

**Troop: 19, Nashua**  
 Patrol: Screaming Eagles  
 PL: Kevin

**Week: #5 July 20-26**  
 Food Restrictions: NONE  
**Servings: 6** ( 5 patrol members + adult)

***Bold means changes added by Mr. Yost***

Day	Breakfast	Lunch	Dinner
<i>Sunday 7/20</i>			Spaghetti with <b>Meat</b> Sauce <b>Sub rolls</b> Corn on the Cob Fig Newtons Hot Chocolate Bug Juice
<i>Mon 7/21</i>	Texas Toast <b>with syrup</b> Sausage Blueberries Hot Chocolate <b>Milk</b>	<i>Trail lunch            packed by            Camp Bell</i>	Garlic Bread Cheese Pizza ( <b>dutch oven</b> ) <b>Salad Veggie Mix</b> Chocolate Cookies Hot Chocolate Bug Juice
<i>Tues 7/22</i>	Omelets with Cheese Bacon <b>Toast with Jam</b> <b>Home Fries (potatoes)</b> Apples <b>Milk</b> O.J.	<i>Trail lunch            packed by            Camp Bell</i>	Ham Steaks Potato skins with cheese and bacon <b>Beans</b> Cake Hot Chocolate
<i>Wed 7/23</i>	Bagel Sandwich with Eggs, cheese, sausage Cereal <b>Milk</b> Hot Chocolate	<i>Trail lunch            packed by            Camp Bell</i>	<b>Burgers, hotdogs</b> Mac + Cheese <b>Veggie Salad Mix</b> Brownies ( <b>dutch oven</b> ) Peaches Bug Juice
<i>Thur 7/24</i>	<del>Muffins with Strawberries</del> <b>Something quicker</b> <b>PANCAKES w SYRUP</b> Strawberries <b>Sausage</b> Milk O.J.	<i>Trail lunch            packed by            Camp Bell</i>	Boneless Chicken Rice Green Beans <b>Carrots</b> <b>Peach Cobbler</b> Cookies <b>Bug Juice</b>
<i>Fri 7/25</i> <b>Scouts may            want easy            meals to get            started on            cleanup</b>	Corn Flakes Honey Nut Cheerios Milk Apples Granola Bars	<i>Trail lunch            packed by            Camp Bell</i>	<i>BBQ prepared by Camp Bell</i>
<i>Sat 7/26</i>	<i>Breakfast by Camp Bell</i>		

**Notes: I switched the Tues and Thurs dinners to have a more appropriate menu for the Thursday Iron Chef competition.  
 Great Job Screaming Eagles!**