

25 Day General Cold Breakfasts

Dietary Restrictions:

Trip Details:

Bulk Fruit:

Silver Box/Drinks:

*** Don't forget about your snack box and the fruit in your hatches!! ***

Total individuals: 16

Total servings: 16.0

Calendar Planning

Day	Appetizer	Dinner	Breakfast	Lunch
Day 0	Safeway Lunch (Grocery Stop Before Leaving Town) (16)	Rig Night (BYO or Moe Meal-additional charge) (16)	Breakfast Salmon Lox on Bagels (16)	Lunch BLTA (16)
Day 1	Appetizer Tomato and Mozzarella Sliders (16)	Dinner Fettuccine Alfredo with Chicken (16) Side Dish Caesar Salad (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch Hummus Pitas (16)
Day 2	Appetizer Mixed Green Salad (16)	Dinner Grilled Wild Salmon (16) Dessert Apple Crisp (DO) (16)	Breakfast Cold Cereal with HB Eggs and Muffins (16)	Lunch Cold Cut Sammies (16)
Day 3	Appetizer Egg Rolls (16)	Dinner Pork Stir Fry (16)	Breakfast Bagels with Cream Cheese (16)	Lunch Chicken Salad Pitas (16)
Day 4	Appetizer Antipasto Salad (16)	Dinner Artichoke Lasagna (PM) (16) Side Dish Roasted Sweet Potatoes (16) Dessert Angel Food Cake (16)	Breakfast Cream of Wheat (16)	Lunch Caprese Salad Sandwich (16)
Day 5	Appetizer Caesar Salad (16)	Dinner Cheeseburgers (16) Side Dish River Slaw (16) Dessert Frozen Tropical Fruit (16)	Breakfast Salmon Lox on Bagels (16)	Lunch Black Bean and Corn Quinoa Salad (16)
Day 6	Appetizer Cheese and Crackers (16)	Dinner Spaghetti and Turkey (16) Side Dish Caesar Salad (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch Roast Beef Wraps (16)
Day 7	Appetizer Edamame (16)	Dinner Fish Tacos (16) Dessert Pepperidge Farms Cookies (16)	Breakfast Cold Cereal with HB Eggs and Muffins (16)	Lunch Taco Salad 2nd Half (16)
Day 8	Appetizer Olive Tapenade (16)	Dinner Chicken Curry (16)	Breakfast Oatmeal & Pre-Cooked Bacon (16)	Lunch Mediterranean Tuna Salad Pitas 2nd Half (16)
Day 9	Appetizer Pesto Cream Cheese (16)	Dinner Kabobs (16) Dessert Pineapple Upside Down Cake (DO) (16)	Breakfast Bagels with Hard Boiled Eggs (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 10	Appetizer Veggies and Dip (16)	Dinner Grilled Ham, Cheese, & Tomato Soup (16)	Breakfast Kayaker Quinoa (16)	Lunch Veggie Pitas 2nd Half (16)
Day 11	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Steak Fajitas (16) Side Dish Cilantro Lime Rice (16) Dessert Churros (16)	Breakfast Salmon Lox on Bagels 2nd Half (16)	Lunch Reuben Wraps (16)
Day 12	Appetizer Bruschetta (16)	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (16)	Breakfast Oatmeal & Pre-Cooked Bacon (16)	Lunch Lox on Bagels with Cream Cheese 2nd Half (16)
Day 13	Appetizer Smoked Gouda and Crackers (16)	Dinner Steaks and Potatoes 2nd Half (16) Dessert Blueberry and Peach Cobbler (DO) (16)	Breakfast Yogurt and Granola with Bagels (16)	Lunch Mexi Wraps (16)
Day 14	Appetizer Spinach Dip (16)	Dinner White Bean and Sausage Rigatoni (16)	Breakfast Cold Cereal with Hard Boiled Eggs (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 15	Appetizer Tortilla Chips and Guacamole (16)	Dinner Beef Tacos (16) Dessert Dark Chocolate Bars (16)	Breakfast Cream of Wheat (16)	Lunch Cheese and Crackers With Salami (16)
Day 16	Appetizer Cheese and Crackers with Salami (16)	Dinner Chicken Pesto Pasta (16)	Breakfast Salmon Lox on Bagels 2nd Half (16)	Lunch Cuban Wrap (16)
Day 17	Appetizer Cowboy Candy (16)	Dinner Beef Enchiladas (DO) (16) Dessert No Bake Cheesecake (16)	Breakfast Oatmeal & Pre-Cooked Bacon (16)	Lunch Chicken Caesar Wraps 2nd Half (16)

Day	Appetizer	Dinner	Breakfast	Lunch
Day 18	Appetizer Olive Tapenade (16)	Dinner Jambalaya with Shrimp and Sausage 2nd Half (16)	Breakfast Cold Cereal with English Muffins (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 19	Appetizer Chips and Dip (16)	Dinner Sloppy Joes (16) Dessert S'mores (16)	Breakfast Bagels with Hard Boiled Eggs (16)	Lunch Taco Salad 2nd Half (16)
Day 20	Appetizer Spinach Dip (16)	Dinner Tortellini w/ Chicken (16)	Breakfast Kayaker Quinoa (16)	Lunch Turkey and Swiss Wraps 2nd Half (16)
Day 21	Appetizer Edamame (16)	Dinner Pork Stir Fry 2nd Half (16) Dessert Fortune Cookies (16)	Breakfast Oatmeal & Pre-Cooked Bacon (16)	Lunch Reuben Pitas (16)
Day 22	Appetizer Train Wreck (16)	Dinner Chicken Pesto Pasta (16)	Breakfast Bagels with Cream Cheese (16)	Lunch Peanut Butter and Jelly (16)
Day 23	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Brats 2nd Half (16) Dessert Apple Cobbler (DO) (16)	Breakfast Cold Cereal with Bagels (16)	Lunch Sweet Chicken Salad 2nd Half (16)
Day 24	Appetizer Bruschetta (16)	Dinner Stuffed Italian Chicken (PM) (16) Dessert Pepperidge Farms Cookies (16)	Breakfast Leftovers (16)	Lunch En Route to Flagstaff (16)

Recipes details

Safeway Lunch (Grocery Stop Before Leaving Town)

Appetizer Day #0

Individuals served: 16

Qty	Unit	Ingredient	Packing notes
16.0	whole	Safeway Lunch Stop	

Rig Night (BYO or Moe Meal-additional charge)

Dinner Day #0

Individuals served: 16

Qty	Unit	Ingredient	Packing notes
1.0	whole	Food	

Breakfast Salmon Lox on Bagels

Breakfast Day #0

Individuals served: 16

Dietary restrictions / allergens: **Fish, Wheat/Gluten, Dairy**

Toast bagels with butter or oil if desired. Slice tomatoes and onion. Serve with bagels with lox, capers and cream cheese. Yum!
Fun Fact: Capers can reduce cancer risk and promote eye, bone, brain, and digestive health.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Salmon Lox	Meat Cooler	1.0	jar(s)	Capers	Day Box
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	pound(s)	Coffee	Day Box
3.0	whole	Tomatoes	Produce Cooler	1.0	whole	Red Onion	Produce Crate
3.2	bag(s)	Bagels	Bread Box				

Lunch BLTA

Lunch Day #0

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten**

Bacon is pre-cooked, crisp up if desired. Slice veggies and make sandwiches before leaving camp or stop somewhere pretty and assemble there. Serve with chips and cookies!

Hint: Put veggies in separate ziplock to avoid a soggy sammy.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	head(s)	Iceberg Lettuce	Produce Cooler	2.0	can(s)	Stax	Day Box
5.0	whole	Tomatoes	Produce Cooler	1.0	package(s)	Cookies	Day Box
4.0	whole	Avocados	Produce Cooler	1.0	package(s)	Pre-cooked Bacon	Day Box
2.6	loaf	Bread	Bread Box	1.0	bottle(s)	Mayonnaise	Day Box

Appetizer Tomato and Mozzarella Sliders

Appetizer Day #1

Individuals served: 16

Dietary restrictions / allergens: Dairy

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.

Slice tomatoes and mozzarella. Stack tomato, mozzarella and fresh basil then drizzle balsamic glaze on top. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Fresh Mozzarella	Dairy Cooler	4.0	ounce(s)	Fresh Basil	Produce Cooler
6.0	whole	Tomatoes	Produce Cooler	1.0	whole	Balsamic Glaze	Day Box

Dinner Fettuccine Alfredo with Chicken

Dinner Day #1

Individuals served: 16

Dietary restrictions / allergens: Chicken , Wheat/Gluten, Dairy

Cook noodles according to directions, add splash of oil and stir frequently to prevent the noodles from sticking together. In a dutch oven start cooking chicken with a bit of oil and seasonings of choice (salt,pepper,onion,garlic). Chop zucchini & yellow bell peppers. Add vegetables and saute with chicken. Add drained mushrooms and chopped roasted red peppers to taste. Once veggies are tender add sauce and heat until warm. Melt butter and add garlic and spices. On griddle melt butter and add garlic and spices, place bread on top of butter and brown. Serve with shredded parmesan on top! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Chicken	Meat Cooler	2.0	loaf	Sourdough	Bread Box
1.0	whole	Parmesan Cheese Block	Dairy Cooler	3.0	box(es)	Fettuccine Noodles	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	3.0	jar(s)	Alfredo Sauce	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	2.0	jar(s)	Roasted Red Peppers	Day Box
2.0	whole	Zucchini	Produce Cooler	1.0	can(s)	Canned Mushrooms	Day Box

Side Dish Caesar Salad

Dinner Day #1

Individuals served: 16

Chop lettuce, and slice and dice tomatoes and onion. Mix together in a bowl top with croutons and Cesar dressing. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	whole	Parmesan Cheese Block	Dairy Cooler	1.0	package(s)	Croutons	Day Box
2.0	head(s)	Romaine Lettuce	Produce Cooler	1.0	bottle(s)	Caesar Dressing	Day Box
2.0	whole	Tomatoes	Produce Cooler	1.0	whole	Red Onion	Produce Crate

Breakfast Yogurt and Granola, with Oatmeal

Breakfast Day #1

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Dairy

Cook oatmeal by using 2 parts water to 1 part oatmeal. Add oats to boiling water and stir. Cook over medium heat until tender. Make assembly line for a quick and easy breakfast! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Yogurt	Dairy Cooler	1.0	box(es)	Oatmeal	Day Box
1.0	bottle(s)	Honey	Day Box	2.0	box(es)	Milk	Day Box
1.0	bag(s)	Granola	Day Box				

Lunch Hummus Pitas

Lunch Day #1

Individuals served: 16

Dietary restrictions / allergens: Dairy , Wheat/Gluten

Chop or slice tomatoes, peppers and cucumbers. Stop somewhere pretty and enjoy lunch!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	pound(s)	Sliced Cheese	Dairy Cooler	2.0	bag(s)	Baby Carrots	Produce Cooler
1.0	tub(s)	Hummus	Dairy Cooler	3.0	package(s)	Pita Bread	Bread Box
4.0	whole	Tomatoes	Produce Cooler	1.0	bag(s)	Trail Mix	Day Box
3.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	package(s)	Cookies	Day Box
3.0	whole	Red Bell Pepper	Produce Cooler	2.0	can(s)	Stax	Day Box
3.0	whole	Cucumbers	Produce Cooler	1.0	bag(s)	Beef Jerky	Day Box

Appetizer Mixed Green Salad

Appetizer Day #2

Individuals served: 16

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.

