



OUTPOST FOOD MENU

	<u>BREAKFAST</u>	<u>LUNCH</u>	<u>DINNER</u>
DAY 1	FRESH EGGS & BACON English muffin juice	SANDWICH Bologna & Ham Cheese Koolaid	STEAK & POTATOES Corn, Onions Cheesecake
DAY 2	PANCAKES & SAUAGES Syrup	HOT DOGS beans, chips	PORK CHOPS Mashed potatoes Salad, apple sauce
DAY 3	HOT & COLD CEREAL Fresh fruit milk	SANDWICH Peanut butter & jelly chocolate, koolaid	MACARONI & CHEESE Fresh fish, peas tossed salad
Day 4	FRESH EGGS & BACON English muffin juice	SOUP & SANDWICH Cheese koolaid	CHICKEN Rice-a-Roni, carrots Chocolate cake
Day 5	OATMEAL Fresh fruit Coffee cake	SANDWICH Fresh luncheon meat Cheese, chips	BEEF STEW Toast Fruit cocktail
Day 6	PANCAKES & SAUAGES Syrup juice	CANNED CHILI Crackers peaches	HAMBURGERS Rice-a-Roni, corn chips
DAY 7	HOT & COLD CEREAL Fresh fruit milk	SOUP & SANDWICH Cheese koolaid	MACARONI & CHEESE Fresh fish, peas

STAPLES: bread, peanut butter, jelly, margarine, fish breading, shortening, salad dressing, snacks, cookies, candy, salt & pepper, ketchup, mustard, mayonnaise, koolaid, coffee, tea, cocoa, dry milk, toilet paper, paper towel, bar soap, dish soap, SOS pads, dish towels and matches.