

Niden

Patrol 2 - GAVIN

5 PPL. for dinner  
App. for Bkfst &  
Lunch

- BKfst
- 1) Pancakes (flour & shake)  
Bacon, milk
  - 2) Cereal, Milk, Fruit  
instant oatmeal

Lunch 1) Sando stuff PB&J  
Meat/cheese

Dinner 1)  
Cup ~~of~~ needle  
OREOS