

7-Night Menu

Crew #:

Please reference the dietary bingo chart for every meal - note that **dietary substitutions are individual**, and do not affect the remaining crew's meal amounts. Baypost can provide additional pots/pans for separated cooking and so forth. Menu subject to change based on product availability. **Always pack for 9 - rosters can change! Always round up!**

Interpreter Dietary Requirements

Crew Dietary Requirements

LOC. 5 Breakfasts

			Quantity
B1	Peanut Butter/Banana Sandwiches A		
	That's Smart Honey Graham Crackers	1 box	per crew
	DYMA PB&J Sleeves	9 sleeves	per crew
	Power Snacks Banana Chips, 1oz	9 pkgs	per crew
	Nutrigrain Bars - Blueberry	9 bars	per crew
	Planters Tropical Fruit & Nut Trail Mix	9 pkgs	per crew
BIN	Electrolyte Drink Packets	9 pkts	per crew
B2	Ely Maple Granola		Quantity
	Maple Almond Granola, 12oz	3 bags	per crew
	Country Meats Sticks - Sweet Maple Bacon	18 sticks	per crew
	Welch's Fruit 'n Yogurt Snacks - Blueberry Acai	9 pkts	per crew
	Nature Valley Fruit & Nut Bars	9 bars	per crew
BIN	That's Smart Dry Milk Powder	1 pkt	per crew
BIN	Electrolyte Drink Packets	9 pkts	per crew
B3	Maple Brown Sugar Oatmeal		Quantity
	Hearty Traditions Maple Brown Sugar Oatmeal	18 pkts	per crew
	Power Snacks Raisins	9 pkgs	per crew
	Country Meats Sticks - Sweet Annie Brown	9 sticks	per crew
	Materne GoGo Squeez Applesauce - Apple Apple	9 pkgs	per crew
	Our Family Peanut Butter Dark Chocolate Protein Bars	9 bars	per crew
	Planters Nuts & Chocolate Trail Mix	9 pkgs	per crew
BIN	Electrolyte Drink Packets	9 pkts	per crew
B4	Pop Tarts		Quantity
	Pop Tarts - Strawberry	9 pkgs	per crew
	Planters Honey Roasted Peanuts	9 pkts	per crew
	Zee Zees Dried Pineapple	9 pkgs	per crew
	Our Family Peanut Almond Dark Chocolate Protein Bars	9 bars	per crew
	Zee Zees Sweet Heat Trail Mix	9 pkts	per crew
BIN	Electrolyte Drink Packets	9 pkts	per crew
B5	Pancakes		Quantity
	Hungry Jack Pancake Mix	1 box	per crew
	Log Cabin Pancake Syrup, Original	1 bottle	per crew
	Spam Singles	9 pkgs	per crew
	Clif Kid Z-Bar Protein Bars - Chocolate Chip	9 bars	per crew
	Power Snacks Tropical Treasures	9 pkgs	per crew
	Ocean Spray Blueberry Cran Snack Medley	9 pkgs	per crew
BIN	Electrolyte Drink Packets	9 pkts	per crew

