

**Winter Growth, Inc.**

**OCTOBER 2025**

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

| Monday                                                                                                                                                              | Tuesday                                                                                                                                                 | Wednesday 1                                                                                                                                                      | Thursday 2                                                                                                               | Friday 3                                                                                                                                                             | Saturday 4                                                                                                                                                                             | Sunday 5                                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 6                                                                                                                                                            | Tuesday 7                                                                                                                                               | Wednesday 8                                                                                                                                                      | Thursday 9                                                                                                               | Friday 10                                                                                                                                                            | Saturday 11                                                                                                                                                                            | Sunday 12                                                                                                                                              |
| 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> |
| Monday 13                                                                                                                                                           | Tuesday 14                                                                                                                                              | Wednesday 15                                                                                                                                                     | Thursday 16                                                                                                              | Friday 17                                                                                                                                                            | Saturday 18                                                                                                                                                                            | Sunday 19                                                                                                                                              |
| 3 oz Chicken<br>Kebabs (3 oz chix, 1 oz<br>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<br>(1 ½ c lentils)<br>1 c Peas<br>1 c Brown Rice<br>1 oz Cornbread<br>½ c Fresh<br>Blueberries/<br>Strawberries w.<br>Whipped Cream             | 1 c Sweet & Sour<br>Meatballs<br>w. ½ c Pineapple<br>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<br>Chunks                                                               | 1 c Chili (3 oz sausage/1<br>oz Black Beans/1 oz<br>hominy, peppers and<br>onions)<br>2 Corn Tortilla w/<br>Melted Cheese<br>½ c green salad<br>1 c Refried Beans<br>2 Oatmeal Cookies | 3 oz Oven Fried<br>Chicken<br>½ c Baked French<br>Fries<br>½ c Baked Beans<br>1 Biscuit (2oz)<br>½ c Strawberries with<br>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) Sandwich</b><br><b>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> |
| <b>Monday 20</b>                                                                                                                                           | <b>Tuesday 21</b>                                                                                                                                                      | <b>Wednesday 22</b>                                                                                                                                         | <b>Thursday 23</b>                                                                                                                                                                                   | <b>Friday 24</b>                                                                                                                                                                | <b>Saturday 25</b>                                                                                                                                               | <b>Sunday 26</b>                                                                                                                                              |
| 3 oz Pork Lo Mein w/<br>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) 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>                                            |
| <b>Monday 27</b>                                                                                                                                           | <b>Tuesday 28</b>                                                                                                                                                      | <b>Wednesday 29</b>                                                                                                                                         | <b>Thursday 30</b>                                                                                                                                                                                   | <b>Friday 31</b>                                                                                                                                                                | <b>Saturday</b>                                                                                                                                                  | <b>Sunday</b>                                                                                                                                                 |
| 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                                                |
| <b>½ c Monkfish 'Lobster' on WW Roll 2oz</b><br><b>½ c Coleslaw</b><br><b>1 c Baked Potato Chips</b><br><b>1 c Watermelon Slices</b>                       | <b>Chicken Wrap (2 oz chicken) (½ c sautéed vegetables and cheese) on Flour Tortilla 2 oz</b><br><b>1 c Spinach Salad</b><br><b>Jello Cup</b>                          | <b>4 oz Turkey Burger on ww Bun 2 oz</b><br><b>½ c Fried Potatoes</b><br><b>1 c Asparagus</b><br><b>Brownie a la Mode</b>                                   | <b>1 c Penne with Sun-Dried Tomato Pesto &amp; 2 oz tuna</b><br><b>2 oz Garbanzo Bean Salad</b><br><b>½ c Carrot coins</b><br><b>Garlic Bread</b><br><b>Italian Ice</b>                              | <b>3oz Philly Cheesesteak On WW Roll 2 oz</b><br><b>1 c Baked Beans</b><br><b>½ c Potato Salad</b><br><b>Ice Cream</b>                                                          | <b>2 c Broccoli Rice Casserole (½ c Broccoli, ½ c rice)</b><br><b>2oz Egg Salad</b><br><b>2 oz Multi Grain Roll</b><br><b>1 c garden salad</b><br><b>Fig Bar</b> | <b>3oz Turkey and Swiss Melt On WW Bread 56gm</b><br><b>1 Pickle Spear</b><br><b>½ c corn</b><br><b>1 c Broccoli Slaw</b><br><b>2 Chocolate Chip Cookies</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