

Troop: 19, Nashua
 Patrol: Killer Whales
 PL: Mike

Week: #5 July 20-26
 Food Restrictions: One scout - **NO NUTS**
 Servings: 5

Bold means changes added by Mr. Yost

Day	Breakfast	Lunch	Dinner
Sunday 7/20			Hamburgers and cheeseburgers Minute rice Carrots Strawberries Bug juice cookies
Mon 7/21	Pancakes w/syrup and whipped cream Blueberries Frosted Flakes Milk OJ Granola Bars	Trail lunch packed by Camp Bell	Bacon Pizza Veggie Salad Mix Peaches Bug juice Fig Newtons
Tues 7/22	Scrambled eggs Bacon and sausage Donuts Apples Milk Bug juice	Trail lunch packed by Camp Bell	Ham steaks Bread and butter Baked beans Bug juice Brownies Strawberries
Wed 7/23	Egg McBagels with Cheese, Bacon Cereal Fruit salad Milk OJ	Trail lunch packed by Camp Bell	Pasta and Meat Sauce Garlic Bread Carrots Apples Bug juice Granola bars
Thur 7/24	Texas Toast, eggs Sausage Home Fries Oranges Bug juice Milk	Trail lunch packed by Camp Bell	Chicken Pot Pie Stuffing Corn muffins Cake w/ whipped cream Bug juice
Fri 7/25 Scouts may want easy meals to get started on cleanup	Frosted Flakes Blueberries Bug juice Milk O.J.	Trail lunch packed by Camp Bell	BBQ prepared by Camp Bell
Sat 7/26	Breakfast by Camp Bell		