

**Winter Growth, Inc.
November 2024**

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

Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2	Sunday 3
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	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
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	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 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9	Sunday 10
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 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17
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 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
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
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30	Sunday
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	3 oz Turkey Breast w/gravy ½ c cornbread stuffing ½ c mixed vegetables ½ c cranberry sauce 1 oz WW Roll Sweet Potato Pie	3 oz Turkey breast w/gravy ½ c Green Bean Casserole ½ c Sauerkraut ½ c Sweet Potatoes 1 oz WW roll Apple Pie	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 Roast Beef sandwich 2-1 oz WW bread ½ c Pasta Salad Mixed Green Salad Pumpkin Pie	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

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