

**Winter Growth, Inc.**

**JULY 2025**

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

| Monday                                                                                                                                                     | Tuesday 1                                                                                                                                                              | Wednesday 2                                                                                                                                                 | Thursday 3                                                                                                                                                                                           | Friday 4                                                                                                                                                                        | Saturday 5                                                                                                                                                                 | Sunday 6                                                                                                                                                      |
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| 3 oz Chicken Kebabs (3 oz chix, 1 oz Tom, 1 oz Gr Pepper)<br>½ c Wild Rice<br>1 c Yellow Squash<br>1 oz Naan Bread<br>½ c Fresh Cantaloupe                 | 3 oz Pork Roast<br>1 c Braised Cabbage<br>1/2 c Green Beans<br>2 oz WW Roll<br>½ c Mandarin Oranges                                                                    | 1 C. Lentil Soup (1 ½ c lentils)<br>1 c Peas<br>1 c Brown Rice<br>1 oz Cornbread<br>½ c Fresh Blueberries/<br>Strawberries w.<br>Whipped Cream              | 1 c Sweet & Sour Meatballs<br>w. ½ c Pineapple Chunks<br>½ c Wild Rice<br>½ c Corn<br>2-1 oz WW Bread<br>½ c Pears                                                                                   | 3 oz Baked Tilapia<br>½ c WW Penne<br>1 c Steamed Carrots<br>1 oz WW Bread<br>½ c Watermelon Chunks                                                                             | 1 c Chili (3 oz sausage/1 oz Black Beans/1 oz hominy, peppers and onions)<br>2 Corn Tortilla w/ Melted Cheese<br>½ c green salad<br>1 c Refried Beans<br>2 Oatmeal Cookies | 3 oz Oven Fried Chicken<br>½ c Baked French Fries<br>½ c Baked Beans<br>1 Biscuit (2oz)<br>½ c Strawberries with Pound Cake                                   |
| <b>3 oz Salisbury steak w. Mushroom Gravy</b><br><b>½ c Roasted Sweet Potato</b><br><b>½ c Carrot Coins</b><br><b>2 oz Dinner Roll</b><br><b>Lemon Bar</b> | <b>1 c Tuna Pasta Salad (2-3 oz tuna, 4-6 oz pasta)</b><br><b>1 c Asparagus</b><br><b>1 c Garden Salad</b><br><b>Multi Grain Roll 2 oz</b><br><b>1 slice Peach Pie</b> | <b>½ c Chicken Salad on WW bread 2 oz</b><br><b>½ c Red Potato Salad</b><br><b>½ c Coleslaw</b><br><b>½ c Low Fat Ice Cream</b>                             | <b>3oz Boneless Pork Chops in Apple Ginger Sauce</b><br><b>½ c Cornbread Stuffing</b><br><b>1 oz Dinner Roll</b><br><b>½ c Carrot coins</b><br><b>1 c Collard Greens</b><br><b>½ c Apple Cobbler</b> | <b>1 c Tomato Soup</b><br><b>Toasted Cheese (1oz)</b><br><b>Sandwich on WW Bread 2oz</b><br><b>½ c Fresh Peach Slices</b><br><b>1 slice Pound Cake</b><br><b>4 oz LF Yogurt</b> | <b>2 oz Thin Sliced Beef/Swiss Melt</b><br><b>2 slices WW English Muffin</b><br><b>1 ½ c Spinach Salad</b><br><b>1 Custard Tart</b><br><b>½ c fresh berries</b>            | <b>1 c Macaroni Bake</b><br><b>2 oz 3 Bean Salad</b><br><b>½ c Cucumber Salad</b><br><b>½ c Fruit Salad</b><br><b>1 Dinner Roll 2oz</b><br><b>½ c Pudding</b> |
| Monday 7                                                                                                                                                   | Tuesday 8                                                                                                                                                              | Wednesday 9                                                                                                                                                 | Thursday 10                                                                                                                                                                                          | Friday 11                                                                                                                                                                       | Saturday 12                                                                                                                                                                | Sunday 13                                                                                                                                                     |
