

# 10-Night Menu

Crew #:

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

**Interpreter Dietary Requirements**

**Crew Dietary Requirements**

**LOC. 8 Breakfasts**

B1 Peanut Butter/Banana Sandwiches A		Quantity	
	That's Smart Honey Graham Crackers	1 box	per crew
	DYMA PB&J Sleeves	9 sleeves	per crew
	Power Snacks Banana Chips, 1oz	9 pkgs	per crew
	Nutrigrain Bars - Blueberry	9 bars	per crew
	Planters Tropical Fruit & Nut Trail Mix	9 pkgs	per crew
<b>BIN</b>	Electrolyte Drink Packets	9 pkts	per crew
B2 Ely Maple Granola		Quantity	
	Maple Almond Granola, 12oz	3 bags	per crew
	Country Meats Sticks - Sweet Maple Bacon	18 sticks	per crew
	Welch's Fruit 'n Yogurt Snacks - Blueberry Acai	9 pkts	per crew
	Nature Valley Fruit & Nut Bars	9 bars	per crew
<b>BIN</b>	That's Smart Dry Milk Powder	1 pkt	per crew
<b>BIN</b>	Electrolyte Drink Packets	9 pkts	per crew
B3 Maple Brown Sugar Oatmeal		Quantity	
	Hearty Traditions Maple Brown Sugar Oatmeal	18 pkts	per crew
	Power Snacks Raisins	9 pkgs	per crew
	Country Meats Sticks - Sweet Annie Brown	9 sticks	per crew
	Materne GoGo Squeez Applesauce - Apple Apple	9 pkgs	per crew
	Our Family Peanut Butter Dark Chocolate Protein Bars	9 bars	per crew
	Planters Nuts & Chocolate Trail Mix	9 pkgs	per crew
<b>BIN</b>	Electrolyte Drink Packets	9 pkts	per crew
B4 Pop Tarts		Quantity	
	Pop Tarts - Strawberry	9 pkgs	per crew
	Planters Honey Roasted Peanuts	9 pkts	per crew
	Zee Zees Dried Pineapple	9 pkgs	per crew
	Our Family Peanut Almond Dark Chocolate Protein Bars	9 bars	per crew
	Zee Zees Sweet Heat Trail Mix	9 pkts	per crew
<b>BIN</b>	Electrolyte Drink Packets	9 pkts	per crew
B5 Pancakes		Quantity	
	Hungry Jack Pancake Mix	1 box	per crew
	Log Cabin Pancake Syrup, Original	1 bottle	per crew
	Spam Singles	9 pkgs	per crew
	Clif Kid Z-Bar Protein Bars - Chocolate Chip	9 bars	per crew
	Power Snacks Tropical Treasures	9 pkgs	per crew
	Ocean Spray Blueberry Cran Snack Medley	9 pkgs	per crew
<b>BIN</b>	Electrolyte Drink Packets	9 pkts	per crew
B6 Ely Cinnamon Raisin Granola		Quantity	
	Cinnamon Raisin Granola	3 bags	per crew
	Zee Zees MixZees	9 pkgs	per crew
	Zee Zees Soft Baked Bar - Cinnamon Crisp	9 bars	per crew
	Kar's Original Trail Mix	9 pkts	per crew
<b>BIN</b>	That's Smart Dry Milk Powder	1 pkt	per crew
<b>BIN</b>	Electrolyte Drink Packets	9 pkts	per crew

B7 Protein Bars A		Quantity	
	Special K Strawberry Protein Bars	9 bars	per crew
	Highland Beef Original Deli Sticks	9 sticks	per crew
	Craisins - Orange	9 pkts	per crew
	Zee Zees Honey Roasted Sunflower Kernels	9 pkgs	per crew
	Ocean Spray Yogurt-Dipped Cranberry Bites	2 bags	per crew
	Electrolyte Drink Packets	9 pkts	per crew
B8 Peanut Butter/Banana Sandwiches B		Quantity	
	That's Smart Honey Graham Crackers	1 box	per crew
	DYMA PB&J Sleeves	9 sleeves	per crew
	Power Snacks Banana Chips, 1oz	9 pkgs	per crew
	Zee Zees Soft Baked Bar - Strawberry Crisp	9 bars	per crew
	Imperial Fruit & Nut Blend	9 pkgs	per crew
	Electrolyte Drink Packets	9 pkts	per crew
9 Lunches			
L1 Fresh Lunch (must use on Day 1)		Quantity	
<b>SHF</b>	Fresh Bread	2 loaves	per crew
<b>FRD</b>	Jennie-O Turkey Lunch Meat, 1lb Pack	2 packs	per crew
<b>FRD</b>	Our Family American Cheese Slices, 24ct pack	1 pkg	per crew
<b>FRD</b>	Fresh Apples	9 apples	per crew
	Crav'n Animal Cookies	1 box	per crew
<b>FNT</b>	Mustard Packets	18 pkts	per crew
<b>FNT</b>	Mayonnaise Packets	18 pkts	per crew
<b>BIN</b>	Electrolyte Drink Packets	9 pkts	per crew
L2 Bagels (must use on Day 2 or Day 3)		Quantity	
<b>SHF</b>	Lender's Bagels, 6ct	2 bags	per crew
<b>CMN</b>	DYMA PB&J Sleeves	9 sleeves	per crew
	Mott's Fruit Snacks, Berry	9 pkgs	per crew
	Zee Zees Fava Bean Crisps	9 pkgs	per crew
	Lay's Stax	2 cans	per crew
<b>BIN</b>	Electrolyte Drink Packets	9 pkts	per crew
L3 Chicken Salad Pitas		Quantity	
<b>SHF</b>	Grecian Delight Chicago Style Pita Bread - 10ct	1 bag	per crew
	Starkist Premium White Chicken Pouches	9 pouches	per crew
	Austin Peanut Butter Crackers	9 pkgs	per crew
	Pearson's Salted Nut Rolls	9 rolls	per crew
	Fruit Roll-Ups - Crazy Colors	18 pkgs	per crew
<b>FNT</b>	Mustard Packets	18 pkts	per crew
<b>FNT</b>	Mayonnaise Packets	18 pkts	per crew
<b>FNT</b>	Relish Packets	18 pkts	per crew
<b>BIN</b>	Electrolyte Drink Packets	9 pkts	per crew

L4	Summer Sausage Crackers A
	Appleways Veggie Crackers
	Highland Beef Cheese Wedges, Original
	Elliott's Up North Summer Sausages
	Materne GoGo Squeez Applesauce - Cinnamon
	That's It Fruit Bars
	Zee Zees Grahamz
BIN	Electrolyte Drink Packets

L5	Hudson Bay Bread A
CMN	Hudson Bay Bread
CMN	DYMA PB&J Sleeves
	Peeled Snacks Dried Apples
	Zee Zees Half Popped Popcorn - Salsa
BIN	Electrolyte Drink Packets

L6	Pepperoni Pizza
SHF	Catalia 8" Tortillas 12ct
	Highland Beef Mozzarella Cheese Blocks
	Hormel Pepperoni Slices
	Contadina Pizza Squeeze Pizza Sauce
	Fruithaven Dried Cherries
	Twizzlers, 16oz
BIN	Electrolyte Drink Packets

L7	Bagel Chips & Hummus
	New York Style Bagel Crisps - Roasted Garlic
	Zee Zees Hummus - Original
	Highland Beef Beef & Cheddar Sticks
	Kar's Honey Cashews
	Materne GoGo Squeez Applesauce - Cinnamon
	Rice Krispies Treats
	Electrolyte Drink Packets

L8	Chicken Salad & Crackers
	Keebler Townhouse Crackers
	Starkist Premium White Chicken Pouches
	Zee Zees Honey Roasted Sunflower Kernels
	Glutino Covered Pretzels
	That's It Fruit Bars
	Mustard Packets
	Mayonnaise Packets
	Relish Packets
	Electrolyte Drink Packets

L9	Hudson Bay Bread B
	Hudson Bay Bread
	DYMA PB&J Sleeves
	Fruithaven Sour Berries
	Zee Zees Half Popped Popcorn - Salsa
	Electrolyte Drink Packets

Quantity
9 pkgs per crew
9 wheels per crew
3 sausages per crew
9 pkgs per crew
9 bars per crew
9 pkgs per crew
9 pkts per crew

Quantity
9 bars per crew
9 sleeves per crew
9 pkgs per crew
9 pkgs per crew
9 pkts per crew

Quantity
2 bags per crew
5 blocks per crew
3 pkgs per crew
1 bottle per crew
9 pkgs per crew
1 pkg per crew
9 pkts per crew

Quantity
2 bags per crew
9 cups per crew
9 pkgs per crew
9 pouches per crew
9 bars per crew
9 pkts per crew

Quantity
3 sleeves per crew
9 pouches per crew
9 pkts per crew
2 bags per crew
9 bars per crew
18 pkts per crew
18 pkts per crew
18 pkts per crew
9 pkts per crew

Quantity
9 bars per crew
9 sleeves per crew
9 pkgs per crew
9 pkgs per crew
9 pkts per crew

**8 Dinners**

D1	Voyageur Fajitas
SHF	Catalia 8" Tortillas 12ct
	Our Family Spanish Rice
FRZ	Frozen Pre-cooked Chicken, 1.5lb Pack
FRD	Green Peppers
PRDC	Onions
	Fajita Seasoning
	Herdez Taqueria Street Sauce, Roja
FRD	Bongards Cheddar Cheese Block, 16oz
	Our Family Chocolate Pudding Mix

D2	Northwoods Spaghetti A
