

Winter Growth, Inc.

January 2025

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

Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5
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
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
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 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
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 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
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 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday	Sunday
4 oz Baked Tilapia 1 c Red Potato ½ c Peas 2-1 oz WW Bread Angel Food Cake ½ c Strawberries	3 oz Chicken Breast ½ c Broccoli Crowns ½ c Beets ½ c WW Penne 1 oz WW Roll ½ C Peaches	3 oz Sweet & Sour Meatballs ½ c Fried Brown Rice ½ c Carrots ½ c Cauliflower 1 oz WW bread ½ c Mandarin Oranges	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	1 c Hamburger on Bun ½ c French Fries ½ c Carrots 1 oz Roll Ice Cream Cup	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

*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