks with Vanilla Yogurt, Cherry, Peach, Pineapple Compote, & Milk	Salmon Tacos, Chopped Cabbage with Jalisco Dressing, Spanish Rice, Fiesta Corn, & Milk
Tropical Fruit Snack & Milk	Cannelini Bean, Roasted Red Pepper Dip with Wheat Cracker, & Water	Pinto Bean Soup with Tortilla Chips & Water	Orange Scented Cottage Cheese, Orange, & Water	Lemon Dill Hummus with Pita Triangles & Water
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Kashi Strawberry Fields, Fresh Pear, & Milk	Bran Muffin, Sliced Apples, & Milk	Granola, Cherry Mango Compote, & Milk	Toasted Oats, Banana, & Milk	Kashi Heart to Heart, Oranges, & Milk
Bean Taco, Chopped Romaine Salad with Cilantro Ranch Dressing, Papaya Coriander Fruit Cup, & Milk	Tricolor Rotini with Mushroom Beef Bolognese Sauce, Spinach Cranberry Salad with Raspberry Vinaigrette, Steamed Lemon Pepper Cauliflower, & Milk	Apple Gouda Chicken Penne Pasta, Vegetable Mèlange, Fresh Pears, & Milk	Teriyaki Glazed Cod, Brown Rice, Orange Ginger Glazed Lima Beans, Orange, & Milk	Red Chili Braised Beef, Coriander Scented Rice with Chives, Chopped Romaine, Cilantro Ranch Dressing, Fresh Pear, & Milk
Pineapple Citrus Salad & Milk	Cilantro Cumin Chicken Salad with Pita Triangles, & Water	Pumpkin Soup with Croutons & Water	Ginger Mango Fruit Cup with Yogurt & Water	Sweet Potato Yogurt, Graham Crackers, & Water
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Holiday!	English Muffin, Raspberry Cream Cheese, Orange, & Milk	Toasted Oats, Banana, & Milk	Multi Grain Bagel, Cream Cheese, Peach-Mango Compote, & Milk	Kashi Strawberry Fields, Peaches, & Milk
	Turkey in Sun Dried Tomato Sauce with Penne Pasta, Fresh Cauliflower Florets, Carrot Coins, Mixed Salad with Tarragon Drizzle, & Milk	Piccadillo Creole, Basmati Rice, Cumin carrots, Fresh Orange, & Milk	Vegetarian Black Bean Chile Verde, Spanish Rice, Chopped Romaine, Green Chile Vinaigrette, Papaya Cup, & Milk	Chicken Coconut Curry, Brown Rice, Oregano Scented Green Peas, Coriander Cabbage Salad with Sesame Dressing, & Milk
	Herbed Yogurt with Celery Sticks & Water	Roasted Corn Chowder, Multi Grain Crostini, & Water	Tuna Tostada & Water	Granola Yogurt Parfait with Blueberries & Water
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Corn Chex, Fresh Pear, & Milk	Bran Muffin, Sliced Apples, & Milk	Granola, Cherry Mango Compote, & Milk	English Muffin, Apple Cream Cheese Spread, Pear, & Milk	Kashi Heart to Heart, Peaches, & Milk
Spaghetti with Sicilian Meat Sauce, Roasted Zucchini with Mushrooms, Caesar Salad, & Milk	Hawaiian Teriyaki Chicken, Basmati Rice, Gingered Sesame Corn, Mango Pineapple Fruit Medley, & Milk	Turkey Burgers with Mini Buns, Fresh Tomato Soup, Garden Salad with Green Goddess Dressing, & Milk	Braised Beef with Wild Mushrooms, Steamed Broccoli, Multi Grain Rolls, Fresh Sliced Apples, & Milk	Herbed Panko Cod, Jasmine Vegetable Rice Pilaf, Mixed Vegetables, Oranges, & Milk
Bitter Orange Hummus with Stacy's Pita Chips & Water	Hard Boiled Eggs, Carrot Sticks, & Water	Sweet Potato Yogurt, Graham Crackers, & Water	Herbed Cottage Cheese, Multi Grain Crostini, & Water	Chicken - Cranberry Salad with Mini Bun & Water
Monday 31				
Rice Chex, Orange, & Milk	<h2 style="text-align: center;">Happy Birthday</h2> <p style="text-align: center;">Celebrate by enjoying Homemade Orange Apple Crisp!</p>			
Beef Bulgolgi, Brown Rice, Sesame Carrots, Pineapple Cilantro Salad, & Milk				
Mango Salsa with Tortilla Chips & Water				

ORANGE YOU SMART!

A fill-in-the-blank game using ORANGE:

- O** _____
(an underwater creature with eight legs)
- R** _____
(the smallest state in the United States)
- A** _____
(a favorite fruit given to a teacher)
- N** _____
(a popular orange variety named for its bellybutton)
- G** _____
(another color that oranges can be)
- E** _____
(how often you should eat colorful fruits and vegetables)

Answers: Octopus, Rhode Island, Apple, Navel, Green, Every day



Nutrition Facts

Serving Size: 1 medium orange (154g)

Calories 75

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	14%
Sugars 13g	
Protein 1g	
Vitamin A 8%	Calcium 7%
Vitamin C 152%	Iron 1%

Source: www.nutritiondata.com

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Oranges are in the yellow/orange color group.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include oranges, lemons, grapefruit, tangerines, yellow figs, persimmons, rutabagas, yellow and orange peppers, carrots, sweet potatoes, sweet corn, yellow winter squash and yellow potatoes.

What is a Serving?

A serving of oranges is one medium fruit. This is about the size of a baseball.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.