| 3 oz Pork Lo Mein w/ ½ c Lo Mein Noodles<br>1 c. Braised Kale/Collard Greens<br>1 oz WW Bread<br>½ c Mandarin Oranges                                      | 1 c Mushroom Ravioli w/ Alfredo Sauce<br>2 oz grilled Chicken bites<br>1 c Baby Carrots<br>1 oz WW Roll<br>Angel Food Cake<br>½ c Raspberries                          | 4 oz. Country Fried Steak With Mushroom Gravy<br>½ c Fingerling Potatoes<br>¾ c Mixed Veggies<br>2 oz WW Roll<br>3/4 c Fruit Salad                          | Shrimp Fried Rice (3 oz shrimp, 1/2 c brown rice)<br>1 Egg roll<br>1 c Spinach<br>1 oz WW Bread<br>½ c Fresh Kiwi and Honeydew Melon                                                                 | 3 oz Jerk Chicken w/ Pineapple Salsa<br>1 C Red Beans<br>½ c Wild Rice<br>2 oz WW Roll<br>½ c Apricot Halves                                                                    | 1 c WW Penne<br>Tomato Florentine<br>½ c Green Beans<br>2oz Chick Peas<br>2 oz WW Roll<br>½ c Fresh Strawberries on Pound Cake                                             | 2oz Turkey on 2 slices<br>1 oz WW Bread<br>½ c Bean Soup<br>½ c Beets<br>½ c LF Ice Cream                                                                     |
| <b>3oz Egg Salad on a Croissant</b><br><b>1 c. Cucumber Salad</b><br><b>½ c Sherbet</b><br><b>½ c berries</b>                                              | <b>3 oz. Fish Fillet</b><br><b>½ c Cole Slaw</b><br><b>½ c Oven Fries</b><br><b>2 slices WW bread</b><br><b>2 Fig Bars</b>                                             | <b>2 Turkey Tacos(2 oz) on WW Tortilla (2oz)</b><br><b>½ c Mexican Rice</b><br><b>½ c Sliced Tomatoes</b><br><b>½ c Shredded Lettuce</b><br><b>1 Churro</b> | <b>1 ½ c Ham (2oz) and Potato (½ c)</b><br><b>Casserole</b><br><b>½ c Peas</b><br><b>WW Roll (2oz)</b><br><b>½ c Pudding w. Whipped Topping</b>                                                      | <b>4 oz Beef Hotdog on WW Bun</b><br><b>½ c Potato Salad</b><br><b>½ c Baked Beans</b><br><b>½ c Fresh Blueberries w. ice-cream cup</b>                                         | <b>3oz Pork Chops</b><br><b>½ c Cornbread Stuffing</b><br><b>½ c Green Beans</b><br><b>1 oz WW Roll</b><br><b>½ c Fresh Seasonal Berries</b><br><b>1 Brownie</b>           | <b>½ c Sloppy Joes On WW Bun 2 oz</b><br><b>½ c Broccoli</b><br><b>½ c Baked Beans</b><br><b>1 slice Berry Pie</b>                                            |
| Monday 14                                                                                                                                                  | Tuesday 15                                                                                                                                                             | Wednesday 16                                                                                                                                                | Thursday 17                                                                                                                                                                                          | Friday 18                                                                                                                                                                       | Saturday 19                                                                                                                                                                | Sunday 20                                                                                                                                                     |
