

**BISSETT 10-NIGHT MENU**

	small crew	large crew		m			small crew	large crew			
<b>1 - Breakfast Sandwich</b>											
BAGELS	1		unit	per	person						
EGG PATTY	1		unit	per	person						
Sausage Patty	1		unit	per	crew						
TRAIL MIX #3 - MADEIRA	1		oz	per	person						
gatorade	1		bar	per	person						
Cheddar Sices	1		pack	per	crew						
<b>2-GRANOLA</b>											
OAT #1 - GRANOLA	3		bag	per	crew						
DRIED FRUIT #1 - RAISIN	1		bag	per	crew						
MEAT STICK #1 - JL JUMBO BEEF	1		each	per	person						
OAT #4 - YOGURT BLUEBERRY	1		bar	per	person						
TRAIL MIX #1 - TEMPTATION	1		bag	per	crew						
gatorade	1		each	per	person						
POWDERED MILK	18		oz	per	crew						
<b>3 - PB&amp;J BAGELS</b>											
Bagels	1		unit	per	person						
Peanut Butter	4		unit	per	person						
Jelly	4		unit	per	person						
DRY FRUIT #2 - BANANA CHIP	3		bag	per	crew						
gatorade	1			per	person						
<b>4-OATMEAL</b>											
OAT # 2 - OATMEAL	2		pack	per	person						
MEAT STICK #2 - JL PEPPERONI	1			per	person						
PROTEIN BAR #1 - CLIF BAR	1			per	person						
DRIED FRUIT #4 - APPLE RINGS	1		bag	per	crew						
TRAIL MIX #4 - ENERGY	1			per	person						
gatorade	1			per	person						
<b>5 - PANCAKE</b>											
PANCAKE MIX	2		bag	per	crew						
Syrup	2			per	person						
DRIED FRUIT #8 - YOGURT RAISIN	1			per	person						
TRAIL MIX #1 - TEMPTATION	1		bag	per	crew						
gatorade	1			per	person						
<b>6-GRANOLA</b>											
OAT #1 - GRANOLA	3		bag	per	crew						
DRIED FRUIT #1 - RAISINS	1		bag	per	crew						
MEAT STICK #1 - JL JUMBO BEEF	1			per	person						
OAT #4 - BLUEBERRY YOGURT	1			per	person						
TRAIL MIX #1 - TEMPTATION	1		bag	per	crew						
gatorade	1			per	person						
POWDERED MILK	18		oz	per	crew						
<b>7-OATMEAL</b>											
OAT #2 - OATMEAL	2			per	person						
MEAT STICK #2- JL PEPPERONI	1			per	person						
PROTEIN BAR #1 - CLIF BAR	1			per	person						
DRIED FRUIT #4 - APPLE RING	1		bag	per	crew						
TRAIL MIX #4- ENERGY	1			per	person						
gatorade	1			per	person						
<b>8-Raisin Bran</b>											
Raisin Bran	1		bag	per	crew						
DRIED FRUIT #5 - CRANBERRIES	1		bag	per	crew						
MEAT STICK #1 - JUMBO BEEF	1			per	person						
OAT #5 - NATURE VALLEY	1			per	person						
TRAIL MIX #2 - HONEY SWEET	1			per	person						
gatorade	1			per	person						
POWDERED MILK	18		oz	per	crew						

	sml	lrg					sml	lrg				
<b>1-FRESH LUNCH</b>					<b>MUST USE 1ST DAY (Store in Refrigerator)</b>			<b>5-ATIKAKI DELIGHT</b>				
BREAD	2	loafs	per	crew	TORTILLA	2	bags	per	crew			
Cheddar Sices	2	pack	per	crew	Pepperoni Chub	1		per	crew			
MUSTARD	2		per	person	TRAIL MIX #5 - Cajun	3	bag	per	crew			
MAYO	2		per	person	DRIED FRUIT #5 - CRANBERRIES	1	bag	per	crew			
ORANGE	1		per	person	gatorade	1		per	person			
Ritz Bitz	1		per	person	marinara sauce	1		per	person			
Gatorade	1		per	person	<b>6 - TUNA SALAD</b>							
LUNCH MEAT	2	lbs	per	crew	TUNA POUCH	1	pack	per	person			
<b>2-HUDSON BAY BREAD</b>												
HUDSON BAY BREAD	1		per	person	MUSTARD	2		per	person			
MEAT STICK #3 - JL SWEET & HOT	1		per	person	MAYO	2		per	person			
DRIED FRUIT # 4 - APPLE RINGS	1	bag	per	crew	TRAIL MIX #3 - MADIERA	1		per	person			
Cheeze-it crackers	1 lg	(+ sm)	box	per	crew	DRIED FRUIT #7 - SR MANGO	1		per	person		
gatorade	1		per	person	gatorade	1		per	person			
Peanut Butter	2	unit	per	person	DRIED FRUIT #8 - YOGURT							
Jelly	2	unit	per	person	RAISIN	1		per	person			
<b>3-PITA WRAPS</b>					<b>MUST USE 2ND OR 3RD DAY</b>							
PITA BREAD	2	bags	per	crew	HUDSON BAY BREAD	1		per	person			
MEAT STICK #4 - TERIYAKI	1		per	person	MEAT STICK #3- JL SWEET & HOT	1		per	person			
RITZ BITZ	1		per	person	DRIED FRUIT #4 - BLUEBERRIES	3	bag	per	crew			
DRIED FRUIT #7 - SR MANGO	1		per	person	Cheez It	1 lg	(+sm)	box	per	crew		
gatorade	1		per	person	gatorade	1		per	person			
Cheddar Slices	1	pack	per	crew	Peanut Butter	2		per	person			
<b>4 - PB&amp;J BAGEL</b>					<b>7 - Hudson Bay Bread</b>							
Bagel	1		per	person	HUDSON BAY BREAD	1		per	person			
Peanut Butter Packets	2		per	person	MEAT STICK #3- JL SWEET & HOT	1		per	person			
Jelly Packets	2		per	person	DRIED FRUIT #4 - BLUEBERRIES	3	bag	per	crew			
DRIED FRUIT #6 - SR RASPBERRY	2		per	person	Cheez It	1 lg	(+sm)	box	per	crew		
Rice Krispy Treat	1		per	person	gatorade	1		per	person			
TRAIL MIX #2 - HONEY SWEET	1		per	person	Peanut Butter	2		per	person			
					Jelly	2		per	person			
<b>4 - PB&amp;J BAGEL</b>					<b>8 - LITTLE SMOKIES</b>							
Bagel	1		per	person	MEAT STICK #6 - PEPPERONI STICK	2	pack	per	crew			
Peanut Butter Packets	2		per	person	Pretzel/Bagel Chips	3	bag	per	crew			
Jelly Packets	2		per	person	Squeeze Cheese	2	unit	per	person			
DRIED FRUIT #6 - SR RASPBERRY	2		per	person	TRAIL MIX #5 - Cajun	3	bag	per	crew			
Rice Krispy Treat	1		per	person	DRIED FRUIT #5 - CRANBERRIES	1	bag	per	crew			
TRAIL MIX #2 - HONEY SWEET	1		per	person	Gatorade	1		per	person			

