

2006 TINNERTMAN MENU

	BREAKFAST	LUNCH	DINNER
Day One SUNDAY	For BRT Riders Breakfast Buffet at: Hungry Bear Restaurant (included in bus fare)	Peanut Butter & Jelly Crackers Sierra Gorp Fruit Drink	Beef Stew Banana Pudding Fruit Drink
Day Two MONDAY	Cinnamon Raisin Bagel Nature Valley Granola Bar Orange Drink Apple	NC Cheesy Nachos w/Chili Mixed Berry Fruit Nutri Grain Bar Shortcake Cookies Fruit Drink	Chicken Noodle Soup Chicken & Rice White Lightning Fruit Drink
Day Three TUESDAY	Breakfast Burritos Flour tortilla Egg, Sausage, Onion w/grated cheese and salsa Hot Chocolate	Chocolate Chip Peak Bar Cheese & Crackers Trail Mix Fruit Drink	Ground Beef & Noodles Sweet Corn Swiss Mocha Pudding Fruit Drink
Day Four WEDNESDAY	Oatmeal Raisin Peak Bar Beef Jerky Nature Valley Granola Bar Fruit Drink	Macaroni & Cheese Chicken Noodle Soup Apple Delite Fruit Cream Cookies Fruit Drink	Mushroom Soup Chicken a la King Chocolate Pudding Fruit Drink
Day Five THURSDAY	Scrambled Eggs Hash Brown Potatoes w/onion Hot Chocolate	Granola Bars Fruit Leather Banana Chips Trail Cookies Fruit Drink	Beef Steaks w/sauteed onions Mashed potatoes & peas Vanilla Pudding Fruit Drink
Day Six FRIDAY	Fruit Mania Peak Bar Mixed Fruit Snack Strawberry Nutri Grain Bar Hot Chocolate Orange Drink	NC Louisiana Red Beans & Rice Apple Cinnamon Nutri Grain Bar Oatmeal Cookies Fruit Drink	Oriental Rice & Chicken White Lightning Fruit Drink
Day Seven SATURDAY	Pancakes w/syrup Fruit Drink Hot Chocolate	Fast Fuel Choc Crunch Bar Beef Jerky Nandi — Snacks Lemon Fruit Drink	ON Base: Spaghetti w/meat sauce Salad Roll Fruit Drink
Day Eight SUNDAY	On Base: Oatmeal W/ Brown Sugar & Raisins Juice Hot Chocolate	**Check out the paddle** For snacks & souvenirs Shirts, mugs and other great stuff	Trail Extras: Cake Mix Potatoes Onions Coffee/Coffee Mate Oil / Spices
	FLANAGANS BAULEY ENTERPRISES	BACKPACKERS PANTRY WAY COOL PEAKBARS	FAST FUEL BAUER MEATES