Slice and dice avocados, tomatoes, and carrots. Top mixed greens with veggies and croutons. Serve with dressing on side. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	whole	Avocados	Produce Cooler	2.0	bag(s)	Mixed Greens	Produce Cooler
3.0	whole	Tomatoes	Produce Cooler	1.0	package(s)	Croutons	Day Box
0.5	pound(s)	Carrots	Produce Cooler	1.0	bottle(s)	Salad Dressing	Day Box

Dinner Grilled Wild Salmon

Dinner Day #2

Individuals served: 16

Dietary restrictions / allergens: **Fish, Dairy**

Start coals! Wrap salmon in foil with butter, onion, and lemon slices. Place on grill when coals are hot. Cook asparagus on griddle or wrap in foil to steam on coals, prepare both with butter and seasonings. Prepare mashed potatoes according to directions on package. Serve with sour cream for mashed potatoes.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
5.0	pound(s)	Wild Salmon	Meat Cooler	4.0	package(s)	Instant Mashed Potatoes	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	4.0	whole	Lemons	Produce Crate
1.0	tub(s)	Sour Cream	Dairy Cooler	2.0	whole	Yellow Onion	Produce Crate
4.0	pound(s)	Asparagus	Produce Cooler				

Dessert Apple Crisp (DO)

Dinner Day #2

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Use coals from dinner, or add more if needed. Slice apples and coat in cinnamon. Mix crisp mix with sliced butter until mix is chunky with butter. Add apples to dutch oven, and cover with crisp mix. Add lid to dutch oven and arrange above and below D.O. Bake until done, this can be anywhere from 10 to 45 minutes depending on how hot your coals are.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
6.0	ounce(s)	Butter	Dairy Cooler	1.0	bottle(s)	Cinnamon	Spice Box
1.0	package(s)	Yellow Cake Mix	Day Box	10.0	whole	Apples	Produce Crate

Breakfast Cold Cereal with HB Eggs and Muffins

Breakfast Day #2

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Peanuts, Eggs**

Add cold water to pot, carefully place eggs to pot and add water until 1 inch above eggs. Bring pot to a boil. Once boiling, add lid to pot and turn OFF burner. Let eggs simmer for about 8-12 minutes depending on desired doneness *Note: cooking times vary based on elevation. Remove and let cool before peeling. Toast english muffins on griddle with butter. Enjoy with hot sauce and a side of cereal!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
8.0	ounce(s)	Butter	Dairy Cooler	4.0	box(es)	Milk	Day Box
2.0	package(s)	English Muffins	Bread Box	1.0	jar(s)	Jelly	Day Box
3.0	dozen(s)	Eggs	Egg Can	1.0	pound(s)	Coffee	Day Box
2.0	bag(s)	Cold Cereal	Day Box	1.0	jar(s)	Peanut Butter	Day Box

Lunch Cold Cut Sammies

Lunch Day #2

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Chicken**

Thaw lunch meat before you leave camp in the morning if needed. If you'd like you can pre make lunches, set up supplies and zip locks at breakfast, or set up somewhere pretty at lunch time. Slice avocados, tomatoes, and onions, and assemble wraps as desired. Pass out chips and cookies when you stop!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Deli Meat	Meat Cooler	1.0	bottle(s)	Mustard	Day Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	1.0	jar(s)	Pickles	Day Box
1.0	head(s)	Iceberg Lettuce	Produce Cooler	1.0	jar(s)	Pepperoncinis	Day Box
3.0	whole	Avocados	Produce Cooler	1.0	package(s)	Cookies	Day Box
3.0	whole	Tomatoes	Produce Cooler	2.0	can(s)	Stax	Day Box
2.6	loaf	Bread	Bread Box	1.0	whole	Red Onion	Produce Crate
1.0	bottle(s)	Mayonnaise	Day Box				

Appetizer Egg Rolls

Appetizer Day #3

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.

Heat up griddle and with a small amount of oil, rotate spring rolls while cooking, and fry until golden brown. Serve with sweet and sour sauce on side. Enjoy!

Qty	Unit	Ingredient	Packing notes
40.0	whole	Veggie Spring Rolls	Meat Cooler
1.0	bottle(s)	Sweet and Sour Sauce	Day Box

Dinner Pork Stir Fry

Dinner Day #3

Individuals served: **16**

Dietary restrictions / allergens: **Pork, Tree Nuts**

Follow directions for rice on box. Chop all veggies to appropriate size. Heat up peanut and sesame oil in skillet, add in pork and cook until brown. In dutch oven, saute all vegetable until softened. Once vegetables are tender, add in pork. Add peanut sauce to pot with tamari to taste and toss. Serve meat and veggies over rice and enjoy!

*Note: keep pork separate for vegetarians or vegans

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Pork	Meat Cooler	3.0	bottle(s)	Thai Peanut Sauce	Day Box
2.0	pound(s)	Frozen Cauliflower	Meat Cooler	1.0	bottle(s)	Tamari Soy Sauce	Day Box
2.0	pound(s)	Carrots	Produce Cooler	1.0	bottle(s)	Peanut Oil	Day Box
2.0	whole	Red Bell Pepper	Produce Cooler	1.0	bottle(s)	Sesame Oil	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	box(es)	Instant Brown Rice	Day Box
1.0	bunch(es)	Celery	Produce Cooler	2.0	whole	Yellow Onion	Produce Crate

Breakfast Bagels with Cream Cheese

Breakfast Day #3

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Peanuts**

Toast bagels on griddle to order. Create assembly line of bagels, cream cheese and pb&j. Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	jar(s)	Jelly	Day Box
4.0	bag(s)	Bagels	Bread Box	1.0	pound(s)	Coffee	Day Box
1.0	jar(s)	Peanut Butter	Day Box				

Lunch Chicken Salad Pitas

Lunch Day #3

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Chicken**

Before leaving camp, open and drain chicken. Mix with mayo and relish to taste. Chop red onion and celery, mix with chicken. Put in a ziplock bag until lunchtime. Stop somewhere pretty for lunch. Serve with lettuce, tomato and cheese. Make your pita and enjoy with chips and cookies!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	pound(s)	Sliced Cheese	Dairy Cooler	4.0	can(s)	Canned Chicken	Day Box
0.5	bunch(es)	Celery	Produce Cooler	1.0	bottle(s)	Mayonnaise	Day Box
3.0	whole	Tomatoes	Produce Cooler	1.0	bottle(s)	Relish	Day Box
1.0	head(s)	Iceberg Lettuce	Produce Cooler	1.0	package(s)	Cookies	Day Box
4.0	whole	Avocados	Produce Cooler	2.0	can(s)	Stax	Day Box
3.0	package(s)	Pita Bread	Bread Box	1.0	whole	Red Onion	Produce Crate

Appetizer Antipasto Salad

Appetizer Day #4

Individuals served: 16

Dietary restrictions / allergens: **Dairy , Pork**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day

Chop up meat and veggies into bite sized chunks. Next drain olives and artichoke heart, chop if desired. Combine all ingredients to large bowl and stir in dressing. Can be served on top of lettuce or mix all together in bowl and serve!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
0.5	pound(s)	Sliced Salami	Meat Cooler	2.0	whole	Red Bell Pepper	Produce Cooler
0.5	pound(s)	Capicola Ham	Meat Cooler	2.0	whole	Yellow Bell Pepper	Produce Cooler
0.5	pound(s)	Pepperoni	Meat Cooler	1.0	jar(s)	Pepperoncini	Day Box
1.0	package(s)	Fresh Mozzarella	Dairy Cooler	1.0	can(s)	Canned Artichoke Hearts	Day Box
2.0	head(s)	Romaine Lettuce	Produce Cooler	1.0	can(s)	Whole Black Olives	Day Box
2.0	package(s)	Cherry Tomatoes	Produce Cooler	1.0	bottle(s)	Italian Dressing	Day Box

Dinner Artichoke Lasagna (PM)

Dinner Day #4

Individuals served: 16

Alternative pre-made meals will be supplied for those with dietary restrictions. Check the cooler!*

Artichoke lasagna is packaged in bags of 4 servings each. See "Boil in a Bag" instructions in trip binder. Heat up mostly drained green beans in pot butter or oil, add spices to taste (garlic salt, lemon pepper). Melt the rest of butter and mix with garlic and spices to taste (salt, pepper, and Italian seasonings). Spread butter mixture on pieces of sourdough and toast on griddle face down until golden brown, yum garlic bread!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
16.0	whole	Artichoke Lasagna	Meat Cooler	2.0	loaf	Sourdough	Bread Box
8.0	ounce(s)	Butter	Produce Cooler	5.0	can(s)	Canned Green Beans	Day Box

