

**Winter Growth, Inc.**

**February 2026**

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

| Monday                                                                                                                             | Tuesday                                                                                                                                   | Wednesday                                                                                                                         | Thursday                                                                                                                       | Friday                                                                                                                                         | Saturday                                                                                                  | Sunday 1                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| Stuffed Green Peppers<br>(3oz Gr Beef)<br>1 c Collard Greens<br>2-1 oz WW Bread<br>½ c Peaches                                     | 1 c Cheese Lasagna<br>w/ (3oz Cheese, ¼ c<br>Noodle)<br>1 c Glazed Baby<br>Carrots<br>2 oz Garlic Bread<br>½ c Tropical Fruit<br>Salad    | 1 c Beef Veg Stew<br>(3 oz beef, ¼ c Carrots/<br>Celery, potatoes)<br>¾ c Cauliflower<br>2-1 oz WW Bread<br>1 c Baked Apples      | 4 oz Baked Tilapia<br>1 c Red Potato<br>½ c Peas<br>2-1 oz WW Bread<br>Angel Food Cake<br>½ c Strawberries                     | 3oz Jerk Chicken with<br>½ c Pineapple Salsa<br>1 c Red Beans<br>½ c Steamed Rice<br>1 oz WW Roll<br>½ c Grapes                                | 1 c Corn Chowder<br>Soup<br>2 oz Tuna Salad<br>½ c Spinach Salad<br>2 oz WW Roll<br>Chocolate Chip Cookie | 3oz Chicken<br>Parmigiana<br>2 oz WW Roll<br>½ c Brussel Sprouts<br>½ c Applesauce                                |
| 1 c Hotdogs on Buns<br>½ c Cole Slaw<br>½ c Chips<br>½ Carrot Sticks<br>1 oz Cornbread<br>½ c Oatmeal Cookie                       | 3 oz Folded Chicken<br>Quesadilla (2oz WW<br>tortilla) w. ½ c<br>Pepper/Onions<br>¾ C Black Beans &<br>Hominy<br>½ c Rice<br>Key Lime Pie | 4 oz BBQ Pork on WW<br>Roll (2oz)<br>½ C Baked Beans<br>½ C Coleslaw<br>½ C Baked Apples w/<br>Streusel Topping                   | 3 oz Teriyaki Chicken<br>Tenders<br>½ C Jasmine Rice<br>1 C Green Beans<br>1 oz WW Roll<br>Tapioca Pudding<br>½ c Strawberries | 3 oz Pizza Slice<br>2 oz 3 Bean Salad<br>2 oz French Fries<br>½ c Apples<br>Gingerbread Cookie w/<br>Ice Cream Cup                             | 1c Spaghetti w.<br>4 oz Meat Sauce<br>1 c Broccoli Crowns<br>2 oz Garlic Bread<br>½ c Fruit Parfait       | 1 c Tuna Salad on 2 oz<br>English Muffin<br>1 C Pasta Salad<br>w/vegs<br>½ c Applesauce<br>Spice Cake             |
| Monday 2                                                                                                                           | Tuesday 3                                                                                                                                 | Wednesday 4                                                                                                                       | Thursday 5                                                                                                                     | Friday 6                                                                                                                                       | Saturday 7                                                                                                | Sunday 8                                                                                                          |
