

**Winter Growth, Inc.**

**December 2024**

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

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8
3oz Turkey Meat Loaf 1 c Garden Peas ½ c Brown Rice 1 oz WW Roll Pound Cake ½ c Strawberries Whipped Topping	1 c Lentil & Sausage Stew (½ c Lentil, 3 oz Sausage) ½ c Cauliflower 2-1 oz WW Bread ½ c Apple Sauce	1 c Vegetarian Chili (3 oz beans, ¼ Tomatoes) ½ c Tortilla Chips ½ c Rice ¾ c Cabbage 1 c Peaches	Sloppy Joe (3oz Gr Beef) on 2 oz WW Roll ½ c Sweet Potato Fries 1 c Roasted Brussels Sprouts ½ c Pears	3 oz Baked Tilapia ½ c Jasmine Rice ½ c Carrots ½ c Braised Red Cabbage 1 oz WW Roll ½ c Pineapple	3 oz Baked Ham ¾ c Au Gratin Potatoes ¾ c Beets 2-1 oz WW Roll 1 slice Pineapple Upside Down Cake	3 oz Boneless Chix ½ c Broccoli Crowns ½ c Cornbread Stuffing ½ c Applesauce 1 oz WW Roll ½ c Sherbet
1 c Swedish Meatballs ½ c Egg Noodles ½ c Corn ½ c Strawberries 1 oz Garlic Naan Bread Oatmeal Cookies	3oz Oven Fried Cod ½ c Red Potatoes ½ c Broccoli w/Cheese Sauce 2 oz Multi Grain Roll Brownie	3oz Boneless Chicken Breast ½ c Green Peas ½ c Scalloped Potatoes 2 oz WW Roll Lemon Bar	3oz Pork Chops 1 c Mac & Cheese 1 c Asparagus 2 oz WW Roll Yellow Cake w/ Frosting ½ c Apple Sauce	1 ½ c Tomato Soup Grilled Cheese(1oz) Sandwich on 2-1 oz WW bread ½ c Apple Cobbler 1 c Green Salad	3oz Salisbury Steak ½ c Mashed Potatoes 1 c Collard Greens 2 oz WW Roll Pudding	1 c Chicken Noodle Soup 2oz White Beans ½ c Green Beans 1 oz WW Roll 1 C Sliced Banana Pound Cake
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
Stuffed Green Peppers (3oz Gr Beef) 1 c Collard Greens 2-1 oz WW Bread ½ c Peaches	1 c Cheese Lasagna w/ (3oz Cheese, ¼ c Noodle) 1 c Glazed Baby Carrots 2 oz Garlic Bread ½ c Tropical Fruit Salad	1 c Beef Veg Stew (3 oz beef, ¼ c Carrots/ Celery, potatoes) ¾ c Cauliflower 2-1 oz WW Bread 1 c Baked Apples	3oz Salmon on bed of ½ c Lentils ½ c Mashed Potatoes ½ c Asparagus 2-1 oz WW Bread ½ c Pears	3oz Jerk Chicken with ½ c Pineapple Salsa 1 c Red Beans ½ c Steamed Rice 1 oz WW Roll ½ c Grapes	1 c Corn Chowder Soup 2 oz Tuna Salad ½ c Spinach Salad 2 oz WW Roll Chocolate Chip Cookie	3oz Chicken Parmigiana 2 oz WW Roll ½ c Brussel Sprouts ½ c Applesauce
1 c Hotdogs on Buns ½ c Cole Slaw ½ c Chips ½ Carrot Sticks 1 oz Cornbread ½ c Oatmeal Cookie	3oz Cajun Fish Fillet 1 c Roasted Sweet Potatoes 2 oz WW Roll ½ c Mandarin Oranges	3 oz Teriyaki Chicken Tenders ½ C Jasmine Rice 1 C Green Beans 1 oz WW Roll Tapioca Pudding	4 oz BBQ Pork on WW Roll (2oz) ½ c Baked Beans ½ C Coleslaw ½ C Baked Apples w/ Streusel Topping	3 oz Pizza Slice 2 oz 3 Bean Salad 2 oz French Fries ½ c Apples Gingerbread Cookie w/ Ice Cream Cup	1c Spaghetti w. 4 oz Meat Sauce 1 c Broccoli Crowns 2 oz Garlic Bread ½ c Fruit Parfait	1 c Tuna Salad on 2 oz English Muffin 1 C Pasta Salad ½ c Applesauce Spice Cake
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
Penne Tomato Florentine (½ c Penne, ¼ c Spinach) ¾ c 3 Bean Salad ¾ c Baby Corn 1 oz WW Roll ½ c Pineapple	1 c. Beef Ragout (4 oz Beef, ½ c. Tomatoes, Onions/Peppers) ½ C Collard Greens ½ c WW Egg Noodles 1 oz Cornbread 1 c Peaches	Fish & Chips (4 oz Breaded Fish, 4 oz. Baked Fries) ½ c Beets 2-1 oz WW Bread ½ c Mandarin Oranges	4 oz Baked Chicken Breast 1 c Broccoli Crowns ½ c Green Salad ½ c Macaroni & Cheese 1 oz WW Bread ½ c Apple Cobbler	3 oz Pork Tenderloin ½ c Stuffing 1 c Carrots 1 oz WW Roll Angel Food Cake with ½ c Strawberries	4 oz Chicken Pot Pie ½ c Sweet Potatoes ½ c Baked Beans 2-1 oz WW Bread ½ c Pears	Beef Lasagna (½ c pasta 4 oz. Beef) ½ c Broccoli ½ c Carrot Coins 2-1 oz WW Roll ½ c Pineapple

