

Winter Growth, Inc.

NOVEMBER 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 1	Sunday 2
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	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 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	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 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	3oz Philly Cheesesteak On WW Roll 2 oz 1 c Baked Beans ½ c Potato Salad Ice Cream	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 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8	Sunday 9
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	4 oz Baked Tilapia 1 c Red Potato ½ c Peas 2-1 oz WW Bread Angel Food Cake ½ c Strawberries	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	3 oz Folded Chicken Quesadilla (2oz WW tortilla) w. ½ c Pepper/Onions ¾ C Black Beans & Hominy ½ c Rice Key Lime Pie	4 oz BBQ Pork on WW Roll (2oz) ½ C Baked Beans ½ C Coleslaw ½ C Baked Apples w/ Streusel Topping	3 oz Teriyaki Chicken Tenders ½ C Jasmine Rice 1 C Green Beans 1 oz WW Roll Tapioca Pudding ½ c Strawberries	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 w/vegs ½ c Applesauce Spice Cake
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15	Sunday 16
3 oz Pot Roast ½ c Scallop Potatoes ½ c Roasted Beets 2-1 oz WW bread ½ c Pears	3 oz Pork Tenderloin ½ c Stuffing 1 c Carrots 1 oz WW Roll Angel Food Cake with ½ c Strawberries	Fish & Chips (4 oz Breaded Fish, 4 oz. Baked Fries) ½ c Beets 2-1 oz WW Bread ½ c Mandarin Oranges	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	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 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22	Sunday 23
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 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	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 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 ½ c Fruit Cocktail
1 c Chicken Chili w. ½ c Red Beans ½ c Tortilla Chips 1 c Green Beans 1 oz WW roll ½ c Sherbet	3 oz Fish Sticks ½ c French Fries ½ c Garden Peas 2 oz WW Roll Angel Food Cake ¼ c Mixed Berries	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	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 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 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30
3oz Turkey Meat Loaf 1 c Garden Peas ½ c Brown Rice 1 oz WW Roll Pound Cake ½ c Strawberries Whipped Topping	1 c Lentil & Sausage Stew (½ c Lentil, 3 oz Sausage) ½ c Cauliflower 2-1 oz WW Bread ½ c Apple Sauce	Sloppy Joe (3oz Gr Beef) on 2 oz WW Roll ½ c Sweet Potato Fries 1 c Roasted Brussels Sprouts ½ c Pears	3 oz Turkey breast w/gravy ½ c Green Bean Casserole ½ c Sauerkraut ½ c Sweet Potatoes 1 oz WW roll Apple Pie	3 oz Baked Tilapia ½ c Jasmine Rice ½ c Carrots ½ c Braised Red Cabbage 1 oz WW Roll ½ c Pineapple	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 Boneless Chix ½ c Broccoli Crowns ½ c Cornbread Stuffing ½ c Applesauce 1 oz WW Roll ½ c Sherbet
1 c Swedish Meatballs ½ c Egg Noodles ½ c Corn ½ c Strawberries 1 oz Garlic Naan Bread Oatmeal Cookies	3oz Oven Fried Cod ½ c Red Potatoes ½ c Broccoli w/Cheese Sauce 2 oz Multi Grain Roll Brownie	3oz Boneless Chicken Breast ½ c Green Peas ½ c Scalloped Potatoes 2 oz WW Roll Lemon Bar	3oz Pork Chops 1 c Mac & Cheese 1 c Asparagus 2 oz WW Roll Yellow Cake w/ Frosting ½ c Apple Sauce	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

*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