

Winter Growth, Inc.

January 2026

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

Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3	Sunday 4
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 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11
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 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
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 Hot Roast Beef Sandwich on 2-1oz WW bread 1 c Brussel Sprouts Ice Cream with ½ c Blueberries	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 Chicken Breast ½ c Broccoli Crowns ½ c Beets ½ c WW Penne 1 oz WW Roll ½ C Peaches	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 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
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	1 c Vegetarian Chili (3 oz beans, ¼ Tomatoes) ½ c Tortilla Chips ½ c Rice ¾ c Cabbage 1 c Peaches	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
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31	Sunday
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

*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