


Monday	Tuesday	Wednesday	Thursday	Friday
MOVE THE BONES 1 SPIRITUAL CONNECTION WHEAT PRODUCTS	YOGA MOVEMENT 2 MUSIC WITH MARY ITALIAN DAY	MOVE THE BONES 3 OUTING: WALMART CELLO CONCERT	YOGA MOVEMENT 4 OUTING: PATUTENT PARK ART:BEACH DECOR	MOVE THE BONES 5 BINGO BLAST OPINION CLUB: MOODS
FIT N FAB 8 SPIRITUAL CONNECTION CREAM CHEESE	YOGA MOVEMENT 9 MUSIC/BOB+TRICIA TEXAS RANGERS	KICK N BE FIT 10 OUTING: LIBRARY CELLO CONCERT	YOGA MOVEMENT 11 OUTING: GARDENS BROOKSIDE JELLY FISH ART	LET'S MOVE 12 BINGO BONANZA FLAG DAY HISTORY
KICK N BE FIT 15 SPIRITUAL CONNECTION BERRIES	YOGA MOVEMENT 16 MUSIC WITH MARY JUNETEENTH HISTORY	LET'S MOVE 17 OUTING: RADIO AND TV MUSEUM CELLO CONCERT	FATHER'S DAY 18 OUTING: SAVAGE MILLS SCIENCE: H2O	HOLIDAY 19 HAPPY JUNETEENTH
LET'S MOVE 22 SPIRITUAL CONNECTION JUICY FRUIT	YOGA MOVEMENT 23 MUSIC/BOB+TRICIA ANTARCTIC TREATY	FIT N FAB 24 OUTING: ABRAHAM HALL MUSEUM CELLO CONCERT	YOGA MOVEMENT 25 OUTING: LAKESIDE ART:4TH OF JULY DOOR DECOR	KICK N BE FIT 26 BINGO BONANZA OPINION CLUB:
SIT N BE FIT 29 SPIRITUAL CONNECTION BANANAS	YOGA MOVEMENT 30 WILLY WONKA INTERNATIONAL DAY	<div style="text-align: center;">  <h1 style="color: #2e8b57;">June 2026</h1> <h2 style="color: #000080;">RK HIGHLIGHTS</h2> <p style="font-size: small;">SUBJECT TO CHANGE</p> </div>		

Winter Growth, Inc. June 2026

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

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.

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
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	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 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 Baked Cod 1 c Couscous ½ c Green Beans ½ c Beets 1 oz WW Bread ½ c Pears	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
MONDAY 8	TUESDAY 9	WEDNESDAY 9	THURSDAY 11	FRIDAY 12
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	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 Pork Chop ½ c (1 oz) Cornbread Stuffing ½ c Zucchini 1 c Summer Squash 1oz WW Roll ½ c Pears
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
4 oz. Salmon ½ c Red Potato ½ c Broccoli ½ c Cauliflower 2-1 oz WW Bread ½ c Sliced Peaches	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	3 oz Salisbury Steak ½ c Mashed Potatoes ½ c Peas ½ c Corn 2-1 oz WW Bread 1 c Fruit Parfait
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
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
MONDAY 29	TUESDAY 30	WEDNESDAY	THURSDAY	FRIDAY
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	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			

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