



Nutrition Education



Summer Produce

Cherries
Watermelon
Peaches
Corn
Summer Squash
Green Beans
Eggplant
Plums
Blackberries

Color Your Plate This Summer

When summer arrives, so do the colorful fruits and vegetables of the season.

Why does color matter when it comes to nutrition?

Colorful fruits and vegetables provide a wide variety of vitamins, minerals, and nutrients that support health in different ways.

Summer Produce Benefits:

Fiber: Helps with digestion, heart health, maintaining a healthy weight, & more.

Antioxidants: Many colorful fruits and vegetables offer antioxidant properties which help combat damaging free radicals in the body.

Eating in season offers other benefits such as produce freshness, high nutrient content, sustainability, and often lower costs.

Tips to add color to your plate this summer:


- Make ½ your plate colorful fruits and vegetables per meal
- Pick 2-3 different colors at each meal
- Use fruit as dessert
- Add fruits to salads
- Add vegetables to scrambled eggs, pasta, or sandwiches



Information obtained from:
USDA.gov & Eatright.org

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June 2025

Mon	Tue	Wed	Thu	Fri
2 Citrus Chicken Spinach Salad+* Ginger Sweet Potato Soup* WW Roll Apple 	3 Baked Cod with Sun-dried Tomato Sauce Carrot Coins* Green Beans Rice Pilaf , Orange+	4 Moroccan Chicken Quarter* Zucchini Chickpea Salad+ Brown Rice Nectarine	5 Ginger Glazed Pork Roasted Broccoli+ Baby Carrots* Brown Rice Banana	6 
9 Tofu Tikka Masala Roasted Cauliflower+ Steamed Spinach* Brown Rice Pear 	10 Hungarian Goulash with WW Noodles Brussels Sprouts+ Carrot Slaw* Apple Apple Pie (M&E only) 	11 Imitation Crab & Egg Salad on Romaine* with Tomato Creamy Tomato Bisque WW Crackers (4) 2 Mandarin Oranges+	12 Teriyaki Chicken Sandwich on Whole Grain Bun w/Lettuce, Tomato, Onion Broccoli Raisin Salad+ Grapes	13 
16 Salmon Burger on Whole Grain Bun Broccoli Cranberry Salad+ Roasted Sweet Potato* Peach	17 Southwest Chicken Salad+* Lentil and Bean Soup+ Tortilla Chips Honeydew	18 Chef Entrée Salad+* WW Roll Kiwi+ 	HOLIDAY 19 	20 
23 Turkey & Veggie Sauté Broccoli+ Brown Rice Pear 	24 Meatball Sub < > with Marinara Sauce, topped with Mozzarella on WW Hoagie Minestrone Soup, Orange+	25 Apricot Glazed Chicken Vegetable Blend Spinach Medley Salad+* WW Roll Cantaloupe+	26 Sundubu Jjigae (tofu stew) Seasoned Spinach* Pickled Radishes Brown Rice Strawberries+ 	27 
30 Egg Salad Sandwich* on WW Bread with Lettuce & Tomato Tomato Soup Kiwi+		 HAPPY Pride Month	1% Milk served each meal <i>Menu subject to change without notice.</i>	KEY + Vitamin C Source * Vitamin A Source <> High Sodium Day WW = Whole Wheat  = Vegetarian Day

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For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Jessica Moses: JMos@SpectrumCS.org