

Winter Growth, Inc.

October 2026

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

Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3	Sunday 4
			1 c WW Penne Tomato Florentine ½ c Green Beans 2oz Chick Peas 2 oz WW Roll ½ c Fresh Strawberries on Pound Cake	3oz Tuna melt on 2 -1 oz WW Bread (3oz tuna, 1 oz cheese) 1 c Peas ½ c Fresh Blueberries/ Strawberries w. Whipped Cream	½ c Sloppy Joes On WW Bun 2 oz ½ c Broccoli ½ c Baked Beans 1 slice Berry Pie	2oz Turkey on 2 slices 1 oz WW Bread ½ c Bean Soup ½ c Beets ½ c LF Ice Cream
			1 ½ c Ham (2oz) and Potato (½ c) Casserole ½ c Peas WW Roll (2oz) ½ c Pudding w. Whipped Topping	4 oz Beef Hotdog on WW Bun ½ c Potato Salad ½ c Baked Beans ½ c Fresh Blueberries w. ice-cream cup	3oz Pork Chops ½ c Cornbread Stuffing ½ c Green Beans 1 oz WW Roll ½ c Fresh Seasonal Berries 1 Brownie	3 oz Beef Lo Mein w/ ½ c Lo Mein Noodles 1 c. Braised Kale/Collard Greens 1 oz WW Bread ½ c Mandarin Oranges
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11
Spaghetti 1 c WW Pasta topped w/ 3 oz Ground Beef and 2 oz Tomato Sauce 1 c Collard Greens 1 oz Garlic bread ½ c Blackberries and Strawberries	1 c Mushroom Ravioli w/ Alfredo Sauce 2 oz grilled Chicken bites 1 c Baby Carrots 1 oz WW Roll Angel Food Cake ½ c Raspberries	3 oz Salmon ½ c Couscous 1 c Cuke/Watermelon Salad 1 c Green Beans 2 oz WW Roll	4 oz Cheese Quesadilla on ww tortilla ½ c Black Eyed Peas ½ c Mexican Rice ½ c Zucchini ½ c Fresh Cantaloupe	2oz Ham and 1oz Cheese on 2-1 oz WW Bread ½ c Wedge Fries ½ c Coleslaw ½ c Fresh Blueberries on Pound Cake	¾ c Chicken Cacciatore 1 c Peas ½ c WW Fettuccini 1 oz WW Bread ½ c Apple Sauce	3 oz. BBQ Pork ½ c WW Pasta 1 c Green Beans 1 oz Garlic bread ½ c Fresh Strawberries
1 c Spinach Salad w/ Strawberries and Nuts 2oz Chick Peas	4 oz Turkey Burger on ww Bun 2 oz	Chicken Caesar Wrap (2 oz chicken)	1 c Penne with Sun Dried Tomato Pesto & 2 oz tuna	3oz Philly Cheesesteak On WW Roll 2 oz	2 c Broccoli Rice Casserole (½ c Broccoli, ½ c rice)	3oz Turkey and Swiss Melt On WW Bread 56gm

½ c WW Pasta Salad 1 oz WW roll ½ c sliced Peaches Brownie	½ c Fried Potatoes 1 c Asparagus Brownie a la Mode	(½ c romaine lettuce and 1 oz parmesan cheese) on Flour Tortilla 2 oz 1 c Spinach Salad Jello Cup	2 oz Garbanzo Bean Salad ½ c Carrot coins Garlic Bread Italian Ice	1 c Baked Beans ½ c Potato Salad Ice Cream	2oz Egg Salad 2 oz Multi Grain Roll 1 c garden salad Fig Bar	1 Pickle Spear ½ c corn 1 c Broccoli Slaw 2 Chocolate Chip Cookies
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
1 ½ c Tuna Casserole (3oz Tuna, ½ c Pasta) ½ c Sliced Tomatoes 1 oz WW Bread 1 c Spinach ½ c Mandarin Oranges	Chicken (3 oz.) stir fry (1 C vegetables: ½ c. Broccoli, ¼ c. Carrots, ¼ cup Snow Peas) 1 c Brown rice/scallions ½ c Applesauce	3 oz Pork Tenderloin ½ c Sweet Potatoes ½ c Yellow Squash 2-1 oz WW Bread ½ c Diced Pineapple	1 c Spinach and Cheese Quiche (1 C eggs, ½ C cheese) ½ c Green Peas 2-1 oz WW Bread 1 c Peaches	3 oz Beef Burger 2 oz WW Roll ½ c Potato Salad ½ c Collard Greens ½ c Cauliflower Angel Food with ½ c Slice Strawberries	½ c Ham Salad (2oz ham) on WW Roll 2 oz 1 c Zucchini & Tomato ½ c Spinach Salad ½ c Cherry Cobbler	3 oz Hawaiian Chicken ½ c Penne Pasta ¾ c Asparagus 2 oz WW Roll ¾ c Apple & Pear Slices
1 c Spinach Salad w/ Strawberries and Nuts 2oz Chick Peas ½ c WW Pasta Salad 1 oz WW roll ½ c sliced Peaches Brownie	½ c Egg Salad on a Croissant 2 oz 1 c Baked French Fries ½ c Green Beans Brownie	3oz Italian Meatball On WW Roll 2oz ½ c Broccoli ½ c Diced Pineapple ½ c Ice Cream	3oz Fish Sandwich on WW Roll 2oz ½ c Red Potato Salad ½ c Coleslaw 1 Oatmeal Cookie	1 c Chicken Ratatouille (½ c vegetables, 2 oz chicken) WW Italian Bread 2oz ½ c Blueberries Ice Cream	1 c Smoking Powerhouse Chili (2oz beef, ½ c veg/beans) 1 c Tortilla Chips ½ Roasted Corn Italian Ice	2oz Turkey Wrap on WW Tortilla 2oz 1 c Sweet Potato Fries ½ c Coleslaw ½ c Fruit Cup
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
3 oz Chicken Kebabs (3 oz chix, 1 oz Tom, 1 oz Gr Pepper) ½ c Wild Rice 1 c Yellow Squash 1 oz Naan Bread 1oz Tzatziki sauce ½ c Fresh Cantaloupe	3 oz Pork Roast 1 c Braised Cabbage 1/2 c Green Beans 2 oz WW Roll ½ c Mandarin Oranges	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 cup Vegan Rice Bowl (2 oz chickpeas, 1/4c red cabbage, 1/4c sweet potatoes, 1/4c carrots) ½ c Wild Rice	3 oz Baked Tilapia ½ c WW Penne 1 c Steamed Carrots 1 oz WW Bread ½ c Watermelon Chunks	1 c Hotdogs on Buns ½ c Cole Slaw ½ c Chips ½ Carrot Sticks 1 oz Cornbread Oatmeal Cookie	3 oz Oven Fried Chicken ½ c Baked French Fries ½ c Baked Beans 1 Biscuit (2oz) ½ c Strawberries with Pound Cake