| Bean Burrito(3 oz pinto beans/3 oz soy burger)<br>1 c Hominy<br>½ c Mexicali Brown Rice<br>1 oz WW Tortilla<br>½ c Pears                                   | 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 Salmon<br>½ c Couscous<br>1 c Cuke/Watermelon Salad<br>1 c Green Beans<br>2 oz WW Roll                                                                 | 4 oz Cheese Quesadilla on ww tortilla<br>½ c Black Eyed Peas<br>½ c Mexican Rice<br>½ c Zucchini<br>½ c Fresh Cantaloupe                                                                             | 2oz Ham and 1oz Cheese on 2-1 oz WW Bread<br>½ c Wedge Fries<br>½ c Coleslaw<br>½ c Fresh Blueberries on Pound Cake                                                             | ¾ c Chicken Cacciatore<br>1 c Peas<br>½ c WW Fettuccini<br>1 oz WW Bread<br>½ c Apple Sauce                                                                                | Beef Veg Stew (3oz beef, 1 oz potatoes, 1 oz carrots)<br>½ c Green Bean Casserole<br>2 oz WW Roll<br>Lemon Bar                                                |

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| <b>½ c Monkfish ‘Lobster’<br/>on WW Roll 2oz<br/>½ c Coleslaw<br/>1 c Baked Potato Chips<br/>1 c Watermelon Slices</b>                                              | <b>Chicken Wrap (2 oz<br/>chicken)<br/>(½ c sautéed<br/>vegetables and<br/>cheese) on Flour<br/>Tortilla 2 oz<br/>1 c Spinach Salad<br/>Jello Cup</b>   | <b>4 oz Turkey Burger on<br/>ww Bun 2 oz<br/>½ c Fried Potatoes<br/>1 c Asparagus<br/>Brownie a la Mode</b>                                                      | <b>1 c Penne with Sun-<br/>Dried Tomato Pesto<br/>&amp; 2 oz tuna<br/>2 oz Garbanzo Bean<br/>Salad<br/>½ c Carrot coins<br/>Garlic Bread<br/>Italian Ice</b> | <b>3oz Philly<br/>Cheesesteak<br/>On WW Roll 2 oz<br/>1 c Baked Beans<br/>½ c Potato Salad<br/>Ice Cream</b>                                                         | <b>2 c Broccoli Rice<br/>Casserole (½ c<br/>Broccoli, ½ c rice)<br/>2oz Egg Salad<br/>2 oz Multi Grain Roll<br/>1 c garden salad<br/>Fig Bar</b> | <b>3oz Turkey and<br/>Swiss Melt<br/>On WW Bread 56gm<br/>1 Pickle Spear<br/>½ c corn<br/>1 c Broccoli Slaw<br/>2 Chocolate Chip<br/>Cookies</b>       |
| Monday 21                                                                                                                                                           | Tuesday 22                                                                                                                                              | Wednesday 23                                                                                                                                                     | Thursday 24                                                                                                                                                  | Friday 25                                                                                                                                                            | Saturday 26                                                                                                                                      | Sunday 27                                                                                                                                              |
| 1 ½ c Tuna Casserole<br>(3oz Tuna, ½ c Pasta)<br>½ c Sliced Tomatoes<br>1 oz WW Bread<br>1 c Spinach<br>½ c Mandarin Oranges                                        | Chicken (3 oz.) stir fry<br>(1 C vegetables:<br>½ c. Broccoli, ¼ c.<br>Carrots, ¼ cup Snow<br>Peas)<br>1 c Brown rice/<br>scallions<br>½ c Applesauce   | 3 oz Pork Tenderloin<br>½ c Sweet Potatoes<br>½ c Yellow Squash<br>2-1 oz WW Bread<br>½ c Diced Pineapple                                                        | 1 c Spinach and Cheese<br>Quiche (1 C eggs, ½ C<br>cheese)<br>½ c Green Peas<br>2-1 oz WW Bread<br>1 c Peaches                                               | 3 oz Beef Burger<br>2 oz WW Roll<br>½ c Potato Salad<br>½ c Collard Greens<br>½ c Cauliflower<br>Angel Food with<br>½ c Slice Strawberries                           | ½ c Ham Salad (2oz<br>ham) on<br>WW Roll 2 oz<br>1 c Zucchini & Tomato<br>½ c Spinach Salad<br>½ c Cherry Cobbler                                | 3 oz Hawaiian<br>Chicken<br>½ c Penne Pasta<br>¾ c Asparagus<br>2 oz WW Roll<br>¾ c Apple & Pear<br>Slices                                             |