Side Dish Roasted Sweet Potatoes

Dinner Day #4

Individuals served: 16

Heat up 2 Tbsp. of oil in an appropriate sized pan. Add sweets and heat until crispy!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Frozen Sweet Potatoes	Meat Cooler

Dessert Angel Food Cake

Dinner Day #4

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

Slice up the loaves, serve and top with blackberries and whipped cream! Enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	can(s)	Whipped Cream	Dairy Cooler
2.0	loaf	Angel Food Cake	Dairy Cooler
3.0	can(s)	Canned Blueberries	Day Box

Breakfast Cream of Wheat

Breakfast Day #4

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

Prepare cream of wheat according to directions of box. Top with dried fruit and brown sugar, add some cinnamon from the spice box if you desire! Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	box(es)	Cream of Wheat	Day Box	1.0	package(s)	Brown Sugar	Day Box
1.0	package(s)	Dried Fruit	Day Box	2.0	box(es)	Milk	Day Box

Lunch Caprese Salad Sandwich

Lunch Day #4

Individuals served: 16

Dietary restrictions / allergens: **Dairy , Wheat/Gluten, Pork**

Slice tomatoes and assemble sandwich with salami, pesto, mozzarella, tomato, balsamic glaze and basil. Serve with chips and cookies! Fan Favorite!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	pound(s)	Sliced Salami	Meat Cooler	2.6	loaf	Bread	Bread Box
1.0	jar(s)	Pesto	Dairy Cooler	2.0	can(s)	Stax	Day Box
3.0	package(s)	Fresh Mozzarella	Dairy Cooler	1.0	package(s)	Cookies	Day Box
6.0	whole	Tomatoes	Produce Cooler	1.0	whole	Balsamic Glaze	Day Box
4.0	ounce(s)	Fresh Basil	Produce Cooler				

Appetizer Caesar Salad

Appetizer Day #5

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Shellfish, Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.

Slice onion, chop romaine lettuce, toss in bowl with Caesar dressing. Top with croutons and shaved parmesan on top!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
0.5	whole	Parmesan Cheese Block	Dairy Cooler	1.0	bottle(s)	Caesar Dressing	Day Box
2.0	head(s)	Romaine Lettuce	Produce Cooler	1.0	whole	Red Onion	Produce Crate
1.0	package(s)	Croutons	Day Box				

Dinner Cheeseburgers

Dinner Day #5

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Beef**

Start your coals! Season burger patties as desired. Add burgers to grill and cook until done, rotate to avoid hot spots. Top with cheese to melt. While burgers are cooking, heat up green beans (seasoning as desired) and baked beans. Slice tomatoes, red onion, avocado and lettuce. Serve with condiments, side dishes and chips! Enjoy!

*Note: Can also make burgers on skillet or griddle.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
18.0	whole	Hamburger Patties	Meat Cooler	2.0	package(s)	Hamburger Buns	Bread Box
1.0	bag(s)	Frozen Green Beans	Meat Cooler	1.0	jar(s)	Pickles	Day Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	1.0	bottle(s)	Ketchup	Day Box
1.0	head(s)	Iceberg Lettuce	Produce Cooler	4.0	can(s)	Baked Beans	Day Box
3.0	whole	Tomatoes	Produce Cooler	2.0	whole	Red Onion	Produce Crate
3.0	whole	Avocados	Produce Cooler				

Side Dish River Slaw

Dinner Day #5

Individuals served: 16

Dietary restrictions / allergens: **Dairy**

Cut cabbage thinly. Grate apples and carrots. Mix all together in a bowl. Drizzle with honey and dressing and mix. Top with sunflower seeds.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	pound(s)	Carrots	Produce Cooler	1.0	head(s)	Red Cabbage	Produce Crate
1.0	bottle(s)	Honey	Day Box	1.0	head(s)	Green Cabbage	Produce Crate
1.0	package(s)	Sunflower Seeds	Day Box	2.0	whole	Apples	Produce Crate
1.0	bottle(s)	Coleslaw Dressing	Day Box				

Dessert Frozen Tropical Fruit

Dinner Day #5

Individuals served: 16

Open and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Frozen Tropical Fruit	Meat Cooler

Breakfast Salmon Lox on Bagels

Breakfast Day #5

Individuals served: 16

Dietary restrictions / allergens: **Fish, Wheat/Gluten, Dairy**

Toast bagels with butter or oil if desired. Slice tomatoes and onion. Serve with bagels with lox, capers and cream cheese. Yum!

Fun Fact: Capers can reduce cancer risk and promote eye, bone, brain, and digestive health.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Salmon Lox	Meat Cooler	1.0	jar(s)	Capers	Day Box
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	pound(s)	Coffee	Day Box
3.0	whole	Tomatoes	Produce Cooler	1.0	whole	Red Onion	Produce Crate
3.2	bag(s)	Bagels	Bread Box				

Lunch Black Bean and Corn Quinoa Salad

Lunch Day #5

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Before leaving camp (or the night before): Cook by adding two parts water to one part quinoa (4.5 cups for 16 people and 2.5 cups for 8 people). Bring to boil then simmer, covered, until quinoa is tender and white spiral like threads appear around grains (simmer about 15 minutes). Fluff with fork. Cut cherry tomatoes in half, dice avocados, drain and rinse black beans. Mix all together with a squeeze of lime and corn. Add salad dressing to taste and toss together. Place in a ziplock bag in a cooler until lunch time. Serve with tortillas to make a fresh burrito, cookies and chips!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	head(s)	Romaine Lettuce	Produce Cooler	1.0	bottle(s)	Creamy Cilantro Dressing	Day Box
2.0	package(s)	Cherry Tomatoes	Produce Cooler	2.0	can(s)	Canned Corn	Day Box
4.0	whole	Avocados	Produce Cooler	2.0	can(s)	Stax	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	package(s)	Cookies	Day Box
1.0	package(s)	Quinoa	Day Box	4.0	whole	Limes	Produce Crate
4.0	can(s)	Black Beans	Day Box				

Appetizer Cheese and Crackers

Appetizer Day #6

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice cheese and serve with crackers! Enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	whole	Cheese Block	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Spaghetti and Turkey

Dinner Day #6

Individuals served: 16

Dietary restrictions / allergens: **Chicken , Wheat/Gluten**

Boil noodles according to directions on box. Add oil to water and stir frequently to prevent noodles from sticking together. Brown turkey in a large pot with chopped bell peppers, add small amount of oil to prevent sticking. Add half jar of garlic once the turkey is 90% cooked through. Once fully cooked, add sauce to this pot, heat until warmed through. On griddle melt butter and add garlic and spices, place bread on top of butter and brown. Serve with shredded parmesan on top! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Ground Turkey	Meat Cooler	2.0	loaf	Sourdough	Bread Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	3.0	jar(s)	Marinara Sauce	Day Box
1.0	whole	Parmesan Cheese Block	Dairy Cooler	2.0	can(s)	Canned Mushrooms	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	4.0	box(es)	Spaghetti Noodles	Day Box

Side Dish Caesar Salad

Dinner Day #6

Individuals served: 16

Chop lettuce, and slice and dice tomatoes and onion. Mix together in a bowl top with croutons and Cesar dressing. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	whole	Parmesan Cheese Block	Dairy Cooler	1.0	package(s)	Croutons	Day Box
2.0	head(s)	Romaine Lettuce	Produce Cooler	1.0	bottle(s)	Caesar Dressing	Day Box
2.0	whole	Tomatoes	Produce Cooler	1.0	whole	Red Onion	Produce Crate

Breakfast Yogurt and Granola, with Oatmeal

Breakfast Day #6

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

Cook oatmeal by using 2 parts water to 1 part oatmeal. Add oats to boiling water and stir. Cook over medium heat until tender. Make assembly line for a quick and easy breakfast! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Yogurt	Dairy Cooler	1.0	box(es)	Oatmeal	Day Box
1.0	bottle(s)	Honey	Day Box	2.0	box(es)	Milk	Day Box
1.0	bag(s)	Granola	Day Box				

Lunch Roast Beef Wraps

Lunch Day #6

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy , Beef**

Before leaving camp, make sure meat is thawed. Stop somewhere pretty, chop veggies and assemble wraps as desired.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Roast Beef	Meat Cooler	1.0	bottle(s)	Mustard	Day Box
2.0	pound(s)	Sliced Cheddar Cheese	Dairy Cooler	1.0	jar(s)	Pickles	Day Box
3.0	whole	Tomatoes	Produce Cooler	2.0	can(s)	Stax	Day Box
3.0	whole	Avocados	Produce Cooler	1.0	package(s)	Cookies	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	whole	Red Onion	Produce Crate
1.0	bottle(s)	Mayonnaise	Day Box				

Appetizer Edamame

Appetizer Day #7

Individuals served: 16

Dietary restrictions / allergens: **Soy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Serve cold or heat in boiling water until tender, coat with salt to taste. Serve with tamari soy sauce on side.

