

Harvest of the Month

Network for a Healthy California



APPLES
September

Apple Activities
Circle all of the apples on the menu.

- 🍏 How many did you find?
- 🍏 How many different ways are apples served?
- 🍏 How many apples do you plan to eat this week?



Neighborhood House Association

		Wednesday 1	Thursday 2	Friday 3
		Kashi Heart to Heart, Orange, & Milk	Wheaties, Sliced Apples, & Milk	Whole Grain Bagel with Lite Cream Cheese, Pear, & Milk
		Lasagna Style Fusilli, Broccoli & Cauliflower, & Milk	Herbed Panko Crusted Cod Loin, Whole Grain Roll, Mixed Vegetables, Peaches, & Milk	Chicken Wrap, House Salad with Pesto Vinaigrette, Homemade Applesauce, & Milk
		Tropical Fruit Yogurt Ambrosia & Water	Cottage Cheese, Oranges, & Water	Turkey-Apple Salad on Wheat Crackers & Water
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Corn Chex, 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
Cilantro Hummus with Stacy's Pita Chips, & Water	Hard Boiled Eggs, Carrot Sticks, & Water	Sweet Potato Yogurt, Graham Crackers, & Water	Herbed Cottage Cheese, Whole Wheat Crostini, & Water	Chicken - Cranberry Salad with Mini Bun & Water
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Rice Chex, Orange, & Milk	Whole Grain Bagel, Cream Cheese, Sliced Apples, & Milk	7 Grain Kashi, Banana, & Milk	Bran Muffin, Sliced Strawberries, & Milk	Honey Granola, Papaya Chunks, & Milk
Beef Bulgolgi, Brown Rice, Sesame Carrots, Pineapple Cilantro Salad, & Milk	Vegetarian Lasagna Style Fusilli, Fresh Broccoli & Cauliflower Duet with Sundried Tomato Yogurt Dip, & Milk	Turkey Gumbo with Red Beans & Rice, Succotash, Fruit Jambalaya, & Milk	Roasted Cod with Pomodoro Sauce, Basil Egg Noodles, Roasted Citrus Zucchini, Fresh Orange, & Milk	Spinach Cheddar Bake, English Muffin, California Salad with Tomato Basil Vinaigrette, Fresh Sliced Apples, & Milk
Mango Salsa with Tortilla Chips & Water	Tropical Fruit Ambrosia & Water	Curried Cauliflower Bisque with Pita Triangles & Water	Cottage Cheese with Golden Raisins & Cranberries, Graham Crackers, & Water	Turkey Salad with Wheat Crackers & Water
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
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 Fish Tacos, Chopped Cabbage with Jalisco Dressing, Spanish Rice, Fiesta Corn, & Milk
Tropical Fruit Snack & Milk	Cannellini Bean, Roasted Red Pepper Dip with Wheat Cracker, & Water	Pinto Bean Soup with Tortilla Chips & Water	Cottage Cheese, Orange, & Water	Lemon Dill Hummus with Pita Triangles & Water
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	
Kashi Strawberry Fields, Fresh Pear, & Milk	Bran Muffin, Sliced Apples, & Milk	Granola, Cherry Mango Compote, & Milk	Toasted Oats, Banana, & Milk	<p>Happy Birthday</p> <p>Celebrate by enjoying homemade Apple Granola Crisp!</p>
Bean Taco, Chopped Romaine Salad with Cilantro Ranch Dressing, Papaya Coniander 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, Curry Scented Baby Lima Beans, Orange, & 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	

APPLE ACTIVITIES

Nutrition Facts



Serving Size: 1 medium apple (154g)	
Calories 80	Calories from Fat 2
<hr/>	
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 1%

Source: www.nutritiondata.com

Test Your Apple IQ

(answers are at the bottom of this page)

- One medium apple has _____ grams of fiber.
A.) zero B.) two C.) four D.) eight
- Most of the fiber in an apple is found in the _____.
A.) flesh B.) skin C.) core D.) stem
- What variety of apples are grown in California?
A.) Fuji B.) Gala C.) Red Delicious D.) all three

Eat the Rainbow!

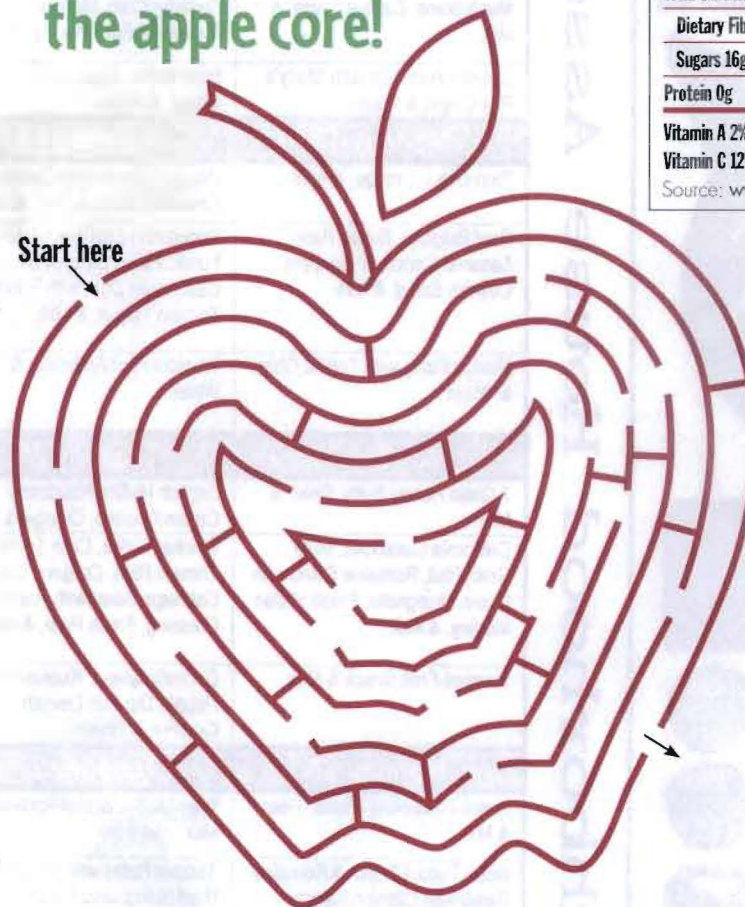
Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Apples can be red, yellow or green.

- Red fruits and vegetables help maintain a healthy heart and memory function. Examples include red apples, red grapes, red pears, tomatoes, beets, red peppers and radishes.
- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include yellow apples, yellow pears, apricots, oranges, carrots, sweet corn and yellow tomatoes.
- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include green apples, green grapes, green pears, artichokes, green beans, sugar snap peas and green peppers.

What is a Serving?

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

Find your way through the apple core!



Answers: 1. C, 2. B, 3. D



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.