| <b>3oz Italian Sausage &amp;<br/>Peppers<br/>1 c Steamed Rice<br/>½ c Peas &amp; Carrots<br/>½ c Fruit Cocktail</b>                                                 | <b>½ c Egg Salad on a<br/>Croissant 2 oz<br/>1 c Baked French<br/>Fries<br/>½ c Green Beans<br/>Brownie</b>                                             | <b>3oz Italian Meatball<br/>On WW Roll 2oz<br/>½ c Broccoli<br/>½ c Diced Pineapple<br/>½ c Ice Cream</b>                                                        | <b>3oz Fish Sandwich on<br/>WW Roll 2oz<br/>½ c Red Potato Salad<br/>½ c Coleslaw<br/>1 Oatmeal Cookie</b>                                                   | <b>1 c Chicken<br/>Ratatouille (½ c<br/>vegetables, 2 oz<br/>chicken)<br/>WW Italian Bread 2oz<br/>½ c Blueberries<br/>Ice Cream</b>                                 | <b>1 c Smoking<br/>Powerhouse Chili<br/>(2oz beef, ½ c<br/>veg/beans)<br/>1 c Tortilla Chips<br/>½ Roasted Corn<br/>Italian Ice</b>              | <b>Chicken Alfredo (1c<br/>pasta, 2oz chix)<br/>½ c Green Peas<br/>½ c Carrot Coins<br/>2 oz Garlic toast<br/>Brownies</b>                             |
| Monday 28                                                                                                                                                           | Tuesday 29                                                                                                                                              | Wednesday 30                                                                                                                                                     | Thursday 31                                                                                                                                                  | Friday                                                                                                                                                               | Saturday                                                                                                                                         | Sunday                                                                                                                                                 |
| Spaghetti 1 c WW Pasta<br>topped w/<br>3 oz Ground Beef<br>and 2 oz Tomato Sauce<br>1 c Collard Greens<br>1 oz Garlic bread<br>½ c Blackberries and<br>Strawberries | 3 oz Tilapia<br>1 c Brown Rice<br>½ c Kidney Beans<br>½ c Yellow Squash<br>½ c Zucchini<br>2 oz WW Roll<br>½ c Sliced Peaches                           | 3 oz Bruschetta Chicken<br>1 c Asparagus<br>½ c WW Angel Hair<br>Pasta<br>2 oz WW Roll<br>½ c Pears                                                              | 3oz Hungarian Pork<br>Chop<br>1 c Cornbread Stuffing<br>1 c Beets w/ ¼ c Goat<br>Cheese Topping<br>½ c Cantaloupe                                            | 1 c. Vegetable Soup<br>(3 oz Red Beans, ½ c<br>Tomatoes, potatoes)<br>1 c Carrot and Raisin<br>Salad<br>0.7 oz Saltine Crackers<br>1 oz WW Bread<br>1 c Baked Apples | 3 oz Cube Steak<br>½ c Mashed Potatoes<br>½ c Creamed Corn<br>2 oz WW Roll<br>1 slice Fruit Pie                                                  | 3 oz. BBQ Pork<br>½ c WW Pasta<br>1 c Green Beans<br>1 oz Garlic bread<br>½ c Fresh<br>Strawberries                                                    |
| <b>Reuben Sandwich (2oz<br/>meat) on WW Bread 2oz<br/>½ c French Fries<br/>1 c Steamed Broccoli<br/>1 c Fruit Cocktail</b>                                          | <b>1 c Spinach Salad w/<br/>Strawberries and<br/>Nuts<br/>2oz Chick Peas<br/>½ c WW Pasta Salad<br/>1 oz WW roll<br/>½ c sliced Peaches<br/>Brownie</b> | <b>1 c Beef Lasagna (2oz<br/>beef)<br/>½ c Zesty Three Bean<br/>Salad<br/>½ c Cauliflower w.<br/>Cheese Sauce<br/>Multigrain Rolls 2oz<br/>Baked Apple Crisp</b> | <b>1 c Spaghetti w/<br/>Garlic Shrimp 2oz<br/>½ c Peas<br/>1 slice WW bread<br/>½ c Cantaloupe<br/>Italian Ice</b>                                           | <b>4-6oz Turkey Meat<br/>Loaf<br/>½ c Brown Rice<br/>½ Red Cabbage<br/>½ c Green Salad<br/>Multi Grain Roll 2oz<br/>Sherbet</b>                                      | <b>2oz Turkey Wrap on<br/>WW Tortilla 2oz<br/>1 c Sweet Potato<br/>Fries<br/>½ c Coleslaw<br/>½ c Fruit Cup</b>                                  | <b>1 c Tortellini with<br/>Pesto<br/>2 oz Cottage Cheese<br/>1 c Tomato<br/>Cucumber Salad<br/>2oz WW Roll<br/>½ c Raspberries<br/>Angel Food Cake</b> |

*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