

Second Session	Breakfast	Lunch	Supper
3-Jul			Pizza, salad, cobbler
4-Jul	Bacon and eggs, fruit	Mac and Cheese, fruit, veg	Chuck roast, potatoes, salad
5-Jul	Banana bread	Brown lentils, couscous, fruit, veg	Fire chicken, corn, salad
6-Jul	Muffins, fruit	Grilled cheese and tomato soup	Red lentil dahl, coconut rice, veg
7-Jul	Oatmeal, fixins, fruit	Pesto pasta, salad, fruit	Shepherd's pie, salad
8-Jul	Biscuits, jam, fruit	Brats, peppers and onions, watermelon	Eggplant parmesan, salad
9-Jul	Cheesy grits, fruit	Baked ziti, fruit, veg	Ravioli and sauces, salad
10-Jul	Baked oatmeal	PBJ, trail mix (during hikes)	Turkey, mashed potatoes, sweet potatoes, squash, stuffing, banana pudding
11-Jul	Granola with yogurt, berries	Train wreck (pasta with ground beef, cheese, tomato sauce), salad, fruit	Fried chicken, honey mustard, watermelon
12-Jul	Sausage and eggs, fruit	Curry tuna salad, veg	Red curry chicken
13-Jul	Pancakes, fruit	BLTs, mayo, fruit	Jambalaya, salad
14-Jul	Breakfast casserole	Burritos n stuff	Pork barbecue, cornbread
15-Jul	Scones, fruit	Burgers, buns, fixins	Dirty vegan (tofu, rice noodles, veggies)
16-Jul	Biscuits and gravy, fruit		