

**Winter Growth, Inc.**

**June 2026**

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

| Monday 1   | Tuesday 2  | Wednesday 3   | Thursday 4  | Friday 5   | Saturday 6  | Sunday 7  |
|--|--|---|---|--|---|---|
| 4 oz. Bruschetta Chicken (4oz chicken, ½ c green peppers,)<br>½ c (1 oz.) Brown Rice<br>½ c Zucchini<br>1 oz WW Roll<br>½ c Applesauce     | Cheese Quesadilla (1oz cheese)<br>¾ c Black Beans/Corn<br>½ c Diced Tomatoes<br>½ c Mexicali Rice<br>1 oz WW Tortilla<br>¾ c Mixed Fruit Cup | 1 c Beef Veg Stew (3oz. beef, ½ c Carrots/ Celery, potatoes)<br>¼ c Green Peas<br>1 c (2 oz.) WW Egg Noodles<br>1 c Baked Apples    | 4 oz Baked Cod<br>1 c Couscous<br>½ c Green Beans<br>½ c Beets<br>1 oz WW Bread<br>½ c Pears  | 4 oz Jerk Chicken w/ 2 oz Pineapple Salsa<br>1 c Red Beans<br>½ c Basmati Rice<br>1 oz WW Roll<br>½ c Mandarin Oranges | 1 c Oven Ratatouille (1 c Eggplant, Squash, Tomatoes, 2 oz cheese)<br>½ c WW Pasta<br>½ c Spinach<br>1 oz Garlic Bread<br>½ c Pudding | 1 c BBQ Beef<br>1 c French Fries<br>1 c Green Beans<br>2 oz WW Roll<br>½ c Peach Cobbler  |
| 3 oz Beef Sloppy Joes<br>2 oz WW Burger Bun<br>1 c French Fries<br>½ c Lima Beans<br>1 c Sherbet   | 1 c Tuna Casserole<br>¾ c Steamed Carrots<br>1 c Green Salad<br>2 oz Southern Biscuit<br>Lemon Bar   | 3 oz Turkey Fillet<br>1 c Roasted Red Potatoes<br>½ c Broccoli<br>1 Multi Grain Roll 2 oz<br>Chocolate Chip Cookie                  | Reuben Sandwich (2oz meat)<br>On WW Bread 2oz<br>1 c Three Bean Salad<br>½ c Potato Salad<br>½ c WW Sun Chips<br>Cherry Pie               | 3 oz Sausage<br>1 c Red Beans<br>½ c White Rice<br>1 oz WW Roll<br>½ c Peach Cobbler                                   | 1 c Pork & Potato Casserole<br>½ c Peas<br>2 oz WW Roll<br>Yellow Cake w/<br>Frosting   | Monte Cristo sandwich (2 oz meat)<br>On WW Bread 2oz<br>1 c Vegetable Pasta Salad<br>½ c Mixed Fruit<br>Jell-o Cup              |
| Monday 8   | Tuesday 9  | Wednesday 10  | Thursday 11   | Friday 12  | Saturday 13   | Sunday 14   |
| Chicken Quesadillas (3 oz Chix and 1 oz cheese)<br>1 c Pinto Beans<br>½ c Mexican rice<br>½ c Diced Tomatoes<br>1 oz WW Tortilla<br>Churro | 1 c Beef & Broccoli Stir Fry (3 oz beef, ¼ c Broccoli)<br>½ c Straw Mushrooms<br>¼ c Baby Corn<br>1 c WW Lo Mien Noodles<br>½ c Pineapple    | 1 c Shrimp Etouffee (4 oz. Shrimp, ¼ c peppers, onions)<br>1 c Brown Rice<br>¾ c Red Cabbage<br>½ c Mandarin