

**Courage North 2010
Camp Discovery 2
June 27 – July 2, 2010**

DATE	BREAKFAST 8:15	DINNER 12.15	SUPPER 5:30	VEG ALT	SNACK	# B	OUT L	FOR S
Sunday 6/27	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					
Monday 6/28	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					
Tuesday 6/29	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					
Wednesday 6/30	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					
Thursday 7/1	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					
Friday 7/2	Oatmeal Br sugar/raisins Pastries Cold cereal Fruit Juice/milk/coffee	Sack Lunches #_____ Rerun café Noon						