

**LIST – FOOD FOR EAGLE CAP**

<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<ul style="list-style-type: none"> <li>[in car]</li> </ul>	<ul style="list-style-type: none"> <li>MH Breakfast Skillet (400)</li> <li>Vanilla Latte (130)</li> <li>EmergenC (25)</li> <li>Kind Bar (200)</li> </ul>	<ul style="list-style-type: none"> <li>MH Granola (500)</li> <li>Vanilla Latte (130)</li> <li>EmergenC (25)</li> <li>Kind Bar (200)</li> </ul>	<ul style="list-style-type: none"> <li>MH scrambled eggs w/ bacon (345)</li> <li>Vanilla Latte (130)</li> <li>EmergenC (25)</li> <li>Kind Bar (200)</li> </ul>	<ul style="list-style-type: none"> <li>MH Biscuits &amp; Gravy (310)</li> <li>Kind Bar (200)</li> <li>Vanilla Latte (130)</li> </ul>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<ul style="list-style-type: none"> <li>[in car]</li> </ul>	<ul style="list-style-type: none"> <li>PB (250)</li> <li>English Muffin (150)</li> </ul>	<ul style="list-style-type: none"> <li>PB (250)</li> <li>English Muffin (150)</li> </ul>	<ul style="list-style-type: none"> <li>PB (250)</li> <li>English Muffin (150)</li> </ul>	<ul style="list-style-type: none"> <li>[in car]</li> </ul>
<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>
<ul style="list-style-type: none"> <li>PayDay Bar (240)</li> <li>Cheese (2@100 ea)</li> <li>Trail mix (120)</li> <li>M&amp;Ms (120)</li> </ul>	<ul style="list-style-type: none"> <li>PayDay Bar (240)</li> <li>Power Gel (200)</li> <li>Cheese (2@100 ea)</li> <li>Crackers (120)</li> <li>Power Bar (220)</li> <li>Trail Mix (120)</li> <li>M&amp;Ms (120)</li> </ul>	<ul style="list-style-type: none"> <li>PayDay Bar (240)</li> <li>Power Gel (200)</li> <li>Cheese (2@100 ea)</li> <li>Crackers (120)</li> <li>Power Bar (220)</li> <li>Trail Mix (120)</li> <li>M&amp;Ms (120)</li> </ul>	<ul style="list-style-type: none"> <li>PayDay Bar (240)</li> <li>Power Gel (200)</li> <li>Cheese (2@100 ea)</li> <li>Crackers (120)</li> <li>Power Bar (220)</li> <li>Trail Mix (120)</li> <li>M&amp;Ms (120)</li> </ul>	<ul style="list-style-type: none"> <li>[in car]</li> </ul>
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
<ul style="list-style-type: none"> <li>MH Chic Fajitas (320)</li> <li>2 Flour Tortilla</li> </ul>	<ul style="list-style-type: none"> <li>MH Beef Stroganoff (520)</li> </ul>	<ul style="list-style-type: none"> <li>MH Chic Teriyaki (440)</li> </ul>	<ul style="list-style-type: none"> <li>MH Beef Stew (400)</li> </ul>	<ul style="list-style-type: none"> <li>[home]</li> </ul>