Qty	Unit	Ingredient	Packing notes
4.0	bag(s)	Frozen Edamame	Meat Cooler
1.0	bottle(s)	Tamari Soy Sauce	Day Box

Dinner Fish Tacos

Dinner Day #7

Individuals served: 16

Dietary restrictions / allergens: **Fish**

Chop/dice tomatoes, red onion, cabbage, avocado, and limes. Cook rice according to directions on box. Cook fish in Dutch oven or skillet, adding taco seasoning. Warm up beans and season to taste. Heat tortillas on upside down Dutch oven lid on stove or on griddle. Serve with side of black beans, chopped veggies, sour cream, chiles, cheese and salsa. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
12.0	whole	Cod Fillets	Meat Cooler	2.0	can(s)	Diced Green Chiles	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	jar(s)	Salsa	Day Box
1.0	pound(s)	Shredded Cheese	Dairy Cooler	1.0	box(es)	Spanish Rice	Day Box
3.0	whole	Tomatoes	Produce Cooler	4.0	can(s)	Black Beans	Day Box
4.0	whole	Limes	Produce Cooler	1.0	package(s)	Taco Seasoning	Day Box
3.0	whole	Avocados	Produce Cooler	1.0	whole	Red Onion	Produce Crate
2.0	package(s)	Corn Tortillas	Bread Box	1.0	head(s)	Green Cabbage	Produce Crate

Dessert Pepperidge Farms Cookies

Dinner Day #7

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Pepperidge Farms Cookies	Day Box

Breakfast Cold Cereal with HB Eggs and Muffins

Breakfast Day #7

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Peanuts, Eggs**

Add cold water to pot, carefully place eggs to pot and add water until 1 inch above eggs. Bring pot to a boil. Once boiling, add lid to pot and turn OFF burner. Let eggs simmer for about 8-12 minutes depending on desired doneness *Note: cooking times vary based on elevation. Remove and let cool before peeling. Toast english muffins on griddle with butter. Enjoy with hot sauce and a side of cereal!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
8.0	ounce(s)	Butter	Dairy Cooler	4.0	box(es)	Milk	Day Box
2.0	package(s)	English Muffins	Bread Box	1.0	jar(s)	Jelly	Day Box
3.0	dozen(s)	Eggs	Egg Can	1.0	pound(s)	Coffee	Day Box
2.0	bag(s)	Cold Cereal	Day Box	1.0	jar(s)	Peanut Butter	Day Box

Lunch Taco Salad 2nd Half

Lunch Day #7

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

Before leaving camp, drain all cans and mix together with taco seasoning to taste. Put in big ziplock bag in a cooler until lunch time. Find a cool spot, and chop lettuce and crush up some chips and add to bean mix. Serve in tortillas with beef jerky on the side.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler	1.0	bag(s)	Beef Jerky	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	package(s)	Taco Seasoning	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	bag(s)	Tortilla Chips	Day Box
2.0	can(s)	Black Beans	Day Box	1.0	package(s)	Cookies	Day Box
2.0	can(s)	Canned Kidney Beans	Day Box	1.0	can(s)	Canned Corn	Day Box
2.0	can(s)	Pinto Beans	Day Box	1.0	can(s)	Diced Green Chiles	Day Box
1.0	jar(s)	Salsa	Day Box	1.0	head(s)	Green Cabbage	Produce Crate

Appetizer Olive Tapenade

Appetizer Day #8

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Dip and Enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	jar(s)	Olive Tapenade	Day Box
4.0	package(s)	Crackers	Day Box

Dinner Chicken Curry

Dinner Day #8

Individuals served: 16

Dietary restrictions / allergens: **Chicken**

Chop onions, potatoes, yellow bell pepper, and carrots in bite sized pieces. Cook onion and chicken in Dutch oven with oil until browned, add garlic and stir until fragrant (1-2 min). Add curry sauce, coconut milk, chopped veggies to Dutch oven. Bring to boil, cover, and lower temp to simmer until veggies are soft. Cook rice according to directions on package. Once rice is ready, fluff for the perfect jasmine rice! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Chicken	Meat Cooler	4.0	can(s)	Coconut Cream	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	bag(s)	Jasmine Rice	Day Box
1.0	pound(s)	Carrots	Produce Cooler	2.0	whole	Yellow Onion	Produce Crate
2.0	jar(s)	Green Curry Paste	Day Box	6.0	whole	Potatoes	Produce Crate

Breakfast Oatmeal & Pre-Cooked Bacon

Breakfast Day #8

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Pork**

Cook oatmeal by using 2 parts water to 1 part oatmeal. Add oats to boiling water and stir. Cook over medium heat until tender. Add toppings as desired, consider cooking dried fruit in with the oatmeal to rehydrate the fruit. Bacon is pre cooked, simply heat and enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Pre-cooked Bacon	Day Box	1.0	package(s)	Walnuts	Day Box
1.0	box(es)	Oatmeal	Day Box	1.0	package(s)	Brown Sugar	Day Box
1.0	box(es)	Milk	Day Box	1.0	bottle(s)	Honey	Day Box
1.0	box(es)	Almond Milk	Day Box	1.0	pound(s)	Coffee	Day Box
1.0	package(s)	Dried Fruit	Day Box				

Lunch Mediterranean Tuna Salad Pitas 2nd Half

Lunch Day #8

Individuals served: 16

Dietary restrictions / allergens: **Fish, Wheat/Gluten**

Before you leave camp (optional): Chop all veggies, mix with tuna. Add dressing to taste. Mix in olives and feta. Put in a ziplock bag and place in lunch cooler. Stop somewhere pretty and serve in pita bread!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Feta Cheese	Dairy Cooler	1.0	jar(s)	Sun Dried Tomatoes	Day Box
3.0	package(s)	Pita Bread	Bread Box	2.0	jar(s)	Roasted Red Peppers	Day Box
1.0	package(s)	Tuna	Day Box	2.0	can(s)	Stax	Day Box
1.0	bottle(s)	Vinaigrette	Day Box	1.0	package(s)	Cookies	Day Box
2.0	can(s)	Black Olives	Day Box	1.0	whole	Red Onion	Produce Crate

Appetizer Pesto Cream Cheese

Appetizer Day #9

Individuals served: 16

Dietary restrictions / allergens: **Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day. Place cream cheese into a bowl and top with pesto, mix if desired. Enjoy with crackers!

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Pesto	Dairy Cooler
2.0	package(s)	Cream Cheese	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Kabobs

Dinner Day #9

Individuals served: 16

Dietary restrictions / allergens: **Chicken , Beef , Shellfish**

Soak skewers in a bowl with water for at 10-30 minutes before making skewers to prevent burning! Get coals started on grill. Cook rice according to instructions on box. Chop all remaining veggies into 1" chunks and set out with shrimp, chicken and beef. Make your own skewers, season to your liking and grill! Enjoy with side of rice.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	pound(s)	Cubed Beef	Meat Cooler	4.0	whole	Red Bell Pepper	Produce Cooler
2.0	pound(s)	Cubed Chicken	Meat Cooler	1.0	package(s)	Fresh Mushrooms	Produce Cooler
1.0	bag(s)	Shrimp	Meat Cooler	1.0	package(s)	Wooden Skewers x 100	Day Box
4.0	whole	Zucchini	Produce Cooler	1.0	box(es)	Long Grain and Wild Rice	Day Box
4.0	whole	Yellow Squash	Produce Cooler	3.0	whole	Yellow Onion	Produce Crate
4.0	whole	Yellow Bell Pepper	Produce Cooler				

Dessert Pineapple Upside Down Cake (DO)

Dinner Day #9

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Mix ingredients according to cake box directions and add to dutch oven, top with drained canned pineapple. Prepare coals or use coals from dinner. Refer to the Dutch oven cooking section in the Menu Book. Make sure to rotate coals while cooking to avoid hot spots on cake. Bake until done, this can be anywhere from 10 to 45 minutes depending on how hot your coals are. Enjoy!

Qty	Unit	Ingredient	Packing notes
0.5	dozen(s)	Eggs	Egg Can
2.0	box(es)	Pineapple Upside Down Cake Mix	Day Box
1.0	can(s)	Canned Pineapple	Day Box

Breakfast Bagels with Hard Boiled Eggs

Breakfast Day #9

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy , Peanuts**

Add cold water to pot, carefully place eggs to pot and add water until 1 inch above eggs. Bring pot to a boil. Once boiling, add lid to pot and turn OFF burner. Let eggs simmer for about 8-12 minutes depending on desired doneness *Note: cooking times vary based on elevation. Remove and let cool before peeling. Boil eggs the night before for a quick and easy morning! Toast bagels on griddle if desired and assemble with cream cheese and pb&j.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	jar(s)	Peanut Butter	Day Box
3.2	bag(s)	Bagels	Bread Box	1.0	jar(s)	Jelly	Day Box
3.0	dozen(s)	Eggs	Egg Can	1.0	pound(s)	Coffee	Day Box

Lunch Cold Cut Sammies 2nd Half

Lunch Day #9

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy , Chicken**

Thaw lunch meat before you leave camp in the morning if needed. If you'd like you can pre make lunches, set up supplies and zip locks at breakfast, or set up somewhere pretty at lunch time. Slice tomatoes, onions, and assemble sammies as desired with condiments and guacamole. Serve with chips and cookies!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Deli Meat	Meat Cooler	1.0	jar(s)	Pickles	Day Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	1.0	jar(s)	Pepperoncinis	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	1.0	package(s)	Cookies	Day Box
2.6	loaf	Bread	Bread Box	2.0	can(s)	Stax	Day Box
1.0	bottle(s)	Mayonnaise	Day Box	1.0	whole	Red Onion	Produce Crate
1.0	bottle(s)	Mustard	Day Box				

Appetizer Veggies and Dip

Appetizer Day #10

Individuals served: **16**

Dietary restrictions / allergens: **Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice, dip & enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	bag(s)	Baby Carrots	Produce Cooler	2.0	whole	Cucumbers	Produce Cooler
4.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	bottle(s)	Ranch Dressing	Day Box

Dinner Grilled Ham, Cheese, & Tomato Soup

Dinner Day #10

Individuals served: **16**

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

Slice tomato and avocado and assemble sandwiches with ham and cheese to order. Toast your sandwiches on buttered griddle until golden brown and gooey. Warm up soup in pot and dip! *Hint: Spreading mayo to outside of bread helps prevent any burnt sammies.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Ham	Meat Cooler	4.0	whole	Avocados	Produce Cooler
4.0	pound(s)	Sliced Cheese	Dairy Cooler	3.0	loaf	Texas Toast	Bread Box
16.0	ounce(s)	Butter	Dairy Cooler	4.0	box(es)	Tomato Soup	Day Box
4.0	whole	Tomatoes	Produce Cooler				

Breakfast Kayaker Quinoa

Breakfast Day #10

Individuals served: **16**

Dietary restrictions / allergens: **Dairy**

Measure and Rinse quinoa (2 cups of water per cup of quinoa). Heat 2-3 tbsp. of olive oil in a small saucepan over medium-high heat until shimmering. Add quinoa and cook, stirring constantly, to let the quinoa toast (2 min.). Stir in twice as much water than quinoa used and a pinch of salt. Bring to a rolling boil. Turn the heat down to the lowest setting. Cover and cook for 15 minutes. Remove the pot from heat and let stand for 5 more minutes, covered. Don't peek! Serve with toppings.
Hint: Fold in dried fruit before serving to rehydrate fruit!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	box(es)	Milk	Day Box	1.0	bottle(s)	Honey	Day Box
1.0	package(s)	Dried Fruit	Day Box	1.0	pound(s)	Coffee	Day Box
1.0	package(s)	Almonds	Day Box	1.0	package(s)	Quinoa	Day Box
1.0	package(s)	Brown Sugar	Day Box				

