

**Winter Growth, Inc.
September 2024**

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

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8
Spaghetti 1 c WW Pasta topped w/ 3 oz Ground Beef and 2 oz Tomato Sauce 1 c Collard Greens 1 oz Garlic bread ½ c Blackberries and Strawberries	3 oz Tilapia 1 c Brown Rice ½ c Kidney Beans ½ c Yellow Squash ½ c Zucchini 2 oz WW Roll ½ c Sliced Peaches	3 oz Bruschetta Chicken 1 c Asparagus ½ c WW Angel Hair Pasta 2 oz WW Roll ½ c Pears	3oz Hungarian Pork Chop 1 c Cornbread Stuffing 1 c Beets w/ ¼ c Goat Cheese Topping ½ c Cantaloupe	1 c. Vegetable Soup (3 oz Red Beans, ½ c Tomatoes, potatoes) 1 c Carrot and Raisin Salad 0.7 oz Saltine Crackers 1 oz WW Bread 1 c Baked Apples	3 oz Cube Steak ½ c Mashed Potatoes ½ c Creamed Corn 2 oz WW Roll 1 slice Fruit Pie	3 oz. BBQ Pork ½ c WW Pasta 1 c Green Beans 1 oz Garlic bread ½ c Fresh Strawberries
Reuben Sandwich (2oz meat) on WW Bread 2oz ½ c French Fries 1 c Steamed Broccoli 1 c Fruit Cocktail	1 c Spinach Salad w/ Strawberries and Nuts 2oz Chick Peas ½ c WW Pasta Salad 1 oz WW roll ½ c sliced Peaches Brownie	1 c Beef Lasagna (2oz beef) ½ c Zesty Three Bean Salad ½ c Cauliflower w. Cheese Sauce Multigrain Rolls 2oz Baked Apple Crisp	1 c Spaghetti w/ Garlic Shrimp 2oz ½ c Peas 1 slice WW bread ½ c Cantaloupe Italian Ice	4-6oz Turkey Meat Loaf ½ c Brown Rice ½ c Red Cabbage ½ c Green Salad Multi Grain Roll 2oz Sherbet	2oz Turkey Wrap on WW Tortilla 2oz 1 c Sweet Potato Fries ½ c Coleslaw ½ c Fruit Cup	1 c Tortellini with Pesto 2 oz Cottage Cheese 1 c Tomato Cucumber Salad 2oz WW Roll ½ c Raspberries Angel Food Cake
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
3 oz Chicken Kebabs (3 oz chix, 1 oz Tom, 1 oz Gr Pepper) ½ c Wild Rice 1 c Yellow Squash 1 oz Naan Bread ½ c Fresh Cantaloupe	3 oz Pork Roast 1 c Braised Cabbage 1/2 c Green Beans 2 oz WW Roll ½ c Mandarin Oranges	1 C. Lentil Soup (1 ½ c lentils) 1 c Peas 1 c Brown Rice 1 oz Cornbread ½ c Fresh Blueberries/ Strawberries w. Whipped Cream	1 c Sweet & Sour Meatballs w. ½ c Pineapple Chunks ½ c Wild Rice ½ c Corn 2-1 oz WW Bread ½ c Pears	3 oz Baked Tilapia ½ c WW Penne 1 c Steamed Carrots 1 oz WW Bread ½ c Watermelon Chunks	1 c Chili (3 oz sausage/1 oz Black Beans/1 oz hominy, peppers and onions) 2 Corn Tortilla w/ Melted Cheese ½ c green salad 1 c Refried Beans 2 Oatmeal Cookies	3 oz Oven Fried Chicken ½ c Baked French Fries ½ c Baked Beans 1 Biscuit (2oz) ½ c Strawberries with Pound Cake
3 oz Salisbury steak w. Mushroom Gravy ½ c Roasted Sweet Potato ½ c Carrot Coins 2 oz Dinner Roll Lemon Bar	1 c Tuna Pasta Salad (2-3 oz tuna, 4-6 oz pasta) 1 c Asparagus 1 c Garden Salad Multi Grain Roll 2 oz 1 slice Peach Pie	½ c Chicken Salad on WW bread 2 oz ½ c Red Potato Salad ½ c Coleslaw ½ c Low Fat Ice Cream	3oz Boneless Pork Chops in Apple Ginger Sauce ½ c Cornbread Stuffing 1 oz Dinner Roll ½ c Carrot coins 1 c Collard Greens ½ c Apple Cobbler	1 c Tomato Soup Toasted Cheese (1oz) Sandwich on WW Bread 2oz ½ c Fresh Peach Slices 1 slice Pound Cake	Thin Sliced Beef/Swiss Melt 2 slices WW English Muffin 1 ½ c Spinach Salad 1 Custard Tart ½ c fresh berries	1 c Macaroni Bake 2 oz 3 Bean Salad ½ c Cucumber Salad ½ c Fruit Salad 1 Dinner Roll 2oz ½ c Pudding
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
3 oz Pork Lo Mein w/ ½ c Lo Mein Noodles 1 c. Braised Kale/Collard Greens 1 oz WW Bread ½ c Mandarin Oranges	1 c Mushroom Ravioli w/ Alfredo Sauce 2 oz grilled Chicken bites 1 c Baby Carrots 1 oz WW Roll Angel Food Cake ½ c Raspberries	4 oz. Country Fried Steak With Mushroom Gravy ½ c Fingerling Potatoes ¾ c Mixed Veggies 2 oz WW Roll 3/4 c Fruit Salad	Shrimp Fried Rice (3 oz shrimp, 1/2 c brown rice) 1 Egg roll 1 c Spinach 1 oz WW Bread ½ c Fresh Kiwi and Honeydew Melon	3 oz Jerk Chicken w/ Pineapple Salsa 1 C Red Beans ½ c Wild Rice 2 oz WW Roll ½ c Apricot Halves	1 c WW Penne Tomato Florentine ½ c Green Beans 2oz Chick Peas 2 oz WW Roll ½ c Fresh Strawberries on Pound Cake	2oz Turkey on 2 slices 1 oz WW Bread ½ c Bean Soup ½ c Beets ½ c LF Ice Cream

