



# Grow Zone WEEKLY MENU

**October 8**

*Pulled Pork  
Baked Beans  
Fresh Veggies  
Dessert*

**November 12**

*Baked Potato Bar  
Fruit  
Fresh Fruit  
Dessert*

**October 15**

*Taco Twist  
Rice  
Tortilla Chips  
Fresh Fruit  
Dessert*

**November 19**

*Pancakes  
Sausage  
Eggs  
Fresh Fruit  
Muffin*

**October 22**

*Chicken Breast  
Mashed Potatoes  
Corn  
Roll  
Dessert*

**December 3**

*Chili Dogs  
Baked Beans  
Fresh Veggie  
Dessert*

**October 29**

*Lasagna  
Lettuce  
Bread Stick  
Dessert*

**Special Notes**

Meals will be served  
with water or  
lemonade. Menu  
subject to change