Lunch Veggie Pitas 2nd Half

Lunch Day #10

Individuals served: **16**

Dietary restrictions / allergens: **Dairy , Wheat/Gluten, Chicken**

Slice or dice veggies and make your own pitas!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	pound(s)	Sliced Turkey	Meat Cooler	2.0	can(s)	Stax	Day Box
1.0	tub(s)	Hummus	Dairy Cooler	1.0	package(s)	Cookies	Day Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	1.0	can(s)	Canned Asparagus	Day Box
6.0	whole	Avocados	Produce Cooler	1.0	whole	Red Onion	Produce Crate
3.0	package(s)	Pita Bread	Bread Box	1.0	head(s)	Green Cabbage	Produce Crate
1.0	bottle(s)	Ranch Dressing	Day Box				

Appetizer Tortilla Chips, Salsa, and Guacamole

Appetizer Day #11

Individuals served: 16

*Note: Please check food notes for any possible adjustments or dietary modifications for the day. Open, serve, and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler
1.0	bag(s)	Tortilla Chips	Day Box
1.0	jar(s)	Salsa	Day Box

Dinner Steak Fajitas

Dinner Day #11

Individuals served: 16

Dietary restrictions / allergens: **Beef , Wheat/Gluten, Dairy**

Cook steak with oil. Slice onions and bell peppers. Saute onions and peppers with steak or separate griddle. Warm tortillas on skillet or Dutch oven lid. Serve with tomato, avocado, green chiles, salsa, sour cream, and cheese. !OLE!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Steak Fajita Meat	Meat Cooler	3.0	whole	Red Bell Pepper	Produce Cooler
2.0	pound(s)	Shredded Cheese	Dairy Cooler	0.75	package(s)	Flour Tortillas	Bread Box
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	jar(s)	Salsa	Day Box
3.0	whole	Tomatoes	Produce Cooler	2.0	can(s)	Diced Green Chiles	Day Box
3.0	whole	Yellow Bell Pepper	Produce Cooler	2.0	whole	Yellow Onion	Produce Crate
3.0	whole	Avocados	Produce Cooler				

Side Dish Cilantro Lime Rice

Dinner Day #11

Individuals served: 16

Cook rice according to instructions. Chop stem ends of jalapenos off, chop peppers in half lengthwise, and remove seeds and interior ribs. Once rice is cooked, add cilantro and jalapenos to taste. Squeeze limes on top.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	whole	Jalapenos	Produce Cooler	1.0	bottle(s)	Dried Cilantro	Spice Box
1.0	bag(s)	Jasmine Rice	Day Box	4.0	whole	Limes	Produce Crate

Dessert Churros

Dinner Day #11

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Fry to golden brown in hot oil, coat with cinnamon and sugar. Yum!

Qty	Unit	Ingredient	Packing notes
20.0	whole	Churros	Meat Cooler
1.0	bottle(s)	Cinnamon	Spice Box
1.0	bottle(s)	Sugar	Spice Box

Breakfast Salmon Lox on Bagels 2nd Half

Breakfast Day #11

Individuals served: 16

Dietary restrictions / allergens: **Fish, Wheat/Gluten, Dairy**

Toast bagels with butter or oil if desired. Serve with bagels with lox, capers, sliced onion and cream cheese. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Salmon Lox	Meat Cooler	3.2	bag(s)	Bagels	Bread Box
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	jar(s)	Capers	Day Box
1.0	whole	Red Onion	Produce Crate	1.0	pound(s)	Coffee	Day Box

Lunch Reuben Wraps

Lunch Day #11

Individuals served: 16

Dietary restrictions / allergens: **Beef , Wheat/Gluten, Dairy**

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Pastrami	Meat Cooler
2.0	pound(s)	Sliced Cheese	Dairy Cooler
0.75	package(s)	Flour Tortillas	Bread Box
1.0	bottle(s)	Thousand Island Dressing	Day Box

Qty	Unit	Ingredient	Packing notes
2.0	bottle(s)	Sauerkraut	Day Box
1.0	package(s)	Cookies	Day Box
2.0	can(s)	Stax	Day Box

Appetizer Bruschetta

Appetizer Day #12

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Serve as is or warm up on stove top for 1-2 minutes on low, stirring consistently. Dip with pita chips and enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	jar(s)	Bruschetta	Day Box
1.0	bag(s)	Pita Chips	Day Box

Dinner Pasta Primavera with Chicken Sausage 2nd Ha

Dinner Day #12

Individuals served: **16**

Dietary restrictions / allergens: **Chicken , Wheat/Gluten**

Cook pasta according to directions on box. Chop onion and roasted red peppers, drain canned veggies. Slice chicken sausage into bite sized pieces. In Dutch oven saute onion and roasted red peppers, once softened add chicken and Italian seasonings to taste (add more oil if necessary). Once browned, add garlic (1/2 jar), tomatoes, green beans, and asparagus. On griddle melt butter and add rest of garlic and spices, place bread on top of butter and brown. Toss pasta with veggies and top with grated parmesan!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
16.0	whole	Chicken Sausages	Meat Cooler	3.0	can(s)	Canned Green Beans	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	1.0	can(s)	Canned Asparagus	Day Box
1.0	whole	Parmesan Cheese Block	Dairy Cooler	2.0	can(s)	Diced Tomatoes	Day Box
2.0	loaf	Sourdough	Bread Box	1.0	jar(s)	Minced Garlic	Day Box
4.0	bag(s)	Penne Pasta	Day Box	1.0	whole	Yellow Onion	Produce Crate
2.0	jar(s)	Roasted Red Peppers	Day Box				

Breakfast Oatmeal & Pre-Cooked Bacon

Breakfast Day #12

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, Pork**

Cook oatmeal by using 2 parts water to 1 part oatmeal. Add oats to boiling water and stir. Cook over medium heat until tender. Add toppings as desired, consider cooking dried fruit in with the oatmeal to rehydrate the fruit. Bacon is pre cooked, simply heat and enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Pre-cooked Bacon	Day Box	1.0	package(s)	Walnuts	Day Box
1.0	box(es)	Oatmeal	Day Box	1.0	package(s)	Brown Sugar	Day Box
1.0	box(es)	Milk	Day Box	1.0	bottle(s)	Honey	Day Box
1.0	box(es)	Almond Milk	Day Box	1.0	pound(s)	Coffee	Day Box
1.0	package(s)	Dried Fruit	Day Box				

Lunch Lox on Bagels with Cream Cheese 2nd Half

Lunch Day #12

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, Fish, Dairy**

Before leaving camp, make sure your lox packages are thawed! stop somewhere pretty for lunch and enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Salmon Lox	Meat Cooler	2.0	can(s)	Stax	Day Box
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	package(s)	Cookies	Day Box
3.2	bag(s)	Bagels	Bread Box	1.0	whole	Red Onion	Produce Crate
1.0	jar(s)	Capers	Day Box				

Appetizer Smoked Gouda and Crackers

Appetizer Day #13

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice block of gouda. Serve with crackers and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	whole	Block Gouda Cheese	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Steaks and Potatoes 2nd Half

Dinner Day #13

Individuals served: 16

Dietary restrictions / allergens: **Beef, Dairy**

Start coals! Sprinkle steaks with salt & pepper and any other spices desired. Follow instructions on mashed potato package. Slice onion and saute with butter and garlic, optional for steak topping. Heat green beans in a pan with water or butter to prevent scorching, season as desired. Serve dinner with sour cream and chives for mashed potatoes. Optional: everyone can season and cook their own steak to personal liking!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
16.0	whole	Steaks	Meat Cooler	1.0	jar(s)	Minced Garlic	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	4.0	can(s)	Canned Mushrooms	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	bottle(s)	Steak Sauce	Day Box
4.0	package(s)	Instant Mashed Potatoes	Day Box	1.0	bottle(s)	Chives	Spice Box
5.0	can(s)	Canned Green Beans	Day Box	2.0	whole	Yellow Onion	Produce Crate

Dessert Blueberry and Peach Cobbler (DO)

Dinner Day #13

Individuals served: 16

Dietary restrictions / allergens: **Dairy, Wheat/Gluten**

Empty pie filling into dutch oven. Spread dry cake mix on top of fruit in an even layer. Add cinnamon on top of cake mix layer to taste. Cut butter into slices and arrange on top of dry cake mix. Put lid on dutch oven and arrange coals above and below. Rotate coals while cooking to avoid hot spots on cake. Bake until done (this can be anywhere from 10 to 45 minutes depending on how hot your coals are). Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
8.0	ounce(s)	Butter	Dairy Cooler	3.0	can(s)	Canned Sliced Peaches	Day Box
2.0	can(s)	Canned Blueberries	Day Box	2.0	box(es)	Yellow Cake Mix	Day Box

Breakfast Yogurt and Granola with Bagels

Breakfast Day #13

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Peanuts**

Make assembly line for a quick and easy breakfast! Toast bagels with butter or oil on griddle if desired!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Yogurt	Dairy Cooler	1.0	box(es)	Almond Milk	Day Box
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	bag(s)	Granola	Day Box
3.2	bag(s)	Bagels	Bread Box	1.0	jar(s)	Peanut Butter	Day Box
1.0	pound(s)	Coffee	Day Box	1.0	jar(s)	Jelly	Day Box
1.0	box(es)	Milk	Day Box				