3oz Egg Salad on a Croissant 1 c. Cucumber Salad ½ c Sherbet ½ c berries	3 oz. Fish Fillet ½ c Cole Slaw ½ c Oven Fries 2 slices WW bread 2 Fig Bars	2 Turkey Tacos(2 oz) on WW Tortilla (2oz) ½ c Mexican Rice ½ c Sliced Tomatoes ½ c Shredded Lettuce 1 Churro	1 ½ c Ham (2oz) and Potato (½ c) Casserole ½ c Peas WW Roll (2oz) ½ c Pudding w. Whipped Topping	4 oz Beef Hotdog on WW Bun ½ c Potato Salad ½ c Baked Beans ½ c Fresh Blueberries w. ice-cream cup	3oz Pork Chops ½ c Cornbread Stuffing ½ c Green Beans 1 oz WW Roll ½ c Fresh Seasonal Berries 1 Brownie	½ c Sloppy Joes On WW Bun ½ c Broccoli ½ c Baked Beans 1 slice Berry Pie
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
Bean Burrito(3 oz pinto beans/3 oz soy burger) 1 c Hominy ½ c Mexicali Brown Rice 1 oz WW Tortilla ½ c Pears	1 c Beef Kabobs (3 oz. beef, ¼ c Peppers and Onions) 1 c WW Noodles ½ c Shredded Carrots ½ c Cauliflower ½ c Sliced Pineapple	3 oz Salmon ½ c Couscous 1 c Cuke/Watermelon Salad 1 c Green Beans 2 oz WW Roll	4 oz Cheese Quesadilla on ww tortilla ½ c Black Eyed Peas ½ c Mexican Rice ½ c Zucchini ½ c Fresh Cantaloupe	2oz Ham and 1oz Cheese on 2-1 oz WW Bread ½ c Wedge Fries ½ c Coleslaw ½ c Fresh Blueberries on Pound Cake	¾ c Chicken Cacciatore 1 c Peas ½ c WW Fettuccini 1 oz WW Bread ½ c Apple Sauce	Beef Veg Stew (3oz beef, 1 oz potatoes, 1 oz carrots) ½ c Green Bean Casserole 2 oz WW Roll Lemon Bar
½ c Monkfish ‘Lobster’ on WW Roll 2oz ½ c Coleslaw 1 c Baked Potato Chips 1 c Watermelon Slices	Chicken Wrap (2 oz chicken) (½ c sautéed vegetables and cheese) on Flour Tortilla 2 oz 1 c Spinach Salad Jello Cup	4 oz Turkey Burger on ww Bun 2 oz ½ c Fried Potatoes 1 c Asparagus Brownie a la Mode	1 c Penne with Sun-Dried Tomato Pesto & 2 oz tuna 2 oz Garbanzo Bean Salad ½ c Carrot coins Garlic Bread Italian Ice	3oz Philly Cheesesteak On WW Roll 2 oz 1 c Baked Beans ½ c Potato Salad Ice Cream	2 c Broccoli Rice Casserole (½ c Broccoli, ½ c rice) 2oz Egg Salad 2 oz Multi Grain Roll 1 c garden salad Fig Bar	3oz Turkey and Swiss Melt On WW Bread 56gm 1 Pickle Spear ½ c corn 1 c Broccoli Slaw 2 Chocolate Chip Cookies
Monday 30	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 ½ c Tuna Casserole (3oz Tuna, ½ c Pasta) ½ c Sliced Tomatoes 1 oz WW Bread 1 c Spinach ½ c Mandarin Oranges	Chicken (3 oz.) stir fry (1 C vegetables: ½ c. Broccoli, ¼ c. Carrots, ¼ cup Snow Peas) 1 c Brown rice/ scallions ½ c Applesauce	3 oz Pork Tenderloin ½ c Sweet Potatoes ½ c Yellow Squash 2-1 oz WW Bread ½ c Diced Pineapple	1 c Spinach and Cheese Quiche (1 C eggs, ½ C cheese) ½ c Green Peas 2-1 oz WW Bread 1 c Peaches	3 oz Beef Burger 2 oz WW Roll ½ c Potato Salad ½ c Collard Greens ½ c Cauliflower Angel Food with ½ c Slice Strawberries	½ c Ham Salad (2oz ham) on WW Roll 2 oz 1 c Zucchini & Tomato ½ c Spinach Salad ½ c Cherry Cobbler	3 oz Hawaiian Chicken ½ c Penne Pasta ¾ c Asparagus 2 oz WW Roll ¾ c Apple & Pear Slices
3oz Italian Sausage & Peppers ½ c Steamed Rice ½ c Peas & Carrots ½ c Fruit Cocktail	½ c Egg Salad on a Croissant 2 oz 1 c Baked French Fries ½ c Green Beans Brownie	3oz Italian Meatball On WW Roll 2oz ½ c Broccoli ½ c Diced Pineapple ½ c Ice Cream	3oz Fish Sandwich on WW Roll 2oz ½ c Red Potato Salad ½ c Coleslaw 1 Oatmeal Cookie	1 c Chicken Ratatouille (½ c vegetables, 2 oz chicken) WW Italian Bread 2oz ½ c Blueberries Ice Cream	1 c Smoking Powerhouse Chili (2oz beef, ½ c veg/beans) 1 c Tortilla Chips ½ Roasted Corn Italian Ice	Chicken Alfredo (1c pasta, 2oz chix) ½ c Green Peas ½ c Carrot Coins 2 oz Garlic toast Brownies

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