	sml	lrg			
<b>1 - VOYAGEUR FAJITA</b>					
TORTILLA	2	bags	per	crew	
White Rice	1	LB	per	crew	
CHICKEN - precooked frozen	1.5	LB	per	crew	
FRESH GREEN PEPPER	1		per	crew	
FRESH ONION	1		per	crew	
Taco Seasoning Mix	2	oz	per	crew	
SALSA	1	bottle	per	crew	
Shredded Cheese Mix	1	LB	per	crew	
PUDDING POWDER, CHOCOLATE	3	4 boxes	per	crew	
<b>2-NORTHWOODS SPAGHETTI</b>					
Multigrain Bagel	1		per	person	
DRIED HAMBURGER	1	bag	per	crew	
ROTINI PASTA	1	1 LG	bag	per	crew
4 oz tomato powder OR 1 tub tomato paste	4	oz	per	crew	
Italian Seasoning	3	oz	per	crew	
FRESH ONION	1	each	per	crew	
GREEN PEPPER	1	each	per	crew	
cake mix	1	packet	per	crew	
<b>3-STIR FRY</b>					
White Rice	32	48 oz	per	crew	
Frest Broccoli	1	head	per	crew	
Frest Carrots	0.5	lb	per	crew	
Dried Chicken	1	bag	per	crew	
BISCUIT MIX (just add water)	1	bag	per	crew	
BROWNIE MIX	1	2 pack	per	crew	
<b>4-KEKAKABIC SUPREME</b>					
Scalloped Potato Caserole	0.5	box	per	crew	
DRIED SAUSAGE CRUMBLES	1	bag	per	crew	
DRIED VEGGIES	1	bag	per	crew	
BISCUIT MIX (just add water)	1	bag	per	crew	
cake mix	1	pack	per	crew	

	sml	lrg			
<b>5-POO BAH BURGEOO</b>					
DRIED CHICKEN	1	bag	per	crew	
PITA BREAD	2	bags	per	crew	
MINESTRONE Soup mix	1	LB	per	crew	
White Rice	2	LB	per	crew	
DRIED VEGGIES	1	bag	per	crew	
<b>6 - CHARLIE'S MAC DINNER</b>					
CROUTONS (individual)	1	packet	per	person	
MACARONI PASTA	1	1 bag	per	crew	
DRIED SAUSAGE CRUMBLES	1	bag	per	crew	
CHEESE SAUCE POWDER	77	g	per	crew	
DRIED VEGGIES	1	bag	per	crew	
Vanilla instant pudding	3	4 box	per	crew	
<b>7- CHILI MAC</b>					
DRIED HAMBURGER	1	bag	per	crew	
MACARONI PASTA	1 sm	1 lg	bag	per	crew
Tomato Past Tube	1	tube	per	crew	
CHEESE SAUCE POWDER	77	grams	per	crew	
DRIED VEGGIES	1	bag	per	crew	
MUFFIN MIX	1	bag	per	crew	
DRIED FRUIT #3 - BLUEBERRY	1	bag	per	crew	
<b>8-KEKAKABIC SUPREME</b>					
Scalloped Potato Caserole	0.5	0.5 box	per	crew	
DRIED SAUSAGE CRUMBLES	1	ounces	per	person	
DRIED VEGGIES	1	bag	per	crew	
BISCUIT MIX (just add water)	10	14 oz	per	crew	
cake mix	1	1 packets	per	crew	

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

- Toilet Paper 1 roll per day
- Bio Bags 1 bag per female minimum
- Liner Bag for Food Pack 1 bag per food pack
- Bannock take what you want - return what you don't use
- Fish Fry

**Optional based on crew's needs:**

- Popcorn
- Parkay Butter
- Fresh Onion
- Cooking Oil
- White Sugar
- Brown Sugar
- Powdered Sugar
- Dried Milk
- Fresh Carrot
- Fresh Green Pepper
- Fresh Potato
- Regular Coffee
- Decaf Coffee
- Regular Tea
- Decaf Tea
- Hot chocolate
- Apple Cider
- Sugar Packets
- Creamer Packets
- Sweet and Low

We're all packed and ready to go!  
Crew :  
  
Commissary Signature: