



Breakfast: 8:00 a.m.	Lunch: 12:30 p.m.	Dinner: 6:30 p.m.
<p>(You may choose one from each category below) Includes: Cereal, Coffee, & Milk</p> <p>Main Course: French Toast Sticks Muffins Oatmeal</p> <p>Protein: Bacon Sausage</p> <p>Side: Scrambled Eggs Hash Browns Yogurt Fruit</p>	<p>(You may choose one from each category below) Includes: Salad Bar, Punch, & Cookies</p> <p>Main Course: Chicken Nuggets Baked Potatoes Grilled Cheese/Ham Sandwiches Corn Dogs</p> <p>Side: Chicken Noodle Soup Tater Tots Macaroni and Cheese</p> <p>Fruit/Vegetable: Apples Fruit Cocktail Broccoli Corn</p>	<p>(You may choose one from each category below) Includes: Salad Bar, & Punch</p> <p>Main Course: Spaghetti Hamburgers Chicken Sandwiches Tacos (Beef)</p> <p>Side: Mexican Rice Breadsticks French Fries</p> <p>Fruit/Vegetable: Canned Peaches Canned Pears Corn Green Beans</p>
Snack: 11:00 a.m.	Snack: 2:00 p.m.	
<p>(You may choose one) Granola Bars Applesauce String Cheese Goldfish/Cheez-its</p>	<p>(You may choose one) Granola Bars Applesauce String Cheese Goldfish/Cheez-its</p>	<p>Dessert: Brownies Pudding with Cookies Ice Cream Bars</p>

Program Service

Service Unit-Led Program Service:

- Service Units need to follow all *Safety Activity Checkpoints* for any activities they are doing with their participants
- Service Units are responsible for supplying all program supplies
- Service Units are asked to ensure their programming follows the pillars of G.I.R.L., or the Girl Scout Leadership Experience, of girl-led, learn by doing, and cooperative learning
- Service Units running activity areas (low ropes, archery, snowshoeing) need approval by the GSU Outdoor Program Team
 - Certifications, permits, or training/experience documentation must be uploaded into Ultracamp.com or emailed to info@gsutah.org prior to the NTSW

Camp Staff-Led Program Service:

- If you chose for the Camp Staff to provide program service for your NTSW, the Outdoor Program Team will be in contact to find out what program selections your Service Units has chosen
- If you *did not* choose the Camp Staff-Led Program Service option, but now your Service Unit *would like to opt into* the Camp Staff-Led Service, please let the Outdoor Program Team know **at least 6 weeks** prior to your NTSW. This way they can hire camp staff to facilitate programs for your weekend and find out what program selections your Service Unit have chosen
- The Outdoor Program Team will provide the program materials and the staff
 - Adults intending to participate in the programs will need to pay for the program
 - Adults who are serving in a supervision role (only supervising the girls participating in the program) will not need to pay the program fee
- All workshops are one hour in length
- Service Units using the On Your Own Program Services may select one or two of the starred programs
- Service Units select one or two programs when selecting programs from the À La Carte program selection
- Service Units select three programs if they chose the Program Trio or NTSW All-Inclusive packages