

Winter Growth, Inc.

MARCH 2023

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

Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5
Penne Tomato Florentine (½ c Penne, ¼ c Spinach) ¾ c 3 Bean Salad ¾ c Baby Corn 1 oz 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	1 c Vegetable Soup (3 oz Red Beans, ½ c Tomatoes, potatoes) 1 c Carrot Salad 1 oz Saltine Crackers 1 oz WW Bread 1 c Baked Apples	3 oz Hot Roast Beef Sandwich w/gravy 1 oz WW Bread ½ c Mashed Potatoes ½ c Beets Ice Cream Cup with ½ c Blueberries	3 oz Baked Cajun Tilapia 1 c Br Rice Pilaf ½ c Green Beans ½ c Roasted Red Pepper ½ c Pears	3oz Ham Steak 1 c Broccoli ½ c Creamed Corn 2 oz WW Roll Apple Pie	3oz Baked Chicken 1 c Scalloped Potato 1 c Mixed Vegetables 1 oz WW Bread Ice Cream Cup
3oz Cod Cake 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	3oz Chicken Tenders 1 c Potato Salad ½ c Lima Beans 2 oz WW Roll Brownie	3oz Pork Chops 1 c Cornbread Stuffing 1 c Asparagus Angel Food w/ Chocolate Sauce	1 c Chicken Noodle Soup Grilled 2oz Cheese Sandwich on WW Bread 2oz ½ c Green Beans ½ c Pudding	1 c Beefy Cheese & Macaroni Bake 1 c Fruit Salad on ½ c Red Lettuce Oatmeal Cookie	1 c Eggplant Parmigiana ½ c WW Pasta 1 c Spinach 1 oz Garlic Bread ½ c Fruit Cocktail
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
4 oz. PorkLoin ½ c (1 oz.) Brown Rice ½ c Zucchini 1 c Squash 1 oz WW Roll ½ c Applesauce	Cheese Quesadilla (1oz cheese) ¾ c Black Beans/Corn ½ c Mexicali Rice 1 oz WW Tortilla ¾ c Mixed Fruit Cup	1 c Beef Veg Stew (3oz. beef, ½ c Carrots/ Celery, potatoes) ¼ c Green Peas 1 c (2 oz.) WW Egg Noodles 1 c Baked Apples	4 oz Baked Cod 1 c Couscous ½ c Green Beans ½ c Beets 1 oz WW Bread ½ c Pears	4 oz Jerk Chicken w/ 2 oz Pineapple Salsa 1 c Red Beans ½ c Basmati Rice 1 oz WW Roll ½ c Mandarin Oranges	1 c Oven Ratatouille (1 c Eggplant, Squash, Tomatoes) 2 oz Deviled Eggs ½ c Spinach 2-1 oz Garlic Bread ½ c Pudding	4 oz Chicken & Rice Casserole 1 c Green Beans 1 oz WW Roll ½ c Peach Cobbler
3 oz Beef Sloppy Joes 2 oz WW Burger Bun 1 c French Fries ½ c Lima Beans 1 c Sherbet	1 c Tuna Casserole ¾ c Steamed Carrots 1 c Green Salad 2 oz Southern Biscuit Lemon Bar	3 oz Turkey Fillet 1 c Roasted Red Potatoes ½ c Broccoli 1 Multi Grain Roll 2 oz Chocolate Chip Cookie	Reuben Sandwich (2oz meat) On WW Bread 2oz 1 c Three Bean Salad ½ c WW Sun Chips Cherry Pie	1 c Manicotti 2 oz Chick Peas 1 c Tomato and Cucumber Salad Multi Grain Roll 2 oz Tiramisu	1 c Pork & Potato Casserole ½ c Peas 2 oz WW Roll Yellow Cake w/ Frosting	1 c BBQ Beef 1 c Vegetable Pasta Salad 2 oz Multigrain Rolls Jell-o Cup
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
1 c Vegetarian Chili (3 oz Pinto Beans, ¼ c Tomatoes) ½ c Tortilla Chips ½ c Brown Rice ¾ c Creamed Corn ½ c Apricots	1 c Beef & Broccoli Stir Fry (3 oz beef, ¼ c Broccoli) ½ c Straw Mushrooms ¼ c Baby Corn ½ c Brown Rice 1 oz WW Roll ½ c Pineapple	1 c Shrimp Etouffee (4 oz. Shrimp, ¼ c peppers, onions) ½ c WW Rotini ¾ c Red Cabbage ½ c Mandarin Orange	1 c Turkey Chili (4 oz Ground Turkey) ½ c Pinto Beans ½ c Corn ½ c Brown Rice 1 oz Cornbread ½ c Applesauce	4 oz Pork Chop ½ c (1 oz) Cornbread Stuffing ½ c Zucchini 1 c Squash 1 oz WW Roll ½ c Pears	4 oz Oven Fried Chicken 1 c WW Pasta 1 c Peas & Carrots Apple Cake	1 c Beef Goulash (3oz Gr Beef, ½ c Macaroni) 1 c Mixed Vegetables 1oz WW Roll Ice Cream Cup
Salmon Croquettes 1 c Cauliflower w/ cheese sauce ½ c WW Egg Noodles 1 oz WW Roll Brownies	1 c Lentil Soup ½ Deli Turkey on WW Bread 1 oz 1 c Mixed Vegetables ½ c Pudding	3 oz Pork Carnitas ½ c Brown Rice 1 c Turnip Greens 1 oz WW Roll 1 c Ice Cream w/ Hot Fudge	1 Stuffed Peppers (2oz ground beef) 1 c Roasted Potatoes 2 oz Multi Grain Roll ½ c Applesauce Sugar Free Jell-O	1 c Spaghetti & 3 oz Meatballs 1 c Steamed Spinach 1 oz Multi Grain Roll Tiramisu	1 c Tomato-Vegetable Soup Melted Cheese (1oz) on 2-1 oz WWBread ½ c Fruit Cup	1 c BBQ Pulled Chicken ½ c Au Gratin Potatoes ½ c Lima Beans & Corn 2oz WW Roll Pineapple Upside Down Cake

