

**Courage North 2010**  
**Camp Discovery 1 - June 19 -24, 2010**

<b>DATE</b>	<b>BREAKFAST 8:15</b>	<b>DINNER 12.15</b>	<b>SUPPER 5:30</b>	<b>VEG ALT</b>	<b>SNACK</b>	<b># B</b>	<b>OUT L</b>	<b>FOR S</b>
<b>Friday 6/18</b>			Supper for @ 12 Pizza Tossed Salad Fruit Milk/Lemonade					
<b>Saturday 6/19</b>	<b>8:15 staff</b> Cinn Biscuit Cold Cereal Fruit Yogurt Juice/milk/coffee  <b>Staff Meeting 10:00</b>	<b>Intake 1:30pm</b> Cookies Fresh Fruit Lemonade/coffee  <b>Staff Lunch</b> Sandwiches Chips Fruit Dessert Lemonade/milk	<b>Family Picnic</b> Hot dogs/buns Baked beans Potato chips Relishes Ice cream Milk/Lemonade					
<b>Sunday 6/20</b>	Scrambles Eggs Sausage link Cold Cereal Toast w/jelly Juice/milk/coffee	Meatballs w/gravy Mashed potatoes Green Beans Coleslaw Dinner roll Milk/water	Chicken strips Jo jo potatoes Fruit salad Brownie Milk/water					
<b>Monday 6/21</b>	Pancakes w/syrup Bacon Cold cereal Juice/milk/coffee	Ham/applesauce Scalloped potatoes Vegetable Dinner Roll Cake square Milk/water	Grilled cheese Chili Carrots & celery fruit Milk/lemonade					
<b>Tuesday 6/22</b>	Oatmeal Br. Sugar/raisins Cinnamon rolls Cold cereal Juice/milk/coffee	Spaghetti Tossed salad French bread Fresh fruit Milk/water	Corn dogs Fries Relishes/dip Dessert Milk/lemonade					
<b>Wednesday 6/23</b>	French Toast Sausage link Cold cereal Juice/milk/coffee	Chicken noodle hotdish Jello salad Dinner rolls Relishes Fresh fruit Milk/water	Pizza Tossed Salad Ice Cream Milk/Lemonade					
<b>Thursday 6/24</b>	Hard boiled egg Donut Cold cereal Fruit Juice/milk/coffee	Sack Lunches#_____  Rerun café NOON						