Lunch Mexi Wraps

Lunch Day #13

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

Before leaving camp: chop cucumber and tomatoes, and mix with all beans, chilies, olives, and spices as desired (we recommend salt, pepper, cumin, cilantro and chili powder)! Place in a ziplock, and store in lunch cooler. Stop somewhere pretty for lunch and chop lettuce and serve with salsa, sour cream, and guacamole.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	can(s)	Diced Green Chiles	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	1.0	can(s)	Diced Tomatoes	Day Box
1.0	pound(s)	Shredded Cheese	Dairy Cooler	1.0	can(s)	Canned Corn	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	jar(s)	Salsa	Day Box
2.0	can(s)	Black Beans	Day Box	1.0	package(s)	Taco Seasoning	Day Box
3.0	can(s)	Pinto Beans	Day Box	1.0	package(s)	Cookies	Day Box
1.0	can(s)	Black Olives	Day Box				

Appetizer Spinach Dip

Appetizer Day #14

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day. Serve dip with crackers and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	tub(s)	Spinach Dip	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner White Bean and Sausage Rigatoni

Dinner Day #14

Individuals served: **16**

Dietary restrictions / allergens: **Pork, Wheat/Gluten**

Slice sausage into "coins", put sausage in pan with a bit of oil and brown, flipping frequently. Boil pasta according box/bag directions. In a pot, heat drained beans, tomatoes, and browned sausage, add spices to taste. When heated through, toss in pasta and add grated parmesan cheese! Hint: Save time and dishes, use same boiling water for sausage and pasta!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
16.0	whole	Andouille Sausage	Meat Cooler	4.0	box(es)	Rigatoni	Day Box
1.0	whole	Parmesan Cheese Block	Dairy Cooler	4.0	can(s)	Canned Cannellini Beans	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	4.0	can(s)	Canned Stewed Tomatoes	Day Box
2.0	loaf	Sourdough	Bread Box				

Breakfast Cold Cereal with Hard Boiled Eggs

Breakfast Day #14

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Peanuts**

Add cold water to pot, carefully place eggs to pot and add water until 1 inch above eggs. Bring pot to a boil. Once boiling, add lid to pot and turn OFF burner. Let eggs simmer for about 8-12 minutes depending on desired doneness *Note: cooking times vary based on elevation. Remove and let cool before peeling. Enjoy with hot sauce and a side of cereal!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	dozen(s)	Eggs	Egg Can	4.0	box(es)	Milk	Day Box
2.0	bag(s)	Cold Cereal	Day Box	1.0	bottle(s)	Hot Sauce	Day Box

Lunch Cold Cut Sammies 2nd Half

Lunch Day #14

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Chicken**

Thaw lunch meat before you leave camp in the morning if needed. If you'd like you can pre make lunches, set up supplies and zip locks at breakfast, or set up somewhere pretty at lunch time. Slice tomatoes, onions, and assemble sammies as desired with condiments and guacamole. Serve with chips and cookies!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Deli Meat	Meat Cooler	1.0	jar(s)	Pickles	Day Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	1.0	jar(s)	Pepperoncinis	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	1.0	package(s)	Cookies	Day Box
2.6	loaf	Bread	Bread Box	2.0	can(s)	Stax	Day Box
1.0	bottle(s)	Mayonnaise	Day Box	1.0	whole	Red Onion	Produce Crate
1.0	bottle(s)	Mustard	Day Box				

Appetizer Tortilla Chips and Guacamole

Appetizer Day #15

Individuals served: 16

*Note: Please check food notes for any possible adjustments or dietary modifications for the day. Open, serve, and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler
1.0	bag(s)	Tortilla Chips	Day Box

Dinner Beef Tacos

Dinner Day #15

Individuals served: 16

Dietary restrictions / allergens: **Beef , Dairy**

Cook beef with diced onion and green chilies and taco seasoning to taste (add appropriate amount of water according to packet). Cook rice according to directions on box and add diced tomatoes with the water. Heat refried beans on stove over low heat, adding water to prevent scorching. Heat or fry corn tortillas before serving! Serve with cheese, guacamole, chopped cabbage, sour cream and olives. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Ground Beef	Meat Cooler	1.0	box(es)	Spanish Rice	Day Box
2.0	pound(s)	Shredded Cheese	Dairy Cooler	3.0	can(s)	Diced Tomatoes	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	4.0	can(s)	Refried Beans	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	2.0	package(s)	Taco Seasoning	Day Box
2.0	package(s)	Corn Tortillas	Bread Box	1.0	whole	Yellow Onion	Produce Crate
2.0	can(s)	Diced Green Chiles	Day Box	1.0	head(s)	Green Cabbage	Produce Crate
2.0	can(s)	Black Olives	Day Box				

Dessert Dark Chocolate Bars

Dinner Day #15

Individuals served: 16

Dietary restrictions / allergens: **Dairy**

Enjoy!

Qty	Unit	Ingredient	Packing notes
8.0	whole	Dark Chocolate Bars	Day Box

Breakfast Cream of Wheat

Breakfast Day #15

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

Prepare cream of wheat according to directions of box. Top with dried fruit and brown sugar, add some cinnamon from the spice box if you desire! Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	box(es)	Cream of Wheat	Day Box	1.0	package(s)	Brown Sugar	Day Box
1.0	package(s)	Dried Fruit	Day Box	2.0	box(es)	Milk	Day Box

Lunch Cheese and Crackers With Salami

Lunch Day #15

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

River charcuterie! Bust out a cutting board, slice cheese and make charcuterie board with crackers, salami, mustard and pickles. So simple but so good! C'est fameux!

Hint: Bonus points if you enjoy it with a 12 oz aluminum vessel of frosty deliciousness!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Salami	Meat Cooler	1.0	bottle(s)	Spicy Mustard	Day Box
2.0	whole	Cheese Block	Dairy Cooler	1.0	jar(s)	Pickles	Day Box
8.0	package(s)	Crackers	Day Box	1.0	package(s)	Cookies	Day Box

Appetizer Cheese and Crackers with Salami

Appetizer Day #16

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice cheese and serve on plate with salami and crackers. Assemble your cracker as desired. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	pound(s)	Sliced Salami	Meat Cooler	3.0	package(s)	Crackers	Day Box
2.0	whole	Cheese Block	Dairy Cooler	1.0	bottle(s)	Spicy Mustard	Day Box

Dinner Chicken Pesto Pasta

Dinner Day #16

Individuals served: 16

Dietary restrictions / allergens: **Chicken, Wheat/Gluten, Tree Nuts**

Start boiling pot of water. In a dutch oven cook chicken with oil, once almost cook through add minced garlic to taste. When chicken is almost cooked through add pasta to boiling water. Add pesto to chicken and warm through. Cook pasta according to directions on package. Drain pasta and add to chicken and pesto dutch oven, mixing carefully to coat.
On griddle melt butter and add garlic and spices, place bread on top of butter and brown. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Chicken	Meat Cooler	2.0	loaf	Sourdough	Bread Box
1.0	jar(s)	Pesto	Dairy Cooler	4.0	box(es)	Angel Hair Pasta	Day Box
8.0	ounce(s)	Butter	Dairy Cooler				

Breakfast Salmon Lox on Bagels 2nd Half

Breakfast Day #16

Individuals served: 16

Dietary restrictions / allergens: **Fish, Wheat/Gluten, Dairy**

Toast bagels with butter or oil if desired. Serve with bagels with lox, capers, sliced onion and cream cheese. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Salmon Lox	Meat Cooler	3.2	bag(s)	Bagels	Bread Box
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	jar(s)	Capers	Day Box
1.0	whole	Red Onion	Produce Crate	1.0	pound(s)	Coffee	Day Box

Lunch Cuban Wrap

Lunch Day #16

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

Assemble your tortilla with ham, cheese, bacon, pickle and mustard. Roll up like a burrito and put in ziplock before leaving camp or assemble while stopped on a beach! Serve with chips and cookies!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	pound(s)	Sliced Ham	Meat Cooler	1.0	bottle(s)	Spicy Mustard	Day Box
2.0	pound(s)	Sliced Swiss Cheese	Dairy Cooler	1.0	jar(s)	Dill Pickle Spears	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	bag(s)	Chips	Day Box
1.0	package(s)	Pre-cooked Bacon	Day Box	1.0	package(s)	Cookies	Day Box

Appetizer Cowboy Candy

Appetizer Day #17

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.

Mix one can of jalapeños with block of cream cheese and 2-3 tablespoons of honey in bowl. Top with second can of jalapeños (to taste) and drizzle lightly with honey. Serve with pretzel chips.

Hint: if you have leftover precooked bacon, chop up and add to dip to make a deconstructed jalapeño popper!
Savory, sweet, heat.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler	2.0	jar(s)	Diced Jalapeno	Day Box
1.0	bottle(s)	Honey	Day Box	1.0	bag(s)	Pretzels	Day Box

Dinner Beef Enchiladas (DO)

Dinner Day #17

Individuals served: 16

Dietary restrictions / allergens: **Dairy , Beef**

Keep beef separate for vegetarians

Start coals! Cook beef with onions until browned and broken up. In Dutch Oven, layer all ingredients: start with a small amount of sauce to cover bottom of dutch, then layer beef mixture, cheese, tomatoes, and chiles as desired using a small amount of sauce in every layer. Pour remaining sauce over top. Put lid on dutch oven and arrange coals above and below. Rotate coals while cooking to avoid hot spots. Cook until heated through. Cook rice according to directions. Warm beans over low heat adding some water to prevent scorching. Serve with shredded cabbage, sour cream and guacamole! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Ground Beef	Meat Cooler	2.0	can(s)	Enchilada Sauce	Day Box
4.0	pound(s)	Shredded Cheese	Dairy Cooler	2.0	can(s)	Diced Tomatoes	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	2.0	can(s)	Diced Green Chiles	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	4.0	can(s)	Refried Beans	Day Box
2.0	whole	Yellow Onion	Produce Crate	1.0	box(es)	Spanish Rice	Day Box
1.5	package(s)	Corn Tortillas	Bread Box	0.5	head(s)	Green Cabbage	Produce Crate

Dessert No Bake Cheesecake

Dinner Day #17

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Follow direction on box and assemble in skillet, no need to heat. Enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	box(es)	No Bake Cheesecake	Day Box

Breakfast Oatmeal & Pre-Cooked Bacon

Breakfast Day #17

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Pork**

Cook oatmeal by using 2 parts water to 1 part oatmeal. Add oats to boiling water and stir. Cook over medium heat until tender. Add toppings as desired, consider cooking dried fruit in with the oatmeal to rehydrate the fruit. Bacon is pre cooked, simply heat and enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Pre-cooked Bacon	Day Box	1.0	package(s)	Walnuts	Day Box
1.0	box(es)	Oatmeal	Day Box	1.0	package(s)	Brown Sugar	Day Box
1.0	box(es)	Milk	Day Box	1.0	bottle(s)	Honey	Day Box
1.0	box(es)	Almond Milk	Day Box	1.0	pound(s)	Coffee	Day Box
1.0	package(s)	Dried Fruit	Day Box				

Lunch Chicken Caesar Wraps 2nd Half

Lunch Day #17

Individuals served: 16

Dietary restrictions / allergens: **Chicken , Wheat/Gluten**

Before leaving camp (optional): open, drain and chop chicken, grate cheese, chop onion and cabbage. Mix olives, cheese, chicken, onion, and add salad dressing. Place in ziplock bag in lunch cooler, then stop somewhere pretty and assemble sandwiches in tortillas. If you have a non-chicken eater, serve canned chicken separately or make 2 different salads. Serve with chips and cookies!

