

Winter Growth, Inc.

JUNE 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday 1
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 turkey meatballs 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 c Hotdogs on Buns ½ c Cole Slaw ½ c Chips ½ Carrot Sticks 1 oz Cornbread ½ c 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
Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8
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 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 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
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 asparagus 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 Stroganoff ½ c WW egg 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 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
4 oz. Bruschetta Chicken (4oz chicken, ½ c green peppers,) ½ c (1 oz.) Brown Rice ½ c Zucchini 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 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
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	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	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	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 WW Bread 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

*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