

Winter Growth, Inc.

October 2024

****All Meals are served w/8 oz 1% Milk**

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
1 ½ c Tuna Casserole (3oz Tuna, ½ c Pasta) ½ c Sliced Tomatoes 1 oz WW Bread 1 c Spinach ½ c Mandarin Oranges	Chicken (3 oz.) stir fry (1 C vegetables: ½ c. Broccoli, ¼ c. Carrots, ¼ cup Snow Peas) 1 c Brown rice/ scallions ½ c Applesauce	3 oz Pork Tenderloin ½ c Sweet Potatoes ½ c Yellow Squash 2-1 oz WW Bread ½ c Diced Pineapple	1 c Spinach and Cheese Quiche (1 C eggs, ½ C cheese) ½ c Green Peas 2-1 oz WW Bread 1 c Peaches	3 oz Beef Burger 2 oz WW Roll ½ c Potato Salad ½ c Collard Greens ½ c Cauliflower Angel Food with ½ c Slice Strawberries	½ c Ham Salad (2oz ham) on WW Roll 2 oz 1 c Zucchini & Tomato ½ c Spinach Salad ½ c Cherry Cobbler	3 oz Hawaiian Chicken ½ c Penne Pasta ¾ c Asparagus 2 oz WW Roll ¾ c Apple & Pear Slices
3oz Italian Sausage & Peppers ½ c Steamed Rice ½ c Peas & Carrots ½ c Fruit Cocktail	½ c Egg Salad on a Croissant 2 oz 1 c Baked French Fries ½ c Green Beans Brownie	3oz Italian Meatball On WW Roll 2oz ½ c Broccoli ½ c Diced Pineapple ½ c Ice Cream	3oz Fish Sandwich on WW Roll 2oz ½ c Red Potato Salad ½ c Coleslaw 1 Oatmeal Cookie	1 c Chicken Ratatouille (½ c vegetables, 2 oz chicken) WW Italian Bread 2oz ½ c Blueberries Ice Cream	1 c Smoking Powerhouse Chili (2oz beef, ½ c veg/beans) 1 c Tortilla Chips ½ Roasted Corn Italian Ice	Chicken Alfredo (1c pasta, 2oz chix) ½ c Green Peas ½ c Carrot Coins 2 oz Garlic toast Brownies
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
Spaghetti 1 c WW Pasta topped w/ 3 oz Ground Beef and 2 oz Tomato Sauce 1 c Collard Greens 1 oz Garlic bread ½ c Blackberries and Strawberries	3 oz Tilapia 1 c Brown Rice ½ c Kidney Beans ½ c Yellow Squash ½ c Zucchini 2 oz WW Roll ½ c Sliced Peaches	3 oz Bruschetta Chicken 1 c Asparagus ½ c WW Angel Hair Pasta 2 oz WW Roll ½ c Pears	3oz Hungarian Pork Chop 1 c Cornbread Stuffing 1 c Beets w/ ¼ c Goat Cheese Topping ½ c Cantaloupe	1 c. Vegetable Soup (3 oz Red Beans, ½ c Tomatoes, potatoes) 1 c Carrot and Raisin Salad 0.7 oz Saltine Crackers 1 oz WW Bread 1 c Baked Apples	3 oz Cube Steak ½ c Mashed Potatoes ½ c Creamed Corn 2 oz WW Roll 1 slice Fruit Pie	3 oz. BBQ Pork ½ c WW Pasta 1 c Green Beans 1 oz Garlic bread ½ c Fresh Strawberries
Reuben Sandwich (2oz meat) on WW Bread 2oz ½ c French Fries 1 c Steamed Broccoli 1 c Fruit Cocktail	1 c Spinach Salad w/ Strawberries and Nuts 2oz Chick Peas ½ c WW Pasta Salad 1 oz WW roll ½ c sliced Peaches Brownie	1 c Beef Lasagna (2oz beef) ½ c Zesty Three Bean Salad ½ c Cauliflower w. Cheese Sauce Multigrain Rolls 2oz Baked Apple Crisp	1 c Spaghetti w/ Garlic Shrimp 2oz ½ c Peas 1 slice WW bread ½ c Cantaloupe Italian Ice	4-6oz Turkey Meat Loaf ½ c Brown Rice ½ Red Cabbage ½ c Green Salad Multi Grain Roll 2oz Sherbet	2oz Turkey Wrap on WW Tortilla 2oz 1 c Sweet Potato Fries ½ c Coleslaw ½ c Fruit Cup	1 c Tortellini with Pesto 2 oz Cottage Cheese 1 c Tomato Cucumber Salad 2oz WW Roll ½ c Raspberries Angel Food Cake
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
3 oz Chicken Kebabs (3 oz chix, 1 oz Tom, 1 oz Gr Pepper) ½ c Wild Rice 1 c Yellow Squash 1 oz Naan Bread ½ c Fresh Cantaloupe	3 oz Pork Roast 1 c Braised Cabbage 1/2 c Green Beans 2 oz WW Roll ½ c Mandarin Oranges	1 C. Lentil Soup (1 ½ c lentils) 1 c Peas 1 c Brown Rice 1 oz Cornbread ½ c Fresh Blueberries/ Strawberries w. Whipped Cream	1 c Sweet & Sour Meatballs w. ½ c Pineapple Chunks ½ c Wild Rice ½ c Corn 2-1 oz WW Bread ½ c Pears	3 oz Baked Tilapia ½ c WW Penne 1 c Steamed Carrots 1 oz WW Bread ½ c Watermelon Chunks	1 c Chili (3 oz sausage/1 oz Black Beans/1 oz hominy, peppers and onions) 2 Corn Tortilla w/ Melted Cheese ½ c green salad 1 c Refried Beans 2 Oatmeal Cookies	3 oz Oven Fried Chicken ½ c Baked French Fries ½ c Baked Beans 1 Biscuit (2oz) ½ c Strawberries with Pound Cake