Qty	Unit	Ingredient	Packing notes
1.0	whole	Parmesan Cheese Block	Dairy Cooler
0.75	package(s)	Flour Tortillas	Bread Box
1.0	bottle(s)	Caesar Dressing	Day Box
2.0	can(s)	Black Olives	Day Box
2.0	can(s)	Stax	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Cookies	Day Box
5.0	can(s)	Canned Chicken	Day Box
1.0	whole	Red Onion	Produce Crate
1.0	head(s)	Green Cabbage	Produce Crate

Appetizer Olive Tapenade

Appetizer Day #18

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Dip and Enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	jar(s)	Olive Tapenade	Day Box
4.0	package(s)	Crackers	Day Box

Dinner Jambalaya with Shrimp and Sausage 2nd Half

Dinner Day #18

Individuals served: 16

Dietary restrictions / allergens: **Pork, Shellfish**

Prepare jambalaya according to directions on box. Saute onions, peppers and drained mushrooms in a bit of oil. Add sausage and seasonings to taste and stir until cooked through. Add in shrimp and cook until fully pink and in the shape of a "C". Lastly add diced tomatoes to meat mixture. Mix together meat/veg with jambalaya if desired. If you have non meat eaters in your group, leave ingredients separate.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Shrimp	Meat Cooler	2.0	can(s)	Diced Tomatoes	Day Box
12.0	whole	Andouille Sausage	Meat Cooler	5.0	box(es)	Jambalaya	Day Box
1.0	package(s)	Frozen Peppers and Onions	Meat Cooler	1.0	whole	Yellow Onion	Produce Crate
2.0	can(s)	Canned Mushrooms	Day Box				

Breakfast Cold Cereal with English Muffins

Breakfast Day #18

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Peanuts**

Heat griddle with butter and toast English muffins. Serve cereal with milk, and peanut butter and jelly with English muffins. Easy! Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
8.0	ounce(s)	Butter	Dairy Cooler	1.0	jar(s)	Jelly	Day Box
2.0	package(s)	English Muffins	Bread Box	1.0	pound(s)	Coffee	Day Box
2.0	bag(s)	Cold Cereal	Day Box	1.0	jar(s)	Peanut Butter	Day Box
4.0	box(es)	Milk	Day Box				

Lunch Cold Cut Sammies 2nd Half

Lunch Day #18

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Chicken**

Thaw lunch meat before you leave camp in the morning if needed. If you'd like you can pre make lunches, set up supplies and zip locks at breakfast, or set up somewhere pretty at lunch time. Slice tomatoes, onions, and assemble sammies as desired with condiments and guacamole. Serve with chips and cookies!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Deli Meat	Meat Cooler	1.0	jar(s)	Pickles	Day Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	1.0	jar(s)	Pepperoncinis	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	1.0	package(s)	Cookies	Day Box
2.6	loaf	Bread	Bread Box	2.0	can(s)	Stax	Day Box
1.0	bottle(s)	Mayonnaise	Day Box	1.0	whole	Red Onion	Produce Crate
1.0	bottle(s)	Mustard	Day Box				

Appetizer Chips and Dip

Appetizer Day #19

Individuals served: 16

Dietary restrictions / allergens: Dairy

*Note: Please check food notes for any possible adjustments or dietary modifications for the day. Mix onion dip mix and sour cream in bowl. Serve with potato chips and enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Sour Cream	Dairy Cooler
2.0	package(s)	Onion Dip	Day Box
1.0	bag(s)	Potato Chips	Day Box

Dinner Sloppy Joes

Dinner Day #19

Individuals served: 16

Dietary restrictions / allergens: Beef

Chop onion. Start boiling water for mac and cheese and follow directions on box. In Dutch Oven, brown diced onion. Next add beef, tomato paste, and sloppy joe seasoning (add 1 can of water for every can of paste). Mix together, breaking up meat and cover on low. Warm up green beans with butter and seasonings to taste (salt, pepper, garlic). Toast buns on griddle if desired. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Ground Beef	Meat Cooler	4.0	package(s)	Sloppy Joe Seasoning	Day Box
1.0	pound(s)	Butter	Dairy Cooler	4.0	can(s)	Canned Green Beans	Day Box
2.0	package(s)	Hamburger Buns	Bread Box	4.0	can(s)	Tomato Paste	Day Box
3.0	box(es)	Velveeta Shells and Cheese	Day Box	2.0	whole	Yellow Onion	Produce Crate

Dessert S'mores

Dinner Day #19

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten

Enjoy s'mores around a camp fire. Time for some river stories!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Marshmallows	Day Box	16.0	whole	Chocolate Bars	Day Box
3.0	package(s)	Graham Crackers	Day Box	1.0	package(s)	Wooden Skewers x 50	Day Box

Breakfast Bagels with Hard Boiled Eggs

Breakfast Day #19

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Dairy, Peanuts

Add cold water to pot, carefully place eggs to pot and add water until 1 inch above eggs. Bring pot to a boil. Once boiling, add lid to pot and turn OFF burner. Let eggs simmer for about 8-12 minutes depending on desired doneness *Note: cooking times vary based on elevation. Remove and let cool before peeling. Boil eggs the night before for a quick and easy morning! Toast bagels on griddle if desired and assemble with cream cheese and pb&j.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	jar(s)	Peanut Butter	Day Box
3.2	bag(s)	Bagels	Bread Box	1.0	jar(s)	Jelly	Day Box
3.0	dozen(s)	Eggs	Egg Can	1.0	pound(s)	Coffee	Day Box

Lunch Taco Salad 2nd Half

Lunch Day #19

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Dairy

Before leaving camp, drain all cans and mix together with taco seasoning to taste. Put in big ziplock bag in a cooler until lunch time. Find a cool spot, and chop lettuce and crush up some chips and add to bean mix. Serve in tortillas with beef jerky on the side.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler	1.0	bag(s)	Beef Jerky	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	package(s)	Taco Seasoning	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	bag(s)	Tortilla Chips	Day Box
2.0	can(s)	Black Beans	Day Box	1.0	package(s)	Cookies	Day Box
2.0	can(s)	Canned Kidney Beans	Day Box	1.0	can(s)	Canned Corn	Day Box
2.0	can(s)	Pinto Beans	Day Box	1.0	can(s)	Diced Green Chiles	Day Box
1.0	jar(s)	Salsa	Day Box	1.0	head(s)	Green Cabbage	Produce Crate

Appetizer Spinach Dip

Appetizer Day #20

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Serve dip with crackers and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	tub(s)	Spinach Dip	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Tortellini w/ Chicken

Dinner Day #20

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Chicken**

Cook tortellini according to package. Warm sauce until heated through. Add pre-cooked chicken to sauce to reheat or reheat in pan with small amount of oil to prevent sticking. Heat up green beans with small amount of water or oil to prevent scorching, season to taste. For easy garlic bread, melt butter and garlic and spread on bread, place on griddle pan until golden brown. Serve pasta with parmesan. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Chicken Strips	Meat Cooler	4.0	package(s)	Dried Tortellini	Day Box
4.0	ounce(s)	Butter	Dairy Cooler	2.0	jar(s)	Marinara Sauce	Day Box
0.5	whole	Parmesan Cheese Block	Dairy Cooler	5.0	can(s)	Canned Green Beans	Day Box
2.0	loaf	Sourdough	Bread Box				

Breakfast Kayaker Quinoa

Breakfast Day #20

Individuals served: 16

Dietary restrictions / allergens: **Dairy**

Measure and Rinse quinoa (2 cups of water per cup of quinoa). Heat 2-3 tbsp. of olive oil in a small saucepan over medium-high heat until shimmering. Add quinoa and cook, stirring constantly, to let the quinoa toast (2 min.). Stir in twice as much water than quinoa used and a pinch of salt. Bring to a rolling boil. Turn the heat down to the lowest setting. Cover and cook for 15 minutes. Remove the pot from heat and let stand for 5 more minutes, covered. Don't peek! Serve with toppings.
Hint: Fold in dried fruit before serving to rehydrate fruit!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	box(es)	Milk	Day Box	1.0	bottle(s)	Honey	Day Box
1.0	package(s)	Dried Fruit	Day Box	1.0	pound(s)	Coffee	Day Box
1.0	package(s)	Almonds	Day Box	1.0	package(s)	Quinoa	Day Box
1.0	package(s)	Brown Sugar	Day Box				

Lunch Turkey and Swiss Wraps 2nd Half

Lunch Day #20

Individuals served: 16

Dietary restrictions / allergens: **Chicken, Wheat/Gluten, Dairy**

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Turkey	Meat Cooler	1.0	jar(s)	Pickles	Day Box
2.0	pound(s)	Sliced Swiss Cheese	Dairy Cooler	2.0	can(s)	Stax	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	1.0	package(s)	Cookies	Day Box
1.0	package(s)	Flour Tortillas	Bread Box	1.0	bottle(s)	Mustard	Day Box
1.0	bottle(s)	Mayonnaise	Day Box	1.0	jar(s)	Pepperoncinis	Day Box

Appetizer Edamame

Appetizer Day #21

Individuals served: 16

Dietary restrictions / allergens: **Soy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Serve cold or heat in boiling water until tender, coat with salt to taste. Serve with tamari soy sauce on side.

