

Patrol 4 - Quinlan

BKfst

ok to bring for Quinlan

1) ~~pancakes~~ Pancakes

Bisquick

Shade & Pure

Milk

Bacon

5 ppl for dinner @
get for @ Quinlan

2) Rosted Flakes & Fruit

instant oatmeal

Milk

NFL snacks

Lunch 1) SALADS...

lettuce, tomatoes, onions, pickles, mayo, mustard

Meat

low at Sourdust

Dinner 1) Spaghetti, Red Sauce,

Parmesan, Spinach, ~~cheese~~

Dessert 1) cookie dough - Caramels

M&Ms

Oreos