| 3 oz Pot Roast<br>½ c Scallop Potatoes<br>½ c Roasted Beets<br>2-1 oz WW bread<br>½ c Pears                                        | 3 oz Pork Tenderloin<br>½ c Stuffing<br>1 c Carrots<br>1 oz WW Roll<br>Angel Food Cake with<br>½ c Strawberries                           | Fish & Chips (4 oz<br>Breaded Fish,<br>4 oz. Baked Fries)<br>½ c Beets<br>2-1 oz WW Bread<br>½ c Mandarin Oranges                 | Penne Tomato<br>Florentine (½ c Penne,<br>¼ c Spinach)<br>¾ c 3 Bean Salad<br>¾ c Baby Corn<br>1 oz WW Roll<br>½ c Pineapple   | 1 c. Beef Ragout (4 oz<br>Beef, ½ c. Tomatoes,<br>Onions/Peppers)<br>½ C Collard Greens<br>½ c WW Egg Noodles<br>1 oz Cornbread<br>1 c Peaches | 4 oz Chicken Pot Pie<br>½ c Sweet Potatoes<br>½ c Baked Beans<br>2-1 oz WW Bread<br>½ c Pears             | Beef Lasagna (½ c<br>pasta 4 oz. Beef)<br>½ c Broccoli<br>½ c Carrot Coins<br>2-1 oz WW Roll<br>½ c Pineapple     |
| 3oz Salisbury Steak<br>1 c Green Beans<br>1 c Mashed Potatoes<br>2 oz WW Roll<br>Oatmeal Cookie                                    | 3oz Chicken Cordon<br>Bleu<br>½ c Asparagus<br>½ Baked Sweet Potato<br>2 oz WW Roll<br>Lemon Pie                                          | 4 oz Italian Sausage<br>½ c Peppers and Onions<br>on<br>2 oz WW Roll<br>½ c Hot Red Potato<br>Salad<br>½ c Peas<br>Italian Ice    | ½ c Egg Salad<br>2 oz Croissant<br>½ C Baked French<br>Fries<br>½ c Lima Beans<br>Brownie                                      | Open-faced Tacos (2 oz<br>gr beef, ½ c veggies, 1<br>oz cheese, 2 oz WW<br>tortilla)<br>1 c Refried Beans<br>½ c Fruit Parfait                 | 1 c Minestrone Soup<br>1 c Spinach<br>2 oz Egg Salad<br>2 oz WW Roll<br>Sugar Cookie                      | 4 oz. Oven Fried<br>Chicken<br>1 c Collard Greens<br>1 c Coleslaw<br>2 oz WW Roll<br>½ c Fruit Cocktail           |
| Monday 9                                                                                                                           | Tuesday 10                                                                                                                                | Wednesday 11                                                                                                                      | Thursday 12                                                                                                                    | Friday 13                                                                                                                                      | Saturday 14                                                                                               | Sunday 15                                                                                                         |
| 4 oz Baked Chicken Breast<br>1 c Broccoli Crowns<br>½ c Green Salad<br>½ c Macaroni & Cheese<br>1 oz WW Bread<br>½ c Apple Cobbler | 3 oz Hot Roast Beef<br>Sandwich on<br>2-1oz WW bread<br>1 c Brussel Sprouts<br>Ice Cream with<br>½ c Blueberries                          | 3 oz Sweet & Sour<br>Meatballs<br>½ c Fried Brown Rice<br>½ c Carrots<br>½ c Cauliflower<br>1 oz WW bread<br>½ c Mandarin Oranges | 3 oz Baked Cod<br>½ c Brown Rice<br>½ c Brussel Sprouts<br>½ c Creamed Corn<br>1 oz WW bread<br>½ c Watermelon                 | 3 oz Chicken Breast<br>½ c Broccoli Crowns<br>½ c Beets<br>½ c WW Penne<br>1 oz WW Roll<br>½ C Peaches                                         | 3 oz. Chicken Strips<br>½ c Mashed Potatoes<br>1 c Corn<br>2-1 oz WW Roll<br>Ice Cream                    | 3oz Turkey and Swiss<br>Sandwich on 2 – 1 oz<br>WW bread<br>½ c Pasta Salad<br>¾ c Coleslaw<br>½ c Fruit Cocktail |