Qty	Unit	Ingredient	Packing notes
4.0	bag(s)	Frozen Edamame	Meat Cooler
1.0	bottle(s)	Tamari Soy Sauce	Day Box

Dinner Pork Stir Fry 2nd Half

Dinner Day #21

Individuals served: 16

Dietary restrictions / allergens: **Pork, Tree Nuts**

Follow directions for rice on box. Chop carrots and onion to appropriate size. Heat up peanut and sesame oil in skillet, add in pork and cook until brown. In dutch oven, saute all vegetable until softened. Once vegetables are tender, add in pork. Add peanut sauce to pot with tamari to taste and toss. Serve meat and veggies over rice and enjoy!

*Note: keep pork separate for vegetarians or vegans

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Pork	Meat Cooler
2.0	pound(s)	Frozen Cauliflower	Meat Cooler
2.0	pound(s)	Carrots	Produce Cooler
3.0	bottle(s)	Thai Peanut Sauce	Day Box
1.0	bottle(s)	Tamari Soy Sauce	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	bottle(s)	Peanut Oil	Day Box
1.0	bottle(s)	Sesame Oil	Day Box
1.0	box(es)	Instant Brown Rice	Day Box
2.0	whole	Yellow Onion	Produce Crate

Dessert Fortune Cookies

Dinner Day #21

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

This fortune determines the rest of your trip! Let the river gods speak!

Qty	Unit	Ingredient	Packing notes
2.0	box(es)	Fortune Cookies	Day Box

Breakfast Oatmeal & Pre-Cooked Bacon

Breakfast Day #21

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Pork**

Cook oatmeal by using 2 parts water to 1 part oatmeal. Add oats to boiling water and stir. Cook over medium heat until tender. Add toppings as desired, consider cooking dried fruit in with the oatmeal to rehydrate the fruit. Bacon is pre cooked, simply heat and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Pre-cooked Bacon	Day Box
1.0	box(es)	Oatmeal	Day Box
1.0	box(es)	Milk	Day Box
1.0	box(es)	Almond Milk	Day Box
1.0	package(s)	Dried Fruit	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Walnuts	Day Box
1.0	package(s)	Brown Sugar	Day Box
1.0	bottle(s)	Honey	Day Box
1.0	pound(s)	Coffee	Day Box

Lunch Reuben Pitas

Lunch Day #21

Individuals served: 16

Dietary restrictions / allergens: **Beef, Wheat/Gluten, Dairy**

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Pastrami	Meat Cooler
2.0	pound(s)	Sliced Cheese	Dairy Cooler
3.0	package(s)	Pita Bread	Bread Box
1.0	bottle(s)	Thousand Island Dressing	Day Box

Qty	Unit	Ingredient	Packing notes
2.0	bottle(s)	Sauerkraut	Day Box
1.0	package(s)	Cookies	Day Box
2.0	can(s)	Stax	Day Box

Appetizer Train Wreck

Appetizer Day #22

Individuals served: 16

Dietary restrictions / allergens: **Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.

Put cream cheese into a bowl, cover with drained and rinsed black beans, green chilies and salsa. Mix if desired or serve as is with chips. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler	2.0	can(s)	Black Beans	Day Box
1.0	bag(s)	Tortilla Chips	Day Box	1.0	can(s)	Diced Green Chiles	Day Box
1.0	jar(s)	Salsa	Day Box				

Dinner Chicken Pesto Pasta

Dinner Day #22

Individuals served: 16

Dietary restrictions / allergens: **Chicken , Wheat/Gluten, Tree Nuts**

Start boiling pot of water. In a dutch oven cook chicken with oil, once almost cook through add minced garlic to taste. When chicken is almost cooked through add pasta to boiling water. Add pesto to chicken and warm through. Cook pasta according to directions on package. Drain pasta and add to chicken and pesto dutch oven, mixing carefully to coat.

On griddle melt butter and add garlic and spices, place bread on top of butter and brown. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Chicken	Meat Cooler	2.0	loaf	Sourdough	Bread Box
1.0	jar(s)	Pesto	Dairy Cooler	4.0	box(es)	Angel Hair Pasta	Day Box
8.0	ounce(s)	Butter	Dairy Cooler				

Breakfast Bagels with Cream Cheese

Breakfast Day #22

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy , Peanuts**

Toast bagels on griddle to order. Create assembly line of bagels, cream cheese and pb&j. Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	jar(s)	Jelly	Day Box
4.0	bag(s)	Bagels	Bread Box	1.0	pound(s)	Coffee	Day Box
1.0	jar(s)	Peanut Butter	Day Box				

Lunch Peanut Butter and Jelly

Lunch Day #22

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Peanuts, Tree Nuts**

Slap your sammy together and get on a rollin'! Add your choice of fruit if you'd like!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	loaf	Bread	Bread Box	2.0	can(s)	Stax	Day Box
1.0	jar(s)	Peanut Butter	Day Box	2.0	package(s)	Cookies	Day Box
1.0	jar(s)	Jelly	Day Box				

Appetizer Tortilla Chips, Salsa, and Guacamole

Appetizer Day #23

Individuals served: 16

*Note: Please check food notes for any possible adjustments or dietary modifications for the day. Open, serve, and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler
1.0	bag(s)	Tortilla Chips	Day Box
1.0	jar(s)	Salsa	Day Box

Dinner Brats 2nd Half

Dinner Day #23

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten**

Boil brats for 5 minutes before throwing on grill to keep casing intact (Boil in beer if desired!). Add brats to grill and cook until done, rotate to make avoid hot spots. While brats are cooking, heat up corn (seasoning as desired) and baked beans. Serve with condiments, side dishes and chips! Enjoy!

*Toast buns on grill if desired

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
20.0	whole	Brats	Meat Cooler	1.0	bag(s)	Chips	Day Box
3.0	package(s)	Brat Buns	Bread Box	1.0	bottle(s)	Spicy Mustard	Day Box
4.0	can(s)	Canned Corn	Day Box	1.0	bottle(s)	Sauerkraut	Day Box
1.0	bottle(s)	Ketchup	Day Box	4.0	can(s)	Baked Beans	Day Box

Dessert Apple Cobbler (DO)

Dinner Day #23

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Start your coals! Slice apples and place in dutch oven in even layer, top with cinnamon from the spice kit if desired. Spread dry cake mix on top of fruit in an even layer. Add cinnamon on top of cake mix layer to taste. Cut butter into slices and arrange on top of dry cake mix. Put lid on dutch oven and arrange coals above and below. Rotate coals while cooking to avoid hot spots on cake. Bake until done (this can be anywhere from 10 to 45 minutes depending on how hot your coals are). Enjoy!

Qty	Unit	Ingredient	Packing notes
8.0	ounce(s)	Butter	Dairy Cooler
2.0	box(es)	Yellow Cake Mix	Day Box
10.0	whole	Granny Smith Apples	Produce Crate

Breakfast Cold Cereal with Bagels

Breakfast Day #23

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Peanuts**

Toast bagels with butter on griddle. Make assembly line of bagels, pb&j, cream cheese and cereal bar. Milk or cereal first? You decide!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	jar(s)	Peanut Butter	Day Box
3.2	bag(s)	Bagels	Bread Box	1.0	jar(s)	Jelly	Day Box
1.0	bag(s)	Cold Cereal	Day Box	1.0	pound(s)	Coffee	Day Box
4.0	box(es)	Milk	Day Box				

Lunch Sweet Chicken Salad 2nd Half

Lunch Day #23

Individuals served: 16

Dietary restrictions / allergens: **Dairy, Chicken, Wheat/Gluten**

Before leaving camp chop all veggies and apples. Mix with drained chicken, cranberries, and almonds. Add dressing to taste. Put in a ziplock bag in a cooler until lunch time.

Stop somewhere pretty for lunch and serve in pita!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	whole	Avocados	Produce Cooler	1.0	package(s)	Almonds	Day Box
1.0	pound(s)	Sliced Cheese	Dairy Cooler	2.0	can(s)	Stax	Day Box
3.0	package(s)	Pita Bread	Bread Box	1.0	package(s)	Cookies	Day Box
5.0	can(s)	Canned Chicken	Day Box	1.0	whole	Red Onion	Produce Crate
1.0	bottle(s)	Balsamic Vinaigrette	Day Box	3.0	whole	Apples	Produce Crate
1.0	package(s)	Dried Cranberries	Day Box	1.0	head(s)	Red Cabbage	Produce Crate

Appetizer Bruschetta

Appetizer Day #24

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Serve as is or warm up on stove top for 1-2 minutes on low, stirring consistently. Dip with pita chips and enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	jar(s)	Bruschetta	Day Box
1.0	bag(s)	Pita Chips	Day Box

Dinner Stuffed Italian Chicken (PM)

Dinner Day #24

Individuals served: **16**

Dietary restrictions / allergens: **Chicken**

Alternative pre-made meals will be supplied for those with dietary restrictions. Check the cooler!!
See "boil-in-a-bag" directions in trip binder. Cook couscous according to directions on bag, season with bouillon and other seasonings of choice. Heat mostly drained corn in pot and season as desired. Enjoy!

Qty	Unit	Ingredient	Packing notes
16.0	whole	Stuffed Italian Chicken (PM)	Meat Cooler
1.0	box(es)	Couscous	Day Box
4.0	can(s)	Canned Corn	Day Box

Dessert Pepperidge Farms Cookies

Dinner Day #24

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten**

Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Pepperidge Farms Cookies	Day Box

Breakfast Leftovers

Breakfast Day #24

Individuals served: **16**

Finish anything!!

Qty	Unit	Ingredient	Packing notes
1.0	whole	Any Leftover Food!	Everywhere

Lunch En Route to Flagstaff

Lunch Day #24

Individuals served: **16**

Qty	Unit	Ingredient	Packing notes
1.0	whole	Lunch on the road!	