Orange                 | 1 c Vegetarian Chili (3 oz Pinto Beans, ¼ c Tomatoes)<br>½ c WW Rotini<br>½ c Tortilla Chips<br>¾ c Creamed Corn<br>½ c Mixed Fruit Salad | 4 oz Pork Chop<br>½ c (1 oz) Cornbread Stuffing<br>½ c Zucchini<br>1 c Summer Squash<br>1oz WW Roll<br>½ c Pears       | 4 oz Oven Fried Chicken<br>1 c WW Pasta<br>½ c Peas<br>½ c Carrots<br>½ c Cherry Cobbler  | 1 c Beef Goulash (3oz Gr Beef, ½ c Macaroni)<br>1 c Mixed Vegetables<br>1oz WW Roll<br>Ice Cream Cup with<br>½ c Blueberries    |
| 3 oz Salmon Croquettes<br>1 c Cauliflower w/ cheese sauce<br>½ c Asparagus<br>½ c WW Egg Noodles<br>1 oz WW Roll<br>Brownies               | 1 c Lentil Soup<br>3oz Deli Turkey on 2 oz WW Roll<br>1 c Mixed Vegetables<br>½ c Mixed Berries<br>½ c Pudding                               | 3 oz Pork Carnitas<br>1 oz WW Tortilla<br>1 c Turnip Greens<br>1 oz WW Roll<br>1 c Ice Cream with Hot Fudge and<br>½ c Strawberries | 1 Stuffed Peppers (2oz ground beef)<br>1 c Roasted Potatoes<br>½ c Broccoli<br>2 oz Multi Grain Roll<br>Apple Cake                        | 1 c Spaghetti & 3 oz Meatballs<br>1 c Steamed Spinach<br>½ c Cauliflower<br>1 oz Multi Grain Roll<br>Tiramisu          | 1 c Tomato-Vegetable Soup<br>Melted Cheese (1oz) on<br>2-1 oz WWBread<br>½ c Fruit Cup  | 1 c BBQ Pulled Chicken<br>½ c Au Gratin Potatoes<br>½ c Lima Beans & Corn<br>2oz WW Roll<br>Pineapple Upside Down Cake          |
| Monday 15  | Tuesday 16   | Wednesday 17  | Thursday 18   | Friday 19  | Saturday 20   | Sunday 21   |
| 4 oz. Salmon<br>½ c Red Potato<br>½ c Broccoli<br>½ c Cauliflower<br>2-1 oz WW Bread<br>½ c Sliced Peaches                                 | 1 c Chicken Alfredo (3oz Chix)<br>1 c WW Penne<br>1 c Broccoli<br>1 oz Garlic Knots<br>½ c Tropical fruit                                    | 4 oz Sweet Sour turkey meatballs<br>½ c Fried Brown Rice<br>½ c Carrots<br>½ c Green Beans<br>1 oz WW Bread<br>½ c Mandarin Oranges | Veggie Burgers (3 oz Soy Burger)<br>on 2 oz WW Roll<br>½ c Sweet Potato Fries<br>½ c Roasted Brussels Sprouts<br>½ c Pears                | 3 oz Salisbury Steak<br>½ c Mashed Potatoes<br>½ c Peas<br>½ c Corn<br>2-1 oz WW Bread<br>1 c Fruit Parfait            | 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                          | 4 oz Open Face Turkey Sandwich on 28 gr (1 oz) WW Bread<br>½ c Mashed Potatoes<br>1 c Stewed Tomatoes<br>1 oz Roll<br>Ice Cream |

