

**Winter Growth, Inc.**

**March 2026**

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

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8
3oz Turkey Meat Loaf 1 c Garden Peas 1 c Brown Rice Pound Cake ½ c Strawberries Whipped Topping	4oz Smothered Chicken w/ Gravy ½ c. Mashed Potatoes ½ c Mixed Vegetables 2 oz WW Bread ½ c Baked Apples	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	1 c Vegetable Soup (3 oz Red Beans, ½ c Tomatoes, potatoes) 1 c asparagus 1 oz Saltine Crackers 1 oz WW Bread 1 c Baked Apples	3 oz Baked Cajun Tilapia 1 c Br Rice Pilaf ½ c Peas ½ c Roasted Red Pepper ½ c Pears	3oz Ham Steak 1 c Broccoli ½ c Creamed Corn 2 oz WW Roll Apple Pie	3oz Baked Chicken 1 c Scalloped Potato 1 c Mixed Vegetables 2 - 1 oz WW Bread Ice Cream Cup
3oz Beef Stroganoff ½ c WW egg Noodles 1 c Spinach ½ c Carrots 1 oz Garlic Bread Italian Ice	1 c Beefy Cheese & Macaroni Bake 1 c Fruit Salad on ½ c Red Lettuce Oatmeal Cookie	3oz Pork Chops 1 c Cornbread Stuffing 1 c Asparagus ½ c Applesauce Angel Food w/ Chocolate Sauce	3oz Chicken Tenders 1 c Potato Salad ½ c Lima Beans 2 oz WW Roll Brownie	1 c Eggplant Parmigiana (with 2 oz cheese) ½ c WW Pasta 1 c Spinach 1 oz Garlic Bread ½ c Fruit Cocktail	3oz Baked Fish ½ c Collard Greens 1 c Red Potatoes 2 oz WW Roll Fudge Cookie	1 c Chicken Noodle Soup (with ½ c peas) Grilled 2oz Cheese Sandwich on WW Bread 2oz ½ c Green Beans ½ c Pudding
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
4 oz. Bruschetta Chicken (4oz chicken, ½ c green peppers,) ½ c (1 oz.) Brown Rice ½ c Zucchini 1 oz WW Roll ½ c Applesauce	1 c Beef Veg Stew (3oz. beef, ½ c Carrots/ Celery, potatoes) ¼ c Green Peas 1 c (2 oz.) WW Egg Noodles 1 c Baked Apples	4 oz Jerk Chicken w/ 2 oz Pineapple Salsa 1 c Red Beans ½ c Basmati Rice 1 oz WW Roll ½ c Mandarin Oranges	4 oz Baked Cod 1 c Couscous ½ c Green Beans ½ c Beets 1 oz WW Bread ½ c Pears	Cheese Quesadilla (1oz cheese) ¾ c Black Beans/Corn ½ c Diced Tomatoes ½ c Mexicali Rice 1 oz WW Tortilla ¾ c Mixed Fruit Cup	1 c Oven Ratatouille (1 c Eggplant, Squash, Tomatoes, 2 oz cheese) ½ c WW Pasta ½ c Spinach 1 oz Garlic Bread ½ c Pudding	1 c BBQ Beef 1 c French Fries 1 c Green Beans 2 oz WW Roll ½ c Peach Cobbler
3 oz Beef Sloppy Joes 2 oz WW Burger Bun 1 c French Fries ½ c Lima Beans 1 c Sherbet	3 oz Sausage 1 c Red Beans ½ c White Rice 1 oz WW Roll ½ c Peach Cobbler	3 oz Turkey Fillet 1 c Roasted Red Potatoes ½ c Broccoli 1 Multi Grain Roll 2 oz Chocolate Chip Cookie	Reuben Sandwich (2oz meat) On WW Bread 2oz 1 c Three Bean Salad ½ c Potato Salad ½ c WW Sun Chips Cherry Pie	1 c Tuna Casserole ¾ c Steamed Carrots 1 c Green Salad 2 oz Southern Biscuit Lemon Bar	1 c Pork & Potato Casserole ½ c Peas 2 oz WW Roll Yellow Cake w/ Frosting	Monte Cristo sandwich (2 oz meat) On WW Bread 2oz 1 c Vegetable Pasta Salad ½ c Mixed Fruit Jell-o Cup
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
Chicken Quesadillas (3 oz Chix and 1 oz cheese) 1 c Pinto Beans ½ c Mexican rice ½ c Diced Tomatoes 1 oz WW Tortilla Churro	1 c Beef & Broccoli Stir Fry (3 oz beef, ¼ c Broccoli) ½ c Straw Mushrooms ¼ c Baby Corn 1 c WW Lo Mien Noodles ½ c Pineapple	1 c Shrimp Etouffee (4 oz. Shrimp , ¼ c peppers, onions) 1 c Brown Rice ¾ c Red Cabbage ½ c Mandarin Orange	4 oz Pork Chop ½ c (1 oz) Cornbread Stuffing ½ c Zucchini 1 c Summer Squash 1oz WW Roll ½ c Pears	1 c Vegetarian Chili (3 oz Pinto Beans, ¼ c Tomatoes) ½ c WW Rotini ½ c Tortilla Chips ¾ c Creamed Corn ½ c Mixed Fruit Salad	4 oz Oven Fried Chicken 1 c WW Pasta ½ c Peas ½ c Carrots ½ c Cherry Cobbler	1 c Beef Goulash (3oz Gr Beef, ½ c Macaroni) 1 c Mixed Vegetables 1oz WW Roll Ice Cream Cup with ½ c Blueberries

