

FOOD MENU FORM

Check the meals below according to the number of days you will be out. Menu choices apply to the **entire party**. Meals may be repeated (note exceptions). Trips leave after breakfast on the first day and return before dinner on the last day, so these meals should be omitted. (i.e., 5 night/6 day trip would have 5 breakfasts & dinners and 6 lunches marked.) *Please note with our dinners you are able to customize your vegetable and desserts with the codes provided.* **If the Food Menu Form isn't completely filled out and returned to us within 14 days of your trip, we will make it up for you.**

BREAKFASTS

- | | |
|---|---|
| <input type="checkbox"/> 1. Fresh Eggs,
<small>(1st Morning in Camp)</small>
English muffin,
bacon, beverage | <input type="checkbox"/> 2. French Toast,
bacon, syrup,
beverage |
| <input type="checkbox"/> 3. Scrambled eggs,
hot caramel bread,
beverage | <input type="checkbox"/> 4. Buttermilk Pancakes,
sausage, syrup,
beverage |
| <input type="checkbox"/> 5. ◆ Granola Cereal
with milk, breakfast bar,
beverage | <input type="checkbox"/> 6. Oatmeal,
toast & jelly,
beverage |

◆ Quick, No cooking ■ Quick, Hot breakfast

LUNCHES

- | | |
|--|---|
| <input type="checkbox"/> 1. Sliced Meat Tortilla
Wrap, granola bar,
fruit drink | <input type="checkbox"/> 2. Summer Sausage &
Cheese wrap, cookies,
fruit drink |
| <input type="checkbox"/> 3. Peanut Butter & Jelly
Sandwich, trail mix
fruit drink | <input type="checkbox"/> 4. "Quick Trail Lunch"
Trail bar, trail mix,
beef jerky, fruit drink |
| <input type="checkbox"/> 5. ◆ Macaroni & Cheese,
bread & butter,
cookies, fruit drink | <input type="checkbox"/> 6. ◆ Chili
Beef jerky, fruit snacks,
fruit drink |

◆ HOT LUNCH

DINNERS

(Make sure to fill in your code choice for your Vegetable & Dessert!)

- | | | |
|--|--|--|
| <input type="checkbox"/> 1. 1st Night Only <small>(Circle one)</small> Choice Steaks
or Chicken Breast Fillets, potatoes,
beverage, <i>VEGETABLE:</i> _____, <i>DESSERT:</i> _____ | <input type="checkbox"/> 4. Fresh Fish Dinner (<u>your</u> catch),
hash browns,
beverage, <i>VEGETABLE:</i> _____ <i>DESSERT:</i> _____ | <input type="checkbox"/> 7. Lasagna & Italian Sauce,
bread & butter,
beverage, <i>VEGETABLE:</i> _____ <i>DESSERT:</i> _____ |
| <input type="checkbox"/> 2. 1st or 2nd Night Only
Polish sausage, mashed potatoes,
beverage, <i>VEGETABLE:</i> _____, <i>DESSERT:</i> _____ | <input type="checkbox"/> 5. Spaghetti & Sauce,
bread & butter,
beverage, <i>VEGETABLE:</i> _____ <i>DESSERT:</i> _____ | <input type="checkbox"/> 8. Chicken w/Rice,
bread & butter,
beverage, <i>VEGETABLE:</i> _____ <i>DESSERT:</i> _____ |
| <input type="checkbox"/> 3. Beef Stroganoff w/noodles,
beverage, <i>VEGETABLE:</i> _____, <i>DESSERT:</i> _____ | <input type="checkbox"/> 6. Beef, Potatoes & Gravy
beverage, <i>VEGETABLE:</i> _____ <i>DESSERT:</i> _____ | <input type="checkbox"/> 9. Turkey Tetrazzini,
beverage, <i>VEGETABLE:</i> _____ <i>DESSERT:</i> _____ |

Customized Dinner Codes

Dessert Codes: 1= Mocha Mouse Pie, 2= Apple D'Lite, 3= Rice Pudding w/Raisins, 4= Vanilla Pudding, 5= Lemon Pie, Ø= None Desired
Vegetable Codes: C= Corn, GB= Green Beans, P= Peas, Ø= None Desired

★ REMEMBER, THE MORE EXTRA ITEMS YOU CHOOSE TO TAKE ALONG, THE **HEAVIER** YOUR FOOD PACK BECOMES. ★

BEVERAGES: Please indicate how many people would like which beverage at breakfast & dinner. **Fruit drinks are packed for all lunches.** Please check if you prefer to have "sugar" (heavier in wt.) _____ or Nutrasweet (lighter in wt.) _____ for your fruit drinks.

Breakfast: Tang _____ Hot Chocolate _____ Hot Cider _____ Tea Bags _____
 Reg. Coffee _____ Decaf Coffee _____
 Dinner: Fruit Drinks _____ Hot Chocolate _____ Hot Cider _____ Tea Bags _____
 Reg. Coffee _____ Decaf Coffee _____

BREADS: Please check preference.
 White _____ Wheat _____

EXTRA OPTIONS: Please check the items that you wish us to pack.

Aluminum foil _____ Artificial Sweetener _____ Creamer _____ Cup-a-Soups _____
 Fresh Onions _____ Honey _____ Sugar _____ Ketchup _____
 Lemon Juice _____ Marshmallows _____ Mustard _____ Popcorn _____
 Miracle Whip _____ Jelly _____ Tarter Sauce _____ Extra Fish Breading & Oil _____

STAPLES: These items are always packed. Please *cross-off* those items that are not desired.

- | | | | | | |
|--------------|--------------|-------------------|-----------------|----------------|---------------------|
| ◆ Crackers | ◆ Dish towel | ◆ Extra beverages | ◆ Firestarter | ◆ Extra Snacks | ◆ Liquid & bar soap |
| ◆ Margarine | ◆ Matches | ◆ Paper Towels | ◆ Salt & Pepper | ◆ SOS Pads | ◆ Toilet tissue |
| ◆ Trash Bags | | | | | |

* Please advise us of any special dietary needs and we will do our best to accommodate them. Vegetarian meals are available upon request.