6 Lunches

			Quantity
L1	Fresh Lunch (must use on Day 1)		
SHF	Fresh Bread	2 loaves	per crew
FRD	Jennie-O Turkey Lunch Meat, 1lb Pack	2 packs	per crew
FRD	Our Family American Cheese Slices, 24ct pack	1 pkg	per crew
FRD	Fresh Apples	9 apples	per crew
	Crav'n Animal Cookies	1 box	per crew
FNT	Mustard Packets	18 pkts	per crew
FNT	Mayonnaise Packets	18 pkts	per crew
BIN	Electrolyte Drink Packets	9 pkts	per crew
L2	Bagels (must use on Day 2 or Day 3)		Quantity
SHF	Lender's Bagels, 6ct	2 bags	per crew
CMN	DYMA PB&J Sleeves	9 sleeves	per crew
	Mott's Fruit Snacks, Berry	9 pkgs	per crew
	Zee Zees Fava Bean Crisps	9 pkgs	per crew
	Lay's Stax	2 cans	per crew
BIN	Electrolyte Drink Packets	9 pkts	per crew
L3	Chicken Salad Pitas		Quantity
SHF	Grecian Delight Chicago Style Pita Bread - 10ct	1 bag	per crew
	Starkist Premium White Chicken Pouches	9 pouches	per crew
	Austin Peanut Butter Crackers	9 pkgs	per crew
	Pearson's Salted Nut Rolls	9 rolls	per crew
	Fruit Roll-Ups - Crazy Colors	18 pkgs	per crew
FNT	Mustard Packets	18 pkts	per crew
FNT	Mayonnaise Packets	18 pkts	per crew
FNT	Relish Packets	18 pkts	per crew
BIN	Electrolyte Drink Packets	9 pkts	per crew
L4	Summer Sausage Crackers A		Quantity
	Appleways Veggie Crackers	9 pkgs	per crew
	Highland Beef Cheese Wedges, Original	9 wheels	per crew
	Elliott's Up North Summer Sausages	3 sausages	per crew
	Materne GoGo Squeez Applesauce - Cinnamon	9 pkgs	per crew
	That's It Fruit Bars	9 bars	per crew
	Zee Zees Grahamz	9 pkgs	per crew
BIN	Electrolyte Drink Packets	9 pkts	per crew
L5	Hudson Bay Bread A		Quantity
CMN	Hudson Bay Bread	9 bars	per crew
CMN	DYMA PB&J Sleeves	9 sleeves	per crew
	Peeled Snacks Dried Apples	9 pkgs	per crew
	Zee Zees Half Popped Popcorn - Salsa	9 pkgs	per crew
BIN	Electrolyte Drink Packets	9 pkts	per crew

L6 Pepperoni Pizza				<u>Quantity</u>
SHF		Catallia 8" Tortillas 12ct	<u>2</u>	bags per <u>crew</u>
		Highland Beef Mozzarella Cheese Blocks	<u>5</u>	blocks per <u>crew</u>
		Hormel Pepperoni Slices	<u>3</u>	pkgs per <u>crew</u>
		Contadina Pizza Squeeze Pizza Sauce	<u>1</u>	bottle per <u>crew</u>
		Fruithaven Dried Cherries	<u>9</u>	pkgs per <u>crew</u>
		Twizzlers, 16oz	<u>1</u>	pkg per <u>crew</u>
BIN		Electrolyte Drink Packets	<u>9</u>	pkts per <u>crew</u>

5 Dinners

D1 Voyager Fajitas				<u>Quantity</u>
SHF		Catallia 8" Tortillas 12ct	<u>2</u>	pkgs per <u>crew</u>
		Our Family Spanish Rice	<u>2</u>	boxes per <u>crew</u>
FRZ		Frozen Pre-cooked Chicken, 1.5lb Pack	<u>1</u>	pack per <u>crew</u>
FRD		Green Peppers	<u>1</u>	pepper per <u>crew</u>
PRDC		Onions	<u>1</u>	onion per <u>crew</u>
		Fajita Seasoning	<u>1</u>	packet per <u>crew</u>
		Herdez Taqueria Street Sauce, Roja	<u>1</u>	bottles per <u>crew</u>
FRD		Bongards Cheddar Cheese Block, 16oz	<u>1</u>	blocks per <u>crew</u>
		Our Family Chocolate Pudding Mix	<u>3</u>	boxes per <u>crew</u>

D2 Northwoods Spaghetti A				<u>Quantity</u>
CMN		Rotini Pasta	<u>2</u>	boxes per <u>crew</u>
CMN		Freeze Dried Hamburger Crumbles, 9oz	<u>1</u>	pkg per <u>crew</u>
CMN		Tomato Powder, 4.5oz	<u>1</u>	pkt per <u>crew</u>
		Lawry's Spaghetti Seasoning	<u>2</u>	pkts per <u>crew</u>
FRD		Green Peppers	<u>1</u>	pepper per <u>crew</u>
PRDC		Onions	<u>1</u>	onion per <u>crew</u>
SHF		Lender's Bagels, 6ct	<u>2</u>	bags per <u>crew</u>
		Betty Crocker Fudge Brownie Mix	<u>1</u>	bag per <u>crew</u>

