

Winter Growth, Inc.

MAY 2024

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

Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5
3 oz Swedish Meatballs ½ c Brown Rice 1 c Broccoli 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 Mushroom Ravioli with 3 oz Chix Sausage and Alfredo Sauce 1 c Carrots 1 oz WW Roll Angel Food Cake with ½ c Raspberries	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 with ½ c Strawberries	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) ½ c Mashed Potatoes 1 Slice Cherry Pie	3 oz Honey Mustard Chicken 1 c Potato Wedges 1 c Spinach 2 oz WW Roll Chocolate Chip Cookie	1 c Tortellini with Pesto 1 c Tomato Cucumber Salad ½ C Carrots 2 oz Chick Peas Angel Food Cake 2 oz WW Roll
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
3oz Turkey Meat Loaf 1 c Garden Peas 1 c Brown Rice Pound Cake ½ c Strawberries Whipped Topping	4oz BBQ Chicken ¾ c. Sweet Potatoes ½ c Green Beans 1 c WW Macaroni & Cheese ½ c Cantaloupe	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 2- 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 Peas 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 2 - 1 oz WW Bread Ice Cream Cup
3oz Beef Picccata ½ c WW Spaghetti Noodles 1 c Spinach ½ c Carrots 1 oz Garlic Bread Italian Ice	1 c Beefy Cheese & Macaroni Bake 1 c Fruit Salad on ½ c Red Lettuce Oatmeal Cookie	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 ½ c Applesauce Angel Food w/Chocolate Sauce	1 c Chicken Noodle Soup (with ½ c peas) Grilled 2oz Cheese Sandwich on WW Bread 2oz ½ c Green Beans ½ c Pudding	3oz Baked Fish ½ c Collard Greens 1 c Red Potatoes 2 oz WW Roll Fudge Cookie	1 c Eggplant Parmigiana (with 2 oz cheese) ½ c WW Pasta 1 c Spinach 1 oz Garlic Bread ½ c Fruit Cocktail
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
4 oz. PorkLoin ½ c (1 oz.) Brown Rice ½ c Zucchini 1 c Summer Squash 1 oz WW Roll ½ c Applesauce	Cheese Quesadilla (1oz cheese) ¾ c Black Beans/Corn ½ c Diced Tomatoes 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 cheese) ½ c WW Pasta ½ c Spinach 1 oz Garlic Bread ½ c Pudding	1 c BBQ Beef 1 c French Fries 1 c Green Beans 2 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 Potato Salad ½ c WW Sun Chips Cherry Pie	1 c Manicotti (with 2 oz cheese) ½ c Broccoli 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	Monte Cristo sandwich (2 oz meat) On WW Bread 2oz 1 c Vegetable Pasta Salad ½ c Mixed Fruit Jell-o Cup
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
1 c Vegetarian Chili (3 oz Pinto Beans, ¼ c Tomatoes) ½ c WW Rotini ½ c Tortilla Chips ¾ c Creamed Corn ½ c Mixed Fruit Salad	1 c Beef & Broccoli Stir Fry (3 oz beef, ¼ c Broccoli) ½ c Straw Mushrooms ¼ c Baby Corn 1 c WW Lo Mien Noodles ½ c Pineapple	1 c Shrimp Etouffee (4 oz. Shrimp, ¼ c peppers, onions) 1 c Brown Rice ¾ c Red Cabbage ½ c Mandarin Orange	3 oz Chicken Santa Fe 1 c Couscous ½ c Chickpeas ½ c Collard Greens or Braised Cabbage 1 oz WW Roll 1 c Baked Apples	4 oz Pork Chop ½ c (1 oz) Cornbread Stuffing ½ c Zucchini 1 c Summer Squash 1oz WW Roll ½ c Pears	4 oz Oven Fried Chicken 1 c WW Pasta ½ c Peas ½ c Carrots ½ c Cherry Cobbler	1 c Beef Goulash (3oz Gr Beef, ½ c Macaroni) 1 c Mixed Vegetables 1oz WW Roll Ice Cream Cup with ½ c Blueberries
3 oz Salmon Croquettes 1 c Cauliflower w/ cheese sauce ½ c Asparagus ½ c WW Egg Noodles 1 oz WW Roll Brownies	1 c Lentil Soup 3oz Deli Turkey on 2 oz WW Roll 1 c Mixed Vegetables ½ c Mixed Berries ½ c Pudding	3 oz Pork Carnitas 1 oz WW Tortilla 1 c Turnip Greens 1 oz WW Roll 1 c Ice Cream with Hot Fudge and ½ c Strawberries	1 Stuffed Peppers (2oz ground beef) 1 c Roasted Potatoes ½ c Broccoli 2 oz Multi Grain Roll Apple Cake	1 c Spaghetti & 3 oz Meatballs 1 c Steamed Spinach ½ c Cauliflower 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 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday	Sunday
4 oz. Salmon ½ c Red Potato ½ c Broccoli ½ c Cauliflower 2-1 oz WW Bread ½ c Sliced Peaches	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 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	1 cup Beef Kabobs (3 oz beef, ¼ c peppers & onions) 1 c Brown Rice ½ c Steamed Carrots ½ c Spinach 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 1 c WW Noodles ½ c Asparagus Strawberry Shortcake	3 oz Baked Tilapia 1 c Broccoli ½ c Peas ½ c Rice 1 oz WW Dinner roll Brownies	1 c Beef Stew (2 oz beef) w/ ½ c Potatoes ½ c Brussels Sprouts 2 oz WW Roll Ice Cream	½ c Rotini Pasta with Ground Beef sauce (4 oz) ½ c Roasted Cauliflower, ½ c Carrots 1 oz Multigrain Rolls Chocolate Cream Pie	4 oz Chicken Parmigiana ½ c WW Penne ½ c Spinach 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/ ½ c Elbow Pasta ½ c Cauliflower Topped w. 1 oz Cheese 1 oz Multi Grain roll ½ c Sliced Apples

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