3 oz Salmon Croquettes 1 c Cauliflower w/ cheese sauce ½ c Asparagus ½ c WW Egg Noodles 1 oz WW Roll Brownies	1 c Lentil Soup 3oz Deli Turkey on 2 oz WW Roll 1 c Mixed Vegetables ½ c Mixed Berries ½ c Pudding	3 oz Pork Carnitas 1 oz WW Tortilla 1 c Turnip Greens 1 oz WW Roll 1 c Ice Cream with Hot Fudge and ½ c Strawberries	1 Stuffed Peppers (2oz ground beef) 1 c Roasted Potatoes ½ c Broccoli 2 oz Multi Grain Roll Apple Cake	1 c Tomato-Vegetable Soup Melted Cheese (1oz) on 2-1 oz WWBread ½ c Fruit Cup	1 c Spaghetti & 3 oz Meatballs 1 c Steamed Spinach ½ c Cauliflower 1 oz Multi Grain Roll Tiramisu	1 c BBQ Pulled Chicken ½ c Au Gratin Potatoes ½ c Lima Beans & Corn 2oz WW Roll Pineapple Upside Down Cake
<b>Monday 23</b>	<b>Tuesday 24</b>	<b>Wednesday 25</b>	<b>Thursday 26</b>	<b>Friday 27</b>	<b>Saturday 28</b>	<b>Sunday 29</b>
3 oz Salisbury Steak ½ c Mashed Potatoes ½ c Peas ½ c Corn 2-1 oz WW Bread 1 c Fruit Parfait	1 c Chicken Alfredo (3oz Chix) 1 c WW Penne 1 c Broccoli 1 oz Garlic Knots ½ c Tropical fruit	4 oz Sweet Sour turkey meatballs ½ c Fried Brown Rice ½ c Carrots ½ c Green Beans 1 oz WW Bread ½ c Mandarin Oranges	Veggie Burgers (3 oz Soy Burger) on 2 oz WW Roll ½ c Sweet Potato Fries ½ c Roasted Brussels Sprouts ½ c Pears	4 oz. Salmon ½ c Red Potato ½ c Broccoli ½ c Cauliflower 2-1 oz WW Bread ½ c Sliced Peaches	1 c Hotdogs on Buns ½ c Cole Slaw ½ c Chips ½ Carrot Sticks 1 oz Cornbread ½ c Oatmeal Cookie	4 oz Open Face Turkey Sandwich on 28 gr (1 oz) WW Bread ½ c Mashed Potatoes 1 c Stewed Tomatoes 1 oz Roll Ice Cream
3 oz Pork w/ ½ c Mushrooms & Zucchini 1 c WW Noodles ½ c Asparagus Strawberry Shortcake	3 oz Baked Tilapia 1 c Broccoli ½ c Peas ½ c Rice 1 oz WW Dinner roll Brownies	1 c Beef Stew (2 oz beef) w/ ½ c Potatoes ½ c Brussels Sprouts 2 oz WW Roll Ice Cream	½ c Rotini Pasta with Ground Beef sauce (4 oz) ½ c Roasted Cauliflower, ½ c Carrots 1 oz Multigrain Rolls Chocolate Cream Pie	1 c Stuffed Shells (2 oz cheese, ½ c pasta shells) ½ c Green Beans 1 oz Multigrain Rolls ½ c Fresh Fruit w. Whipped Topping	4 oz Chicken Parmigiana ½ c WW Penne ½ c Spinach 1 c Cucumber Salad 1 oz WW Bread 1 Cannoli	1 c Minestrone Soup w/ ½ c Elbow Pasta ½ c Cauliflower Topped w. 1 oz Cheese 1 oz Multi Grain roll ½ c Sliced Apples
<b>Monday 30</b>	<b>Tuesday 31</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
3oz Turkey Meat Loaf 1 c Garden Peas 1 c Brown Rice Pound Cake ½ c Strawberries Whipped Topping	4oz Smothered Chicken w/ Gravy ½ c. Mashed Potatoes ½ c Mixed Vegetables 2 oz WW Bread ½ c Baked Apples	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	1 c Vegetable Soup (3 oz Red Beans, ½ c Tomatoes, potatoes) 1 c asparagus 1 oz Saltine Crackers 1 oz WW Bread 1 c Baked Apples	3 oz Baked Cajun Tilapia 1 c Br Rice Pilaf ½ c Peas ½ c Roasted Red Pepper ½ c Pears	3oz Ham Steak 1 c Broccoli ½ c Creamed Corn 2 oz WW Roll Apple Pie	3oz Baked Chicken 1 c Scalloped Potato 1 c Mixed Vegetables 2 - 1 oz WW Bread Ice Cream Cup
3oz Beef Stroganoff ½ c WW egg Noodles 1 c Spinach ½ c Carrots 1 oz Garlic Bread Italian Ice	1 c Beefy Cheese & Macaroni Bake 1 c Fruit Salad on ½ c Red Lettuce Oatmeal Cookie	3oz Pork Chops 1 c Cornbread Stuffing 1 c Asparagus ½ c Applesauce Angel Food w/ Chocolate Sauce	3oz Chicken Tenders 1 c Potato Salad ½ c Lima Beans 2 oz WW Roll Brownie	1 c Eggplant Parmigiana (with 2 oz cheese) ½ c WW Pasta 1 c Spinach 1 oz Garlic Bread ½ c Fruit Cocktail	3oz Baked Fish ½ c Collard Greens 1 c Red Potatoes 2 oz WW Roll Fudge Cookie	1 c Chicken Noodle Soup (with ½ c peas) Grilled 2oz Cheese Sandwich on WW Bread 2oz ½ c Green Beans ½ c Pudding

*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