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| 1 c Chicken Chili<br>w. ½ c Red Beans<br>½ c Tortilla Chips<br>1 c Green Beans<br>1 oz WW roll<br>½ c Sherbet                  | 3 oz Fish Sticks<br>½ c French Fries<br>½ c Garden Peas<br>2 oz WW Roll<br>Angel Food Cake<br>¼ c Mixed Berries                           | 1 c Hamburger on Bun<br>½ c French Fries<br>½ c Carrots<br>1 oz Roll<br>Ice Cream Cup                                        | 1 c Cheese Ravioli<br>½ c Yellow Squash<br>½ c Braised Cabbage<br>1 oz Garlic Bread<br>Spice Cake                              | Beef & Broccoli Stir Fry<br>(4 oz. beef/½ c<br>Broccoli)<br>¼ c Baby Corn<br>½ c Basmati Rice<br>1 oz WW Roll<br>½ c Applesauce  | 1 c Lentil Soup<br>1 c Green Beans<br>1 c Spinach Salad<br>2-1 oz WW Roll<br>Brownie                                           | 1 c Vegetable Lasagna<br>2 oz Egg Salad<br>½ c Asparagus<br>1 oz WW Roll<br>½ c Fruit Salad                             |
| Monday 16                                                                                                                      | Tuesday 17                                                                                                                                | Wednesday 18                                                                                                                 | Thursday 19                                                                                                                    | Friday 20                                                                                                                        | Saturday 21                                                                                                                    | Sunday 22                                                                                                               |
| 3oz Turkey Meat Loaf<br>1 c Garden Peas<br>½ c Brown Rice<br>1 oz WW Roll<br>Pound Cake<br>½ c Strawberries<br>Whipped Topping | 1 c Lentil & Sausage<br>Stew<br>(½ c Lentil, 3 oz<br>Sausage)<br>½ c Cauliflower<br>2-1 oz WW Bread<br>½ c Apple Sauce                    | Sloppy Joe (3oz Gr Beef)<br>on 2 oz WW Roll<br>½ c Sweet Potato Fries<br>1 c Roasted Brussels<br>Sprouts<br>½ c Pears        | 1 c Vegetarian Chili<br>(3 oz beans, ¼<br>Tomatoes)<br>½ c Tortilla Chips<br>½ c Rice<br>¾ c Cabbage<br>1 c Peaches            | 3 oz Baked Tilapia<br>½ c Jasmine Rice<br>½ c Carrots<br>½ c Braised Red<br>Cabbage<br>1 oz WW Roll<br>½ c Pineapple             | 1 c Tomato Soup<br>Open Faced Swiss<br>Melt (1oz Swiss, 1-1<br>oz WW bread)<br>1 c Three Bean Salad<br>½ c Mandarin<br>Oranges | 3 oz Boneless Chix<br>½ c Broccoli Crowns<br>½ c Cornbread<br>Stuffing<br>½ c Applesauce<br>1 oz WW Roll<br>½ c Sherbet |
| 1 c Swedish Meatballs<br>½ c Egg Noodles<br>½ c Corn<br>½ c Strawberries<br>1 oz Garlic Naan Bread<br>Oatmeal Cookies          | 3oz Oven Fried Cod<br>½ c Red Potatoes<br>½ c Broccoli<br>w/Cheese Sauce<br>2 oz Multi Grain Roll<br>Brownie                              | 3oz Boneless Chicken<br>Breast<br>½ c Green Peas<br>½ c Scalloped Potatoes<br>2 oz WW Roll<br>Lemon Bar                      | 3oz Pork Chops<br>1 c Mac & Cheese<br>1 c Asparagus<br>2 oz WW Roll<br>Yellow Cake w/<br>Frosting<br>½ c Apple Sauce           | 1 ½ c Tomato Soup<br>Grilled Cheese(1oz)<br>Sandwich on 2-1 oz<br>WW bread<br>½ c Apple Cobbler<br>1 c Green Salad               | 3oz Salisbury Steak<br>½ c Mashed Potatoes<br>1 c Collard Greens<br>2 oz WW Roll<br>Pudding                                    | 1 c Chicken Noodle<br>Soup<br>2oz White Beans<br>½ c Green Beans<br>1 oz WW Roll<br>1 C Sliced Banana<br>Pound Cake     |
| Monday 23                                                                                                                      | Tuesday 24                                                                                                                                | Wednesday 25                                                                                                                 | Thursday 26                                                                                                                    | Friday 27                                                                                                                        | Saturday 28                                                                                                                    | Sunday                                                                                                                  |
| Stuffed Green Peppers<br>(3oz Gr Beef)<br>1 c Collard Greens<br>2-1 oz WW Bread<br>½ c Peaches                                 | 3oz Jerk Chicken with<br>½ c Pineapple Salsa<br>1 c Red Beans<br>½ c Steamed Rice<br>1 oz WW Roll<br>½ c Grapes                           | 1 c Beef Veg Stew<br>(3 oz beef, ¼ c Carrots/<br>Celery, potatoes)<br>¾ c Cauliflower<br>2-1 oz WW Bread<br>1 c Baked Apples | 4 oz Baked Tilapia<br>1 c Red Potato<br>½ c Peas<br>2-1 oz WW Bread<br>Angel Food Cake<br>½ c Strawberries                     | 1 c Cheese Lasagna<br>w/ (3oz Cheese, ¼ c<br>Noodle)<br>1 c Glazed Baby Carrots<br>2 oz Garlic Bread<br>½ c Tropical Fruit Salad | 1 c Corn Chowder<br>Soup<br>2 oz Tuna Salad<br>½ c Spinach Salad<br>2 oz WW Roll<br>Chocolate Chip Cookie                      | 3oz Chicken<br>Parmigiana<br>2 oz WW Roll<br>½ c Brussel Sprouts<br>½ c Applesauce                                      |
| 1 c Hotdogs on Buns<br>½ c Cole Slaw<br>½ c Chips<br>½ Carrot Sticks<br>1 oz Cornbread<br>½ c Oatmeal Cookie                   | 3 oz Folded Chicken<br>Quesadilla (2oz WW<br>tortilla) w. ½ c<br>Pepper/Onions<br>¾ C Black Beans &<br>Hominy<br>½ c Rice<br>Key Lime Pie | 4 oz BBQ Pork on WW<br>Roll (2oz)<br>½ C Baked Beans<br>½ C Coleslaw<br>½ C Baked Apples w/<br>Streusel Topping              | 3 oz Teriyaki Chicken<br>Tenders<br>½ C Jasmine Rice<br>1 C Green Beans<br>1 oz WW Roll<br>Tapioca Pudding<br>½ c Strawberries | 1 c Tuna Salad on 2 oz<br>English Muffin<br>1 C Pasta Salad<br>w/vegs<br>½ c Applesauce<br>Spice Cake                            | 1c Spaghetti w.<br>4 oz Meat Sauce<br>1 c Broccoli Crowns<br>2 oz Garlic Bread<br>½ c Fruit Parfait                            | 3 oz Pizza Slice<br>2 oz 3 Bean Salad<br>2 oz French Fries<br>½ c Apples<br>Gingerbread Cookie<br>w/ Ice Cream Cup      |

*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