D3 Kekakabic Supreme				<u>Quantity</u>
		Our Family Scalloped Potatoes	<u>2</u>	boxes per <u>crew</u>
CMN		Freeze Dried Sausage Crumbles, 9oz	<u>1</u>	pkg per <u>crew</u>
CMN		Freeze Dried Corn, 4.5oz	<u>1</u>	pkg per <u>crew</u>
		Bisquick Complete Biscuit Mix - Buttermilk	<u>2</u>	bags per <u>crew</u>
		Betty Crocker Blueberry Muffin Mix	<u>2</u>	bags per <u>crew</u>

D4 Poo Bah Burgoo				<u>Quantity</u>
CMN		Freeze Dried Chicken, 9oz	<u>1</u>	pkg per <u>crew</u>
		Shore Lunch Wild Rice Soup Mix	<u>2</u>	bags per <u>crew</u>
		Highland White Rice, Parboiled, 13oz	<u>1</u>	bag per <u>crew</u>
CMN		Freeze Dried Peas, 4.5oz	<u>1</u>	pkg per <u>crew</u>
SHF		Grecian Delight Chicago Style Pita Bread - 10ct	<u>1</u>	bag per <u>crew</u>
CMN		That's Smart Graham Crackers	<u>1</u>	box per <u>crew</u>
		Our Family Marshmallows	<u>1</u>	bag per <u>crew</u>
		Hershey's Milk Chocolate Bars	<u>9</u>	bars per <u>crew</u>

D5 Charlie's Kraft Bacon Mac				<u>Quantity</u>
CMN		Macaroni Pasta	<u>2</u>	boxes per <u>crew</u>
		Oscar Mayer Bacon Bits	<u>2</u>	pkgs per <u>crew</u>
CMN		Cheese Sauce Powder, 4.5oz	<u>2</u>	pkts per <u>crew</u>
CMN		Freeze Dried Green Beans, 4.5oz	<u>1</u>	pkg per <u>crew</u>
CMN		Freeze Dried Carrots, 4.5oz	<u>1</u>	pkg per <u>crew</u>
		Our Family Devil's Food Cake Mix	<u>1</u>	box per <u>crew</u>
CMN		Nutella Hazelnut Spread	<u>1</u>	jar per <u>crew</u>

Required			
ESTL	Essentials		<u>Quantity</u>
BIN		Toilet Paper	<u>1</u> roll per <u>day</u>
FNT		Bio Bags	<u>2</u> bags per <u>day</u> + <u>1</u> bag per female per <u>day</u>
FNT		Wilderness Cookery	<u>1</u> book per <u>crew</u>
FNT		Canola Oil, 16oz	<u>1+</u> bottles per <u>crew</u>
FNT		Cochlan's Multi Spice Wheel	<u>1</u> unit per <u>crew</u>
HALL		Liner Bags for Food Packs	<u>1</u> bag per <u>pack</u>

Optional (hot beverage encouraged)

