

<u>Sunday 7/31</u>	
Dinner	Not-Lasagna + salad + bread + dessert Juice/Water/Milk
<u>Monday 8/1</u>	
Breakfast	Pre-Run (toast/waffles/gels/gu) Post-Run (cereal/eggs/oatmeal/waffles) Juice/Coffee/Milk
Lunch	Sandwiches (turkey/roast beef/grilled cheese/PBJ) + chips + veggies
Dinner	Burgers + salad + smores
<u>Tuesday 8/2</u>	
Breakfast	Pre-Run (toast/waffles/gels)
Lunch	Sandwiches + chips + veggies
Dinner	Baked Potatoes + sausage + salad + dessert
<u>Wednesday 8/3</u>	
Breakfast	Pre-Run (toast/waffles/gels) Post-Run (cereal/eggs/oatmeal) Juice/Coffee/Milk
Lunch	Picnic at Rock Creek Sandwiches (turkey/roast beef/PBJ) + chips + veggies
Dinner	Dine Out
<u>Thursday 8/4</u>	
Breakfast	Pre-Run (toast/waffles/gels) Post-Run (cereal/eggs/oatmeal) Juice/Coffee/Milk
Lunch	Quesadillas + beans + chicken
Dinner	Spaghetti with pesto/tomato/sausage + salad + bread + dessert
<u>Friday 8/5</u>	
Breakfast	Pre-Run (toast/waffles/gels/gu) Post-Run (cereal/eggs/oatmeal) Juice/Coffee/Milk
Lunch	Sandwiches (turkey/roast beef/grilled cheese/PBJ)
Dinner	Chicken tacos + rice + beans + dessert
<u>Saturday 8/6</u>	
Breakfast	Cereal/eggs/oatmeal/waffles OJ/Coffee/Milk
Lunch	Sandwiches enroute

- We will have a variety of snacks (pretzels/chips/veggies/dip) in addition to the the meals listed above. If you have special snacks that you would like to have, please bring them or purchase them in Mammoth.