Winter Growth, Inc.
November 2026
****All Meals are served w/8 oz 1% Milk**

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8
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	1c 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 ½ c WW Pasta Salad 1 oz WW roll ½ c sliced Peaches Brownie	**4 oz Turkey Burger on ww Bun 2 oz ½ c Fried Potatoes 1 c Asparagus Brownie a la Mode**	**Chicken Caesar Wrap (2 oz chicken) (½ c romaine lettuce and 1 oz parmesean cheese) on Flour Tortilla 2 oz 1 c Spinach Salad Jello Cup**	**1 c Penne with Sun-Dried Tomato Pesto & 2 oz tuna 2 oz Garbanzo Bean Salad ½ c Carrot coins Garlic Bread Italian Ice**	**3oz Philly Cheesesteak On WW Roll 2 oz 1 c Baked Beans ½ c Potato Salad Ice Cream**	**2 c Broccoli Rice Casserole (½ c Broccoli, ½ c rice) 2oz Egg Salad 2 oz Multi Grain Roll 1 c garden salad Fig Bar**	**3oz Turkey and Swiss Melt On WW Bread 56gm 1 Pickle Spear ½ c corn 1 c Broccoli Slaw 2 Chocolate Chip Cookies**
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
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 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
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 2 oz Sunshine Sauce (1 oz Greek yogurt)	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 ½ c 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

			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 2oz WG Roll**	**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 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
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 1 oz Cornbread 3/4 c Fruit Salad	3oz Turkey slices with pan gravy. 1/2c Mashed potatoes 1/2c corn bread stuffing ½ c collard greens 3/4c cranberry sauce 1 slice Sweet potato pie	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
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 c Tomato Soup Toasted Cheese (1oz) Sandwich on WW Bread 2oz ½ c Fresh Peach Slices 1 slice Pound Cake 4 oz LF Yogurt**	**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 30	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 Spinach Salad w/ Strawberries and Nuts 2oz Chick Peas ½ c WW Pasta Salad 1 oz WW roll ½ c sliced Peaches 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