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|---|---|--|--|---|---|--|
| 3 oz Pork w/<br>½ c Mushrooms &<br>Zucchini<br>1 c WW Noodles<br>½ c Asparagus<br>Strawberry Shortcake                                      | 3 oz Baked Tilapia<br>1 c Broccoli<br>½ c Peas<br>½ c Rice<br>1 oz WW Dinner roll<br>Brownies   | 1 c Beef Stew (2 oz beef)<br>w/ ½ c Potatoes<br>½ c Brussels Sprouts<br>2 oz WW Roll<br>Ice Cream  | ½ c Rotini Pasta with<br>Ground Beef sauce<br>(4 oz)<br>½ c Roasted<br>Cauliflower,<br>½ c Carrots<br>1 oz Multigrain Rolls<br>Chocolate Cream Pie | 4 oz Chicken<br>Parmigiana<br>½ c WW Penne<br>½ c Spinach<br>1 c Cucumber Salad<br>1 oz WW Bread<br>1 Cannoli                     | 1 c Stuffed Shells (2 oz<br>cheese, ½ c pasta<br>shells)<br>½ c Green Beans<br>1 oz Multigrain Rolls<br>½ c Fresh Fruit w.<br>Whipped Topping | 1 c Minestrone Soup<br>w/ ½ c Elbow Pasta<br>½ c Cauliflower<br>Topped w. 1 oz<br>Cheese<br>1 oz Multi Grain roll<br>½ c Sliced Apples |
| Monday 22   | Tuesday 23  | Wednesday 24   | Thursday 25  | Friday 26   | Saturday 27   | Sunday 28  |
| 3oz Turkey Meat Loaf<br>1 c Garden Peas<br>1 c Brown Rice<br>Pound Cake<br>½ c Strawberries<br>Whipped Topping                              | 4oz Smothered<br>Chicken w/ Gravy<br>½ c. Mashed Potatoes<br>½ c Mixed Vegetables<br>2 oz WW Bread<br>½ c Baked Apples                          | 3 oz Hot Roast Beef<br>Sandwich w/gravy<br>2- 1 oz WW Bread<br>½ c Mashed Potatoes<br>½ c Beets<br>Ice Cream Cup with<br>½ c Blueberries | 1 c Vegetable Soup<br>(3 oz Red Beans, ½ c<br>Tomatoes, potatoes)<br>1 c asparagus<br>1 oz Saltine Crackers<br>1 oz WW Bread<br>1 c Baked Apples   | 3 oz Baked Cajun<br>Tilapia<br>1 c Br Rice Pilaf<br>½ c Peas<br>½ c Roasted Red<br>Pepper<br>½ c Pears                            | 3oz Ham Steak<br>1 c Broccoli<br>½ c Creamed Corn<br>2 oz WW Roll<br>Apple Pie  | 3oz Baked Chicken<br>1 c Scalloped Potato<br>1 c Mixed Vegetables<br>2 - 1 oz WW Bread<br>Ice Cream Cup                                |
| 3oz Beef Stroganoff<br>½ c WW egg Noodles<br>1 c Spinach<br>½ c Carrots<br>1 oz Garlic Bread<br>Italian Ice                                 | 1 c Beefy Cheese &<br>Macaroni Bake<br>1 c Fruit Salad on<br>½ c Red Lettuce<br>Oatmeal Cookie  | 3oz Pork Chops<br>1 c Cornbread Stuffing<br>1 c Asparagus<br>½ c Applesauce<br>Angel Food w/ Chocolate<br>Sauce                          | 3oz Chicken Tenders<br>1 c Potato Salad<br>½ c Lima Beans<br>2 oz WW Roll<br>Brownie   | 1 c Chicken Noodle<br>Soup (with ½ c peas)<br>Grilled 2oz Cheese<br>Sandwich<br>on WW Bread 2oz<br>½ c Green Beans<br>½ c Pudding | 3oz Baked Fish<br>½ c Collard Greens<br>1 c Red Potatoes<br>2 oz WW Roll<br>Fudge Cookie  | 1 c Eggplant<br>Parmigiana (with 2 oz<br>cheese)<br>½ c WW Pasta<br>1 c Spinach<br>1 oz Garlic Bread<br>½ c Fruit Cocktail             |
| Monday 29   | Tuesday 30  | Wednesday  | Thursday   | Friday  | Saturday  | Sunday   |
| 4 oz. Bruschetta Chicken<br>(4oz chicken, ½ c green<br>peppers,<br>½ c (1 oz.) Brown Rice<br>½ c Zucchini<br>1 oz WW Roll<br>½ c Applesauce | Cheese Quesadilla<br>(1oz cheese)<br>¾ c Black Beans/Corn<br>½ c Diced Tomatoes<br>½ c Mexicali Rice<br>1 oz WW Tortilla<br>¾ c Mixed Fruit Cup |  |  |   |   |  |
| 3 oz Beef Sloppy Joes<br>2 oz WW Burger Bun<br>1 c French Fries<br>½ c Lima Beans<br>1 c Sherbet  | 1 c Tuna Casserole<br>¾ c Steamed Carrots<br>1 c Green Salad<br>2 oz Southern Biscuit<br>Lemon Bar  |  |  |   |   |  |

*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.  
Alternative Option Available Upon Request**

KEY: WW-Whole Wheat Chix-Chicken Br-Brown Gr-Ground