3oz Salisbury Steak 1 c Green Beans 1 c Mashed Potatoes 2 oz WW Roll Oatmeal Cookie	3oz Chicken Cordon Bleu ½ c Asparagus ½ Baked Sweet Potato 2 oz WW Roll Lemon Pie	4 oz Italian Sausage ½ c Peppers and Onions on 2 oz WW Roll ½ c Hot Red Potato Salad ½ c Peas Italian Ice	½ c Egg Salad 2 oz Croissant ½ C Baked French Fries ½ c Lima Beans Brownie	Open-faced Tacos (2 oz gr beef, ½ c veggies, 1 oz cheese, 2 oz WW tortilla) 1 c Refried Beans ½ c Fruit Parfait	1 c Minestrone Soup 1 c Spinach 2 oz Egg Salad 2 oz WW Roll Sugar Cookie	4 oz. Oven Fried Chicken 1 c Collard Greens 1 c Coleslaw 2 oz WW Roll ½ c Fruit Cocktail
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
3 oz Roast Beef w/gravy 1 c Scallop potatoes ½ c mixed veggies 1 oz WW Roll Apple Pie	3 oz Chicken Breast ½ c Broccoli Crowns ½ c Beets ½ c WW Penne 1 oz WW Roll ½ C Peaches	3 oz Ham w/pineapple glaze 1 c Broccoli w/cheese ½ c baked potato wedges 1 oz WW Roll Chocolate Cherry Cake	¾ C Shrimp Etouffee (3oz Shrimp, ¼ c tomatoes, peppers, onions) ½ c Rice ¾ c Braised Cabbage 1 oz WW Roll ½ c Pears	3 oz Hot Roast Beef Sandwich on 2-1oz WW bread 1 c Brussel Sprouts Ice Cream with ½ c Blueberries	3 oz. Chicken Strips ½ c Mashed Potatoes 1 c Corn 2-1 oz WW Roll Ice Cream	3oz Turkey and Swiss Sandwich on 2 – 1 oz WW bread ½ c Pasta Salad ¾ c Coleslaw
1 c Chicken Chili w. ½ c Red Beans ½ c Tortilla Chips 1 c Green Beans 1 oz WW roll ½ c Sherbet	½ c Tuna Salad On 2 oz English Muffin ½ c Warm Potato Salad 1 c Mixed Greens Gingerbread	3oz Salisbury Steak ½ c Wild Rice ½ c Corn 1 oz cornbread Cherry Cobbler	1 c Cheese Ravioli ½ c Yellow Squash ½ c Braised Cabbage 1 oz Garlic Bread Spice Cake	1 c Chicken Strips ½ c Baked Beans 1 c Mashed Sweet Potatoes 2 oz WW Roll Apple Pie	1 c Lentil Soup 1 c Green Beans 1 c Spinach Salad 2-1 oz WW Roll Brownie	1 c Vegetable Lasagna 2 oz Egg Salad ½ c Asparagus 1 oz WW Roll ½ c Fruit Salad
Monday 30	Tuesday 31	Wednesday	Thursday	Friday	Saturday	Sunday
3 oz Pot Roast ½ c Scallop Potatoes ½ c Roasted Beets 2-1 oz WW bread ½ c Pears	3 oz Baked Cod ½ c Brown Rice ½ c Brussel Sprouts ½ c Creamed Corn 1 oz WW bread ½ c Watermelon	1 c Chicken & Sausage Alfredo (3 oz. Chicken and Sausage, ½ c Pasta) ¾ c Turnip Greens 1 oz WW Roll ½ c Peaches	3 oz Boneless BBQ Pork Riblette ½ c Macaroni & Cheese 1 c Asparagus 1 oz WW bread ½ c Pineapple	Beef & Broccoli Stir Fry (4 oz. beef/½ c Broccoli) ¼ c Baby Corn ½ c Basmati Rice 1 oz WW Roll ½ c Applesauce	1 c Tomato Soup Open Faced Swiss Melt (1oz Swiss, 1-1 oz WW bread) 1 c Three Bean Salad ½ c Mandarin Oranges	3 oz. Reuben on 2 Slices Rye ½ c Baked Beans ½ c Coleslaw ½ c Slice Apples
1 c Spaghetti with ½ c meatballs in sauce ½ c Green Salad 2 oz Garlic Bread ½ c Blueberries on Ice Cream	1 Stuffed Peppers (2oz gr beef) ½ c Carrots ½ c Collard Greens 2-1 oz Naan Bread Apple Cobbler	3 oz Philly Cheesesteak On 2 oz WW Roll 1 c Red Potato Salad 1 c Garden Salad ½ c Fruit Parfait	3 oz Fish Sticks ½ c French Fries ½ c Garden Peas 2 oz WW Roll Angel Food Cake ¼ c Mixed Berries	3 oz Folded Chicken Quesadilla (2oz WW tortilla) w. ½ c Pepper/Onions ¾ C Black Beans & Hominy ½ c Rice Key Lime Pie	3oz Turkey Burger on Bun 1c French Cut Gr Beans 1 c Potato Wedges ½ c Mandarin oranges Choc Cream Pie	8 oz Manicotti w/ Red Sauce (1-2 oz cheese, 3 oz pasta) ½ c Green Beans ½ c Carrots Choc Chip Cookies

*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