A&E	Additional Items & Extras	<u>Suggested Quantity</u>
BIN	Bannock, 1lb bag	<u>2</u> bags per <u>crew</u>
FNT	Fish Fry	<u>2</u> boxes per <u>crew</u>
BIN	Popcorn, 4.5oz	<u>1</u> bag per <u>crew</u>
FNT	Parkay Butter, 12oz	<u>2</u> bottles per <u>crew</u>
CMN	Dyma PB&J Sleeves	<u>9</u> sleeves per <u>crew</u>
BIN	White Sugar, 1lb	<u>1</u> bag per <u>crew</u>
BIN	Brown Sugar, 1lb	<u>1</u> bag per <u>crew</u>
BIN	Powdered Sugar, 0.5lb	<u>1</u> bags per <u>crew</u>
BIN	That's Smart Dry Milk Powder	<u>1</u> packet per <u>crew</u>
FRD	Fresh Carrots, Large	<u>5</u> carrots per <u>crew</u>
PRDC	Fresh Potatoes	<u>1</u> potato per <u>crew</u>
PRDC	Fresh Onions	<u>2</u> onions per <u>crew</u>
FRD	Fresh Peppers	<u>2</u> peppers per <u>crew</u>

BVG	Beverages & Accompaniments	<u>Suggested Quantity</u>
BIN	Maxwell House Coffee Packets	<u>2</u> packets per <u>day</u>
BIN	Coffee, Decaf	<u>2</u> packets per <u>day</u>
FNT	Regular Tea Bags (Variety)	<u>18</u> teabags per <u>crew</u>
FNT	Decaf Tea Bags (Variety)	<u>9</u> teabags per <u>crew</u>
BIN	Swiss Miss Hot Chocolate Packets	<u>9</u> packets per <u>day</u>
BIN	Alpine Apple Cider Packets	<u>9</u> packets per <u>day</u>
FNT	Sugar Packets	<u>18</u> packets per <u>crew</u>
FNT	Non-Dairy Creamer Packets	<u>18</u> packets per <u>crew</u>
FNT	Stevia Packets	<u>9</u> packets per <u>crew</u>
FNT	Electrolyte Drink Packets	<u>9</u> packets per <u>crew</u>

CDMT	Condiments	<u>Suggested Quantity</u>
FNT	Ketchup Packets	<u>9</u> packets per <u>crew</u>
FNT	Mustard Packets	<u>9</u> packets per <u>crew</u>
FNT	Cholula Hot Sauce Packets	<u>18</u> packets per <u>crew</u>
FNT	BBQ Sauce Packets	<u>9</u> packets per <u>crew</u>
FNT	Mayonnaise Packets	<u>9</u> packets per <u>crew</u>
FNT	Relish Packets	<u>9</u> packets per <u>crew</u>
FNT	Soy Sauce Packets	<u>9</u> packets per <u>crew</u>
FNT	Parmesan Cheese Packets	<u>9</u> packets per <u>crew</u>
FNT	Honey Packets	<u>9</u> packets per <u>crew</u>
FNT	Ranch Packets	<u>9</u> packets per <u>crew</u>
FNT	Picante Sauce Packets	<u>9</u> packets per <u>crew</u>
FNT	Chili Seasoning Packets	<u>1</u> packet per <u>crew</u>
FNT	Red Pepper Flakes/Black Pepper/Salt Packets	<u>9</u> packets per <u>crew</u>

Location Key	
SHF	Entry Shelf
FRD	Fridge
FRZ	Freezer (Indoor)
FRZ-O	Freezer (Outdoor)
CMN	Common
FNT	Front Shelves
PRDC	Produce Rack
BIN	Front Bins
HALL	End of Hall Outside Packing Room

Meal #	Good To-Go Dietary Meal Pack Info
#1	Pasta Marinara
#2	Bimbimbap
#3	Mushroom Risotto - Contains Tree Nuts
#4	Mexican Quinoa Bowl - Contains Sesame
#5	Smoked Three Bean Chili
Others	Cuban Rice Bowl - Contains Milk
Others	Kale & White Bean Soup

Departure Checklist (to be completed before hitting water)	
	Did you pack your cold/fresh meals from the fridge?
	Did you pack toilet paper (1 roll/day)?
	Did you pack bio bags (2/day + 1/female/day)?
	Did you pack electrolyte drink mixes?
	Do you have a Wilderness Cookery (cookbook)?

WE'RE ALL PACKED & READY TO GO!!

SIGNATURES:

TRAIL STAFF: _____

COMMISSARY: _____