3 oz Salisbury steak w. Mushroom Gravy ½ c Roasted Sweet Potato ½ c Carrot Coins 2 oz Dinner Roll Lemon Bar	1 c Tuna Pasta Salad (2-3 oz tuna, 4-6 oz pasta) 1 c Asparagus 1 c Garden Salad Multi Grain Roll 2 oz 1 slice Peach Pie	½ c Chicken Salad on WW bread 2 oz ½ c Red Potato Salad ½ c Coleslaw ½ c Low Fat Ice Cream	3oz Boneless Pork Chops in Apple Ginger Sauce ½ c Cornbread Stuffing 1 oz Dinner Roll ½ c Carrot coins 1 c Collard Greens ½ c Apple Cobbler	1 c Tomato Soup Toasted Cheese (1oz) Sandwich on WW Bread 2oz ½ c Fresh Peach Slices 1 slice Pound Cake	Thin Sliced Beef/Swiss Melt 2 slices WW English Muffin 1 ½ c Spinach Salad 1 Custard Tart ½ c fresh berries	1 c Macaroni Bake 2 oz 3 Bean Salad ½ c Cucumber Salad ½ c Fruit Salad 1 Dinner Roll 2oz ½ c Pudding
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
3 oz Pork Lo Mein w/ ½ c Lo Mein Noodles 1 c. Braised Kale/Collard Greens 1 oz WW Bread ½ c Mandarin Oranges	1 c Mushroom Ravioli w/ Alfredo Sauce 2 oz grilled Chicken bites 1 c Baby Carrots 1 oz WW Roll Angel Food Cake ½ c Raspberries	4 oz. Country Fried Steak With Mushroom Gravy ½ c Fingerling Potatoes ¾ c Mixed Veggies 2 oz WW Roll 3/4 c Fruit Salad	Shrimp Fried Rice (3 oz shrimp, 1/2 c brown rice) 1 Egg roll 1 c Spinach 1 oz WW Bread ½ c Fresh Kiwi and Honeydew Melon	3 oz Jerk Chicken w/ Pineapple Salsa 1 C Red Beans ½ c Wild Rice 2 oz WW Roll ½ c Apricot Halves	1 c WW Penne Tomato Florentine ½ c Green Beans 2oz Chick Peas 2 oz WW Roll ½ c Fresh Strawberries on Pound Cake	2oz Turkey on 2 slices 1 oz WW Bread ½ c Bean Soup ½ c Beets ½ c LF Ice Cream
3oz Egg Salad on a Croissant 1 c. Cucumber Salad ½ c Sherbet ½ c berries	3 oz. Fish Fillet ½ c Cole Slaw ½ c Oven Fries 2 slices WW bread 2 Fig Bars	2 Turkey Tacos(2 oz) on WW Tortilla (2oz) ½ c Mexican Rice ½ c Sliced Tomatoes ½ c Shredded Lettuce 1 Churro	1 ½ c Ham (2oz) and Potato (½ c) Casserole ½ c Peas WW Roll (2oz) ½ c Pudding w. Whipped Topping	4 oz Beef Hotdog on WW Bun ½ c Potato Salad ½ c Baked Beans ½ c Fresh Blueberries w. ice-cream cup	3oz Pork Chops ½ c Cornbread Stuffing ½ c Green Beans 1 oz WW Roll ½ c Fresh Seasonal Berries 1 Brownie	½ c Sloppy Joes On WW Bun ½ c Broccoli ½ c Baked Beans 1 slice Berry Pie
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday	Saturday	Sunday
Bean Burrito(3 oz pinto beans/3 oz soy burger) 1 c Hominy ½ c Mexicali Brown Rice 1 oz WW Tortilla ½ c Pears	1 c Beef Kabobs (3 oz. beef, ¼ c Peppers and Onions) 1 c WW Noodles ½ c Shredded Carrots ½ c Cauliflower ½ c Sliced Pineapple	3 oz Salmon ½ c Couscous 1 c Cuke/Watermelon Salad 1 c Green Beans 2 oz WW Roll	4 oz Cheese Quesadilla on ww tortilla ½ c Black Eyed Peas ½ c Mexican Rice ½ c Zucchini ½ c Fresh Cantaloupe			
½ c Monkfish 'Lobster' on WW Roll 2oz ½ c Coleslaw 1 c Baked Potato Chips 1 c Watermelon Slices	Chicken Wrap (2 oz chicken) (½ c sautéed vegetables and cheese) on Flour Tortilla 2 oz 1 c Spinach Salad Jello Cup	4 oz Turkey Burger on ww Bun 2 oz ½ c Fried Potatoes 1 c Asparagus Brownie a la Mode	1 c Penne with Sun-Dried Tomato Pesto & 2 oz tuna 2 oz Garbanzo Bean Salad ½ c Carrot coins Garlic Bread Italian Ice			

Winter Growth does not discriminate on the basis of age, race, religion, ethnic origin, disability, or sexual orientation in eligibility for or the provision of any of its services. This institution is an equal opportunity provider.

Meals are high in whole grains and meet state guidelines for lower-salt content and reduced fat. 8 oz. of 1% milk is served during every meal.

KEY: WW-Whole Wheat Chix-Chicken Br-Brown Gr-Ground