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
4 oz. Salmon ½ c Red Potato ½ c Broccoli ½ c Cauliflower 2-1 oz WW Bread ½ c Sliced Peaches	3 oz Curry Chicken 1 c Couscous ½ c Chickpeas ½ c Collard Greens or Braised Cabbage 1 oz WW Roll ½ c Pineapple	4 oz Sweet Sour Pork ½ c Fried Brown Rice ½ c Carrots ½ c Green Beans 1 oz WW Bread ½ c Mandarin Oranges	Veggie Burgers (3 oz Soy Burger) on 2 oz WW Roll ½ c Sweet Potato Fries ½ c Roasted Brussels Sprouts ½ c Pears	3 oz Salisbury Steak ½ c Mashed Potatoes ½ c Peas ½ c Corn 2-1 oz WW Bread 1 c Fruit Parfait	3 oz Pork Paprikash ½ c WW Noodles ½ c Steamed Carrots ½ c Spinach 1 oz WW Roll Oatmeal Cookie	4 oz Open Face Turkey Sandwich on 28 gr (1 oz) WW Bread ½ c Mashed Potatoes 1 c Stewed Tomatoes 1 oz Roll Ice Cream
3 oz Pork w/ ½ c Mushrooms & Zucchini ½ c WW Noodles ½ c Asparagus 1 oz WW Bread Strawberry Shortcake	½ c Rotini Pasta with ½ c Roasted Cauliflower, ½ c Carrots 2 oz Cottage Cheese 1 oz Multigrain Rolls Chocolate Cream Pie	1 c Beef Stew (2 oz beef) w/ ½ c Potatoes ½ c Brussels Sprouts 2 oz WW Roll Ice Cream	3 oz Baked Tilapia 1 c Broccoli ½ c Rice 1 oz WW Dinner roll Brownies	4 oz Chicken Parmigiana ½ c WW Penne 1 c Cucumber Salad 1 oz WW Bread 1 Cannoli	1 c Stuffed Shells (2 oz cheese, ½ c pasta shells) ½ c Green Beans 1 oz Multigrain Rolls ½ c Fresh Fruit w. Whipped Topping	1 c Minestrone Soup w/ Elbow Pasta ½ c Cauliflower Topped w. 1 oz Cheese 1 oz Multi Grain roll ½ c Sliced Apples
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday	Sunday
3 oz Swedish Meatballs ½ c Brown Rice 1 c Turnip Greens 1 oz WW Roll ½ c Peaches	4 oz Shrimp Creole 1 c WW Spaghetti Noodles ½ c Corn ½ c Asparagus ½ c Pears	1 c Chicken & Sausage Jambalaya (3 oz Chicken/Sausage) ½ c Brown Rice 1 c Turnip Greens 1 oz WW Roll ½ c Applesauce	3 oz Boneless BBQ Pork Riblette 1 c WW Macaroni & Cheese 1 c Collard Greens ½ c Pineapple	1 c Penne Tomato Florentine (½ c Penne, ¼ c Spinach) ¾ c 3 Bean Salad ¾ c Baby Corn 1 oz WW Roll ½ c Apricots	3 oz Beef & Cheddar Burger 2 - 28 g WW Burger Roll ½ c Baked Beans 1 c Coleslaw ½ c Cherry Cobbler	1 c SW Pork Stew (3 oz pork, onions, gr peppers) ½ c Sweet Potatoes ½ c Gr Beans 2 oz WW Roll ½ c Fruit
1 c Hoppin John (Rice/Turkey Sausage Bell/Peppers/Black Eyed Peas) ½ c Steamed Vegetable Medley 2 slices WW bread ½ c Ice Cream	1 c Vegetable Lasagna (1 oz cheese, ½ c veg, ½ c pasta) 1 c Green Beans 1 oz Multigrain Roll Apple Pie	Philly Cheesesteak (3 oz. Roast Beef, 1.5 oz. Cheese, 2 oz WW Roll) ½ C Roasted Potatoes ½ c Carrots Marble Cake	3 oz Oven Fried Fish ½ C French Fries ½ Green Peas 2 slices WW bread ½ c Pudding w. Whipped Topping	1 c Chicken Pot Pie (2 oz crust, ½ c chicken, ½ c vegetables) 1 c Potato Wedges 1 Slice Cherry Pie	3 oz Honey Mustard Chicken ½ c Mashed Potatoes 1 c Spinach 2 oz WW Roll Chocolate Chip Cookie	1 c Tortellini with Pesto 1 c Tomato Cucumber Salad 2 oz Chick Peas Angel Food Cake 2 oz WW Roll

*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