

Winter Growth, Inc.

February 2024

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

Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3	Sunday 4
4 oz Baked Cajun 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 Pork 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 Roll ½ c Pears	3 oz Hot Roast Beef Sandwich on 2-1oz WW bread 1 c Brussel Sprouts Ice Cream with ½ c Strawberries	3oz Turkey and Swiss Sandwich on 2 – 1 oz WW bread ½ c Tomatoes/Lettuce ¾ c Coleslaw Brownie	3 oz. Chicken Strips ½ c Mashed Potatoes 1 c Corn 2-1 oz WW Roll Ice Cream
1 c Chili Verde (Pork) w. ½ c Red Beans ½ c Tortilla Chips 1 c Green Beans ½ c Sherbet	½ c Tuna Salad On 2 oz English Muffin ½ c Warm Potato Salad 1 c Mixed Greens Gingerbread	1 c Beefy Cheese & Macaroni Bake ½ c Creamed Spinach ½ c Carrots 1 oz Roll Ice Cream Cup	1 c Cheese Ravioli ½ c Squash ½ c Braised Cabbage 1 oz Garlic Bread Spice Cake	1 c Chicken Casserole 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 ½ c Asparagus 1 oz WW Roll ½ c Fruit Salad
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11
3 oz Pot Roast ½ c Scallop Potatoes ½ c Roasted Beets 2-1 oz WW bread ½ c Pears	3 oz Tuna Fish Steak ½ c Brown Rice ½ c Brussel Sprouts ½ c Creamed Corn 1 oz WW bread ½ c Apricots	1 c Chicken & Sausage Jambalaya (3 oz. Chicken and Sausage, ½ c Rice, ¼ c Green Peppers/Onions) 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 Water Chestnuts 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 Hoppin John (¼ c Rice/3oz Turkey Sausage Bell/Peppers/Black Eyed Peas) 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 Fillet 1c French Cut Gr Beans 1 c Cornbread Stuffing ½ c Mandarin oranges Choc Cream Pie	8 oz Manicotti w/ Pesto Sauce (1-2 oz cheese, 3 oz pasta) ½ c Green Beans ½ c Carrots Choc Chip Cookies
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
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 Creamed Spinach 1 c Apricots	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 Beef Stroganoff ½ c Egg Noodles ½ c Corn ½ c Strawberries 1 oz Garlic Naan Bread Oatmeal Cookies	3oz Boneless Chicken Breast ½ c Green Beans ½ c Scalloped Potatoes 2 oz WW Roll Lemon Bar	3oz Oven Fried Haddock ½ c Red Potatoes ½ c Broccoli w/Cheese Sauce 2 oz Multi Grain Roll Brownie	3oz Pork Chops 1 c Applesauce 1 c Asparagus 2 oz WW Roll Yellow Cake w/ Frosting	1 ½ c Vegetable Soup Grilled Cheese(1oz) Sandwich on 2-1 oz WW bread ½ c Apple Cobbler	3oz Salisbury Steak ½ c Mashed Sweet Potatoes 1 c Collard Greens 2 oz WW Roll Pudding	1 c Butternut Squash Soup 2oz White Beans ½ c Spinach Casserole 1 oz WW Roll ¼ c Crackers Pound Cake
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
Pork Posole (3oz Pork, ¼ c Hominy) 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 Jerk Chicken with Pineapple Salsa 1 c Red Beans ½ c Steamed Rice 1 oz WW Roll ½ c Plantains	3oz Salmon on bed of ½ c Lentils ½ c Mashed Potatoes ½ c Asparagus 2-1 oz WW Bread ½ c Pears	1 c Corn Chowder Soup ½ c Spinach Roll 1 Hard Boiled Egg 2 oz WW Roll Chocolate Chip Cookie	3oz Chicken Parmigiana 2 oz WW Roll ½ c Brussel Sprouts ½ c Applesauce
1 c Beef & Cheeseburger Pie (3oz gr beef) ½ c Peas ½ c Peaches 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 Stuffed Portobello Mushroom 2 oz 3 Bean Salad 2 oz Garlic Bread ½ c Green beans 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 Tetrazzini 2 oz Naan Bread 1 C Mixed Veggies ½ c Applesauce Spice Cake
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday	Saturday	Sunday
3 oz Pork Tenderloin ½ c Stuffing 1 c Carrots 1 oz Roll Angel Food Cake with ½ c Strawberries	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 Macaroni & Cheese 1 oz WW Bread ½ c Apricots	Penne Tomato Florentine (½ c Penne, ¼ c Spinach) ¾ c 3 Bean Salad ¾ c Baby Corn 1 oz Roll ½ c Pineapple	4 oz Chicken Pot Pie ½ c Sweet Potatoes ½ c Baked Beans 2-1 oz WW Bread ½ c Pears	Beef Shepherd's Pie (½ c Mashed Potatoes/Vegetables 4 oz. Beef) 2-1 oz WW Roll ½ c Pineapple
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	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	3oz Cod Cake 1 c Green Beans 1 c Mashed Potatoes 2 oz WW Roll Oatmeal Cookie	1 c Minestrone Soup 1 Hard Boiled Egg 1 c Creamed Spinach 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

*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