

Courage North 2009
Camp Discovery 2
July 1 – 6, 2009

DATE	BREAKFAST 8:15	DINNER 12.15	SUPPER 5:30	VEG ALT	SNACK	# B	OUT L	FOR S
Wednesday 7/1	Continental Breakfast Cinn roll Cold Cereal Fruit yogurt Juice/Coffee/Milk Staff Meeting 10:00	Intake 3:00: pm Fresh fruit Lemonade/coffee Staff Lunch Sandwiches Chips Fruit Dessert Milk/lemonade	Family Picnic Sloppy Joes Baked beans Chips Dessert Milk./Lemonade					
Thursday 7/2	Pancakes w/syrup Bacon Cold cereal Fruit Juice/milk/coffee	Tator tot hotdish Tossed salad Dinner roll Dessert Milk/water	Chicken noodle soup Grilled cheese sandwich Crackers Pickles/Veggies/dip Milk/lemonade					
Friday 7/3	Cream of wheat Br. Sugar/raisins Pastries Cold cereal Fruit Juice/milk/coffee	Ham/applesauce Scalloped potatoes Vegetable Dinner Roll Cake square Milk/water	Mac & cheese Hotdogs Chips Relishes/dip Fruit Milk/lemonade					
Saturday 7/4	Scrambled eggs Sausage links Cold cereal Fruit Juice/milk/coffee	Meatballs/gravy Mashed potatoes Green beans Coleslaw Dinner roll Milk/water	Corn dogs Fries Relishes/dip Cookie Milk/lemonade					
Sunday 7/5	French toast Bacon Cold creal Fruit Juice/milk/coffee	Chicken strips Jo jo potatoes Fruit salad Brownie Milk/water	Pizza Tossed Salad Ice Cream Milk/lemonade					
Monday 7/6	Oatmeal Br sugar/raisins Pastries Cold cereal Fruit Juice/milk/coffee	Sack Lunches # _____ Rerun café Noon						