



Atikokan 10-Day MENU

CREW NUMBER: _____

		small	large					small	large		
		crew	crew					crew	crew		
1 - Breakfast Sandwich											
___ BAGELS	1			per	person						
___ EGG PATTY	1			per	person						
___ Sausage Patty	1			per	person						
___ TRAIL MIX #3 - MADEIRA	1			per	person						
___ OAT #3 - YOGURT VANILLA	1			per	person						
___ gatorade	1			per	person						
___ Cheddar Slices	1		pack	per	crew						
2-GRANOLA											
___ OAT #1 - PLAIN	3		bag	per	crew						
___ DRIED FRUIT #1 - RAISINS	1		bag	per	crew						
___ MEAT STICK #1 - JL JUMBO BEEF STICK	1			per	person						
___ OAT #4 - YOGURT BLUEBERRY	1			per	person						
___ TRAIL MIX #1 - TEMPTATIONS	1		bag	per	crew						
___ gatorade	1			per	person						
___ POWDERED MILK	1		bag	per	pcrow						
3 - PEANUT BUTTER BAGEL											
___ Bagels	1			per	person						
___ Peanut Butter	4			per	person						
___ Jelly	4			per	person						
___ DRIED FRUIT #3 - BANANA CHIP	3		bag	per	crew						
___ gatorade	1			per	person						
4-OATMEAL											
___ OAT #2 - Maple & Brown Sugar	2			per	person						
___ MEAT STICK #2 - JL PEPPERONI	1			per	person						
___ ENERGY/PROTEIN BAR #1 - CLIFF CHOCO. PB	1			per	person						
___ DRIED FRUIT #4 - APPLE RINGS	3		bag	per	crew						
___ TRAIL MIX #4 - ENERGY	1			per	person						
___ gatorade	1			per	person						
5 - PANCAKE											
___ PANCAKE MIX	2		bag	per	crew						
___ Syrup	2										
___ DRIED FRUIT #8 - Yogurt Raisin	1										
___ TRAIL MIX #1 - TEMPTATIONS	1		bag	per	crew						
___ gatorade	1										
6-GRANOLA											
___ GRANOLA #1 - PLAIN	3		bag	per	crew						
___ DRIED FRUIT #1 - RAISINS	1		bag	per	crew						
___ MEAT STICK #1 - JL JUMBO BEEF STICK	1										
___ OAT #4 - YOGURT BLUEBERRY	1										
___ TRAIL MIX #1 - TEMPTATIONS	1		bag	per	crew						
___ gatorade	1										
___ POWDERED MILK	1		bag	per	crew						
7- Oatmeal											
___ Oat #2- Oatmeal	2										
___ Meat Stick #2- JL PEPPERONI	1										
___ Bar #1 - CLIF BAR	1										
___ DRIED FRUIT #4 APPLE RING	1		bag	per	crew						
___ TRIL MIX #4 ENERGY	1										
___ gatorade	1										
8- RAISIN BRAN											
___ RAISIN BRAN	1		bag	per	crew						
___ DRIED FRUIT #5 - CRANBERRY	1		bag	per	crew						
___ MEAT STICK #1 - JL JUMBO BEEF STICK	1										
___ OAT #5 NATURE VALLEY	1										
___ TRAIL MIX #2 HONEY SWEET	1										
___ GATORADE	1										
___ MILK	18		oz	per	person						

1-FRESH LUNCH

BREAD	2	loafs	per	crew
Cheddar Sices	2	pack	per	crew
MUSTARD	2		per	person
MAYO	2		per	person
ORANGE	1		per	person
Ritz Bitz	1		per	person
Gatorade	1		per	person
LUNCH MEAT	2	lbs	per	crew

2-HUDSON BAY**BREAD**

HUDSON BAY BREAD	1		per	person
MEAT STICK #3 - JL SWEET & HOT	1		per	person
DRIED FRUIT # 4 - APPLE RINGS	1	bag	per	crew
Cheeze-it crackers	1	box	per	crew
gatorade	1		per	person
Peanut Butter	2	unit	per	person
Jelly	2	unit	per	person

3-PITA WRAPS

MUST USE 2ND OR 3RD DAY

PITA BREAD	2	bags	crew	
MEAT STICK #4 - TERIYAKI	1		per	person
RITZ BITZ	1		per	person
DRIED FRUIT #7 - SR MANGO	1		per	person
gatorade	1		per	person
Cheddar Slices	1	pack	per	crew

4 - PB&J BAGEL

Bagel	1		per	person
Peanut Butter Packets	2		per	person
Jelly Packets	2		per	person
DRIED FRUIT #6 - SR RASPBERRY	2		per	person
Rice Krispy Treat	1		per	person
TRAIL MIX #2 - HONEY SWEET	1		per	person

5-ATIKAKI DELIGHT

TORTILLA	2	bags	per	crew
Pepperoni Chub	1		per	crew
TRAIL MIX #5 - Cajun	3	bag	per	crew
DRIED FRUIT #5 - CRANBERRIES	1	bag	per	crew
gatorade	1		per	person
marinara sauce	1		per	person

6 - TUNA SALAD

TUNA POUCH	1	pack	per	person
MUSTARD	2		per	person
MAYO	2		per	person
TRAIL MIX #3 - MADIERA	1		per	person
DRIED FRUIT #7 - SR MANGO	1		per	person
gatorade	1		per	person
DRIED FRUIT #8 - YOGURT RAISIN	1		per	person
TRISCUITS - orginial	1	2 pack	per	crew