			2 oz Sunshine Sauce (1 oz Greek yogurt) ½ c Corn 2-1 oz WW Bread ½ c Pears			
3 oz Salisbury steak w. Mushroom Gravy ½ c Roasted Sweet Potato ½ c Carrot Coins 2 oz Dinner Roll Lemon Bar	1 c Tuna Pasta Salad (2-3 oz tuna, 4-6 oz pasta) 1 c Asparagus 1 c Garden Salad Multi Grain Roll 2 oz 1 slice Peach Pie	½ c Chicken Salad on bed of lettuce (1oz) ½ c Red Potato Salad ½ c beets ½ c Low Fat Ice Cream Dinner Roll 2 oz	3oz Boneless Pork Chops in Apple Ginger Sauce ½ c Cornbread Stuffing 1 oz Dinner Roll ½ c Carrot coins 1 c Collard Greens ½ c Apple Cobbler	1 c Tomato Soup Toasted Cheese (1oz) Sandwich on WW Bread 2oz ½ c Fresh Peach Slices 1 slice Pound Cake 4 oz LF Yogurt	2 oz Thin Sliced Beef/Swiss Melt 2 slices WW English Muffin 1 ½ c Spinach Salad 1 Custard Tart ½ c fresh berries	1 c Macaroni Bake 2 oz 3 Bean Salad ½ c Cucumber Salad ½ c Fruit Salad 1 Dinner Roll 2oz ½ c Pudding
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31	Sunday
Shrimp Fried Rice (3 oz shrimp, 1/2 c brown rice) 1 Egg roll 1 c Spinach 1 oz WW Bread ½ c Fresh Kiwi and Honeydew Melon	3 oz Chicken Picata ½ c Broccoli ½ c Wild Rice 2 oz WW Roll ½ c Apricot Halves	4 oz. Country Fried Steak With Mushroom Gravy ½ c Fingerling Potatoes ¾ c Mixed Veggies 2 oz Cornbread 3/4 c Fruit Salad	1 c WW Penne Tomato Florentine ½ c Green Beans 2oz Chick Peas 2 oz WW Roll ½ c Fresh Strawberries on Pound Cake	3oz Tuna melt on 2 1 oz WW Bread (3oz tuna, 1 oz cheese) 1 c Peas ½ c Fresh Blueberries/ Strawberries w. Whipped Cream	½ c Sloppy Joes On WW Bun 2 oz ½ c Broccoli ½ c Baked Beans 1 slice Berry Pie	
3oz Egg Salad on a Croissant 1 c. Cucumber Salad ½ c Sherbet ½ c berries	3 oz. Fish Fillet ½ c Cole Slaw ½ c Oven Fries 2 slices WW bread 2 Fig Bars	2 Turkey Tacos(2 oz) on WW Tortilla (2oz) ½ c Mexican Rice ½ c Sliced Tomatoes ½ c Shredded Lettuce 1 Churro	1 ½ c Ham (2oz) and Potato (½ c) Casserole ½ c Peas WW Roll (2oz) ½ c Pudding w. Whipped Topping	4 oz Beef Hotdog on WW Bun ½ c Potato Salad ½ c Baked Beans ½ c Fresh Blueberries w. ice-cream cup	3oz Pork Chops ½ c Cornbread Stuffing ½ c Green Beans 1 oz WW Roll ½ c Fresh Seasonal Berries 1 Brownie	

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