

BREAKFAST

12 BREAKFASTS

B1-PEANUT BUTTER/BANANA SANDWICH

_____	Graham Crackers	1	Box	per	crew
_____	Peanut Butter	2	pc	per	person
_____	Jelly	2	pc	per	person
_____	Dried Fruit - Banana Chips	1	oz	per	person
_____	Nutrigrain Bar - Sysco Strawberr	1	bar	per	person
_____	Trail Mix - Madeira Mix	1	pkg	per	person
_____	Electrolyte Drink Mix	1	pkg	per	person

B2-GRANOLA

_____	Harvest Crunch Cereal	3	box	per	crew
_____	Jack Links Beef Jerky Original 35G	1	each	per	person
_____	Dried Fruit - Pineapple	1	each	per	person
_____	Chewy Yogurt Vanilla Bar	1	bar	per	person
_____	POWDERED MILK	1	packet	per	crew
_____	Electrolyte Drink	1	each	per	person

B3-OATMEAL

_____	Oatmeal - cereal oatmeal maple brown sugar	2	packets	per	person
_____	Dried Fruit - Raisin Blend	1	pc	per	person
_____	Jack Links Sausage 6pak Turkey	2	each	per	crew
_____	Applesauce Strawberry	1	pc	per	person
_____	Nature Valley Protein Bar - peanut almond	1	bar	per	person
_____	Trail Mix - Honey Peanuts	1	bag	per	person
_____	Electrolyte Drink	1	each	per	person

B4- POP TART

_____	Pop Tart - Special K Blueberry/Strawberry pastry	2	pack	per	person
_____	Trail Mix - Blanched Salted Peanuts	1	packet	per	person
_____	Dried Fruit - pineapple	1	pc	per	person

_____	Nature Valley Protein Peanut bar	1	bar	per	person
_____	Trail Mix - Cranberry Trail Mix	2	oz	per	person
_____	ELECTROLYTE DRINK	1	each	per	person

B5-PANCAKES

_____	Pancake Mix	1	box	per	crew
_____	SYRUP - LOG CABIN 12 OZ	1	bottle	per	crew
_____	Jack Links Beef Jerky Hickory Bacon 65 G	0.5	pc	per	person
_____	Peanut Butter Chocolate Real Bar	1	pc	per	person
_____	Dried Fruit - Raisins	2	oz	per	person
_____	Electrolyte Drink	1	each	per	person

B6-Cinnamon Raisin Granola

_____	Harvest Crunch Cereal	3	box	per	crew
_____	Dried Fruit -Cranberry	1	oz	per	person
_____	Bar - Madegood blueberry /Choc Chip mornings	1	pc	per	person
_____	Trail Mix - Energy Body Fit	2	oz	per	person
_____	POWDER MILK	1	packet	per	crew
_____	Electrolyte Drink	1	each	per	person

B7 - PRO-BAR

_____	Superfood Slam Real Bar	1	cach	per	person
_____	Hot Rods	4	stick	per	person
_____	Dried Fruit - Raisins	1	oz	per	person
_____	Trail Mix - Munchies Snack trail honey sweet	1	each	per	person
_____	Yupik - yogurt cranberries	2	each	per	crew
_____	Electrolyte Drink	1	each	per	person

B8-PEANUT BUTTER/BANANA SANDWICH

_____	Graham Crackers	1	Box	per	crew
_____	Peanut Butter	2	pc	per	person

_____	Jelly	2	pc	per	person
_____	Dried Fruit - Banana Chips	1	oz	per	person
_____	Nutrigrain Bar - Sysco Strawberry	1	bar	per	person
_____	Trail Mix - Madeira Mix	1	pkg	per	person
_____	Electrolyte Drink Mix	1	pkg	per	person

B9-OATMEAL

_____	Oatmeal - cereal oatmeal maple brown sugar	2	packets	per	person
_____	Dried Fruit - Raisin Blend	1	pc	per	person
_____	Jack Links Sausage 6pak Turkey	2	each	per	crew
_____	Applesauce Strawberry	1	pc	per	person
_____	Nature Valley Protein Bar - peanut almond	1	bar	per	person
_____	Trail Mix - Honey Peanuts	1	bag	per	person
_____	Electrolyte Drink	1	each	per	person

13 LUNCHES

L1-FRESH LUNCH MUST USE Day 1

_____	BREAD	2	slices	per	person
_____	LUNCH MEAT	2	oz	per	person
_____	CHEESE SLICES (american cheese, individual wrapped)	1	each	per	person
_____	Mustard Packets	2	packets	per	person
_____	Mayo Packets	2	packets	per	person
_____	Fresh apple or orange	1	each	per	person
_____	Gold Fish - French Toast	1	each	per	person
_____	Electrolyte Drink	1	each	per	person

L2-BAGEL MUST USE 2ND OR 3RD DAY

_____	Bagel (3 oz bagel sliced)	1	each	per	person
_____	Peanut Butter	1	sleeves	per	person
_____	Jelly	1	sleeves	per	person
_____	Fruit Snacks (mott's 1.6 oz packet)	1	packet	per	person
_____	Farmers - dried lentil snacks	1	pkg	per	person

_____	Pringles or Lay's Stacks	2	can	per	crew
_____	Electrolyte Drink	1	each	per	person

L3 - Tuna Salad

_____	Pita Bread	1	pita	per	person
_____	Tuna Pouch	1	pouch	per	person
_____	Mustard Pouch	2	pouches	per	person
_____	Mayo Pouch	2	pouches	per	person
_____	Relish Pouch	2	pouches	per	person
_____	Ritz snackwiches w/cheese	1	packet	per	person
_____	Cracker Jacks	2	bag	per	crew
_____	Sunrype - raspberry	2	each	per	person
_____	Electrolyte Drink	1	each	per	person

L4-PEPPERONI PIZZA

_____	ritz cracker	2	pkg	per	crew
_____	Cheez Whiz	3	each	per	person
_____	Hormel Pepperoni Slices (6 oz package)	3	pkg	per	crew
_____	SQUEEZABLE PIZZA SAUCE (plastic)	1	bottle	per	crew
_____	Dried Fruit - Cranberry	1	pc	per	person
_____	Twizzlers 16 oz package	1	each	per	crew
_____	Electrolyte Drink	1	each	per	person

L5- Bagel Chips and Hummus

_____	Bagel Chips - New York Style Bagel Crisps, Roasted Garlic	2	pkg	per	crew
_____	Beef Jerky	0.5	pc	per	person
_____	Dav Rob Snack Pack Cashew	1	pc	per	person
_____	Blueberry applesauce	1	pc	per	person
_____	Rice Krispy Treat - 1.4 oz bar	1	pc	per	person
_____	Electrolyte Drink	1	each	per	person

L6- Tuna Salad

_____	Pita Bread	1	pita	per	person
_____	Tuna Pouch	1	pouch	per	person
_____	Mustard Pouch	2	pouches	per	person
_____	Mayo Pouch	2	pouches	per	person
_____	Relish Pouch	2	pouches	per	person
_____	Ritz snackwiches w/cheese	1	packet	per	person
_____	Cracker Jacks	2	bag	per	crew
_____	Sunrype - raspberry	2	each	per	person
_____	Electrolyte Drink	1	each	per	person

L7-HUDSON BAY BREAD

_____	Hudson Bay Bread	1	bar	per	person
_____	Peanut Butter	2	pc	per	person
_____	Jelly	2	pc		person
_____	Dried Fruit - Apricot	2	bags	per	crew
_____	M & M's plain and/or peanut	1	each	per	person
_____	Electrolyte Drink -	1	each	per	person

L8-SUMMER SAUSAGE CRACKERS

_____	Wheat Thins	3	box	per	crew
_____	Jack Links Pepperoni and Cheese 45 G	2	pkg	per	person
_____	Applesauce Unsweetened	1	pc	per	person
_____	Apricots	2	each	per	Crew
_____	Snack pack - Jelly Beans	1	each	per	person
_____	Electrolyte Drink	1	each	per	person

L9- Bagel Chips and Hummus

_____	Bagel Chips - New York Style Bagel Crisps, Roasted Garlic	2	pkg	per	crew
_____	Beef Jerky	0.5	pc	per	person
_____	Dav Rob Snack Pack Cashew	1	pc	per	person

_____	Blueberry applesauce	1	pc	per	person
_____	Rice Krispy Treat - 1.4 oz bar	1	pc	per	person
_____	Electrolyte Drink	1	each	per	person

L10-Protein Bar

_____	Clif Bar - choc chip	2	box	per	crew
_____	Peanut Butter Pretzels	3	pkg	per	person
_____	BBQ protein snack mix	2	bags	per	crew
_____	MadeGood - Snack bar Strawberry	1	pc	per	person
_____	Cheez It crackers	2	each	per	Crew
_____	Electrolyte Drink - Stur Hydration Fruit Punch	1	each	per	person

12 EVENING MEALS

D1-VOYAGEUR FAJITA (Store in refrigerator)

_____	Tortilla - 6 inch ULF	2	pkg	per	crew
_____	Spanish Rice	2	boxes	per	crew
_____	Pre-Cooked Chicken - 1.5 pound package	1	each	per	crew
_____	Green Pepper	1	each	per	crew
_____	Onion	1	each	per	crew
_____	Fajita or Taco Seasoning	1	packets	per	crew
_____	Salsa portion cup -Or taco sauce	1	bottle	per	crew
_____	16 oz cheddar cheese block	1	block	per	crew
_____	Chocolate Pudding Powder	3	boxes	per	crew

D2-NORTHWOODS SPAGHETTI

_____	Peak Refuel - Beef Pasta Marinara	0.75	packs	per	person
_____	Bagel - 3 oz Sliced	1	each	per	person
_____	Brownie Mix	1	packet	per	crew
_____	Goldfish Crackers	1		per	person

D3-KEKAKABIC SUPREME

_____	Scalloped potato	2	bags	per	crew
_____	Textured Vegetable Protein	1	ounces	per	person
_____	Freeze Dried Corn	4.5	ounces	per	crew

_____	Biscuits- Self Rising Flour	1	pound	per	crew
_____	Blueberry Muffin Mix - Just Add Water	2	packets	per	crew

D4-Chicken and Rice

_____	Peak Refuel - Homestyle Chicken and Rice	0.75	pouches	per	person
_____	Pita Bread	1	packet	per	crew
_____	Graham Crackers	1	box	per	crew
_____	Marshmallow White	1	bag	per	crew
_____	Hershey's Chocolate Bars	1	bar	per	person

D5-CHARLIE'S KRAFT WALLEYE

_____	knorr swiss macaroni and cheese	2	packs	per	crew
_____	Textured Vegetable Protein	1	oz	per	person
_____	Freeze Dried Green Beans	4.5	ounces	per	crew
_____	Freeze Dried Carrots	4.5	ounces	per	crew
_____	Chocolate Cake Mix - brownie mix	1	box	per	crew

D6-CHILI MAC

_____	Peak Refuel - Three Bean Chili Mac	0.75	boxes	per	person
_____	Biscuits- Self Rising Flour	1	pound	per	crew
_____	Chocolate Chip Muffin Mix - Just Add Water	2	packets	per	crew
_____	Gold Fish Crackers	1	packets	per	person

D7-PESTO PASTA

_____	Peak Refuel - Chicken Pesto Penne	0.75	bags	per	person
_____	Parmesan Cheese	1	jar	per	crew
_____	Biscuits Self Rising Flour	1	pound	per	crew
_____	Oreos 4pk	1	packets	per	person

D8-Chicken Teriyaki

_____	Peak Refuel - Chicken Teriyaki	0.75	pouch	per	person
_____	Cracker - goldfish	2	pouch	per	person
_____	No-Bake Cheese Cake Mix	1	box	per	crew
_____	Graham Crackers	1	box	per	crew

D9-Beef Stroganoff

_____	Peak Refuel - Beef Stroganoff	0.75	pouch	per	person
_____	Corn Bread Mix	2	packet	per	crew
_____	ritz snackwiches w/cheese	1	packet	per	person
_____	Vanilla Pudding Powder	3	packets	per	crew
_____	oreo 2 pk	1	packet	per	person

CUPBOARD ITEMS AND ESSENTIALS

_____	Self Rising Flour	2	lbs	per	crew
_____	FISH FRY	1	lbs	per	crew
_____	POPCORN	0.25	lbs	per	crew
_____	PARKAY BUTTER	1	bottles	per	crew
_____	FRESH ONION	1	EACH	per	crew
_____	CANOLA OIL (12 oz bottles)	2	bottles	per	crew
_____	SUGAR-WHITE	1	lbs	per	crew
_____	SUGAR-BROWN	1	lbs	per	crew
_____	SUGAR-POWDER	0.5	lbs	per	crew
_____	Powder Milk	1	packet	per	crew
_____	FRESH Carrot	0.3	EACH	per	person
_____	FRESH GREEN PEPPER	3	EACH	per	crew
_____	FRESH POTATO	0.75	EACH	per	person

BEVERAGES

_____	COFFEE (REGULAR)	2	packets	per	day/per crew
_____	TEA (REGULAR)				
_____	TEA (DECAF)				
_____	HOT CHOCOLATE	1	packets	per	person
_____	APPLE CIDER	1	packets	per	person
_____	SUGAR PACKETS				
_____	CREAMER PACKETS				
_____	SWEET N LOW				

CONDIMENTS

_____ KETCHUP
_____ MUSTARD
_____ Cholula
_____ BBQ SAUCE
_____ MAYONNAISE
_____ RELISH
_____ SOY SAUCE
_____ Parmesan Cheese

ESSENTIALS

_____ TOILET PAPER	1	rolls	per	day
_____ Bio Bag	2	bag	per	day
_____ FEMININE BAGS	1	bag	per	female
_____ LINER BAG FOR FOOD PACK	1	bag	per	food pack

WE'RE ALL PACKED & READY TO GO!!

SIGNATURES:

TRAIL STAFF: _____

COMMISSARY: _____