7 - Hudson Bay Bread

HUDSON BAY BREAD	1		per	person
MEAT STICK #3- JL SWEET & HOT	1		per	person
DRIED FRUIT #4 - BLUEBERRIES	3	bag	per	crew
Cheeze It	1	box	per	crew
gatorade	1		per	person
Peanut Butter	2		per	person
Jelly	2		per	person

8 - LITTLE SMOKIES

MEAT STICK #6 - PEPPERONI STICK	2	pack	per	crew
Pretzel/Bagel Chips	3	bag	per	crew
Squeeze Cheese	2	unit	per	person
TRAIL MIX #5 - Cajun	3	bag	per	crew
DRIED FRUIT #5- CRANBERRIES	1	bag	per	crew
Gatorade	1		per	person

9- Pita Wraps

PITA BREAD	2	bags	crew	
MEAT STICK #4 - JL Teriyaki	1		per	person
Ritz Bitz	0.5		per	person
DRIED FRUIT #7 - SUNRYPE MANGO	1		per	person
APPLE	1		per	person
gatorade	1		per	person
Cheddar Slices	1	pack	per	crew

		Small	Large			1-VOYAGEUR FAJITA (Store in refrigerator)						
2-NORTHWOODS ROTINI						TORTILLA	2	bags	per	crew		
_____	Multigrain Bagel	1		per	person	_____	White Rice	20	oz	per	crew	
_____	DRIED HAMBURGER	1	bag	per	crew	_____	CHICKEN - precooked frozen	1.5	pounds	per	crew	
_____	ROTINI PASTA	1	1 LG	bag	per	crew	_____	FRESH GREEN PEPPER	1	each	per	crew
_____	4 oz tomato powder OR 1 tub tomato paste	4	oz	per	crew	_____	FRESH ONION	1	each	per	crew	
_____	Italian Seasoning	3	oz	per	crew	_____	Taco Seasoning Mix	2	oz	per	crew	
_____	FRESH ONION	1	each	per	crew	_____	SALSA	1	bottle	per	crew	
_____	GREEN PEPPER	1	each	per	crew	_____	Shredded Cheese Mix	1	pounds	per	crew	
_____	cake mix	1	packet	per	crew	_____	PUDDING POWDER, CHOCOLATE	3	4 boxes	per	crew	

3-STIR FRY						6-CHARLIE'S ATIKAKI MACARONI						
_____	White Rice	28	36 oz	per	crew	_____	CROUTONS (individual)	1	packet	per	person	
_____	Fresh Broccoli	1	head	per	crew	_____	MACARONI PASTA	1 SML	1 LG	bag	per	crew
_____	Fresh Carrots	0.5	0.5 lb	per	crew	_____	DRIED SAUSAGE CRUMBLES	1	bag	per	crew	
_____	Dried Chicken	1	bag	per	crew	_____	CHEESE SAUCE POWDER	77	g	per	crew	
_____	BISCUIT MIX (just add water)	1	bag	per	crew	_____	Dried Veggie Mix	1	bag	per	crew	
_____	BROWNIE MIX	1	2 packets	per	crew	_____	Vanilla instant pudding	3	4 box	per	crew	

4-KEKAKABIC SUPREME						7- CHILI MAC						
_____	Scalloped Potato Caserole	0.5	box	per	crew	_____	DRIED HAMBURGER	1	BAG	per	crew	
_____	DRIED SAUSAGE CRUMBLES	1	bag	per	crew	_____	MACARONI PASTA	1sm	1lg	BAG	per	person
_____	Mixed Dry Veggie	1	bag	per	crew	_____	TOMATO PASTE TUBE		1 tube	per	crew	
_____	BISCUIT MIX (just add water)	1	bag	per	crew	_____	CHEESE SAUCE POWDER		77 grams	per	crew	
_____	cake mix	1	packets	per	crew	_____	DRIED VEGGIES		1 BAG	per	crew	
_____						_____	MUFFIN MIX		1 BAG	per	crew	
_____						_____	DRIED FRUIT #3 BLUEBERRY		1 BAG	per	crew	
5-POO BAH BURGOO						8- KEKAKABIC SUPREME						
_____	DRIED CHICKEN	1	bag	per	crew	_____	SCALLOPED POTATO CASEROLE	0.5	0.5 boxes	per	crew	
_____	PITA BREAD	2	bags	per	crew	_____	DRIED SAUSAGE CRUMBLES		1 oz	per	person	
_____	MINISTRONE Soup mix	1	pound	per	crew	_____	DRIED VEGGIES		1 BAG	per	crew	
_____	White Rice	1	1 bag	per	crew	_____	BISCUIT MIX	10	14 oz	per	crew	
_____	Mixed Dry Veggie	1	bag	per	crew	_____	CAKE MIX	1	1 packet	per	crew	
_____						_____						

CUPBOARD ITEMS AND ESSENTIALS (Review with your crew and take any additional items they may want/need)

_____	Toilet Pa	1	roll per day
_____	Bio Bags	1	bag per female minimum
_____	Liner Bag	1	bag per food pack
_____	Bannock	Take what you want and return what you don't use	
_____	Fish Fry		
_____	Popcorn	_____	Fresh Potato
_____	Parkay Butter	_____	Regular Coffee
_____	Fresh Onion	_____	Decaf Coffee
_____	Cooking Oil	_____	Regular Tea
_____	White Sugar	_____	Decaf Tea
_____	Brown Sugar	_____	Hot chocolate
_____	Powdered Sugar	_____	Apple Cider
_____	Dried Milk	_____	Sugar Packets
_____	Fresh Carrot	_____	Creamer Packets
_____	Fresh Green Pepper	_____	Sweet and Low

We're all packed and ready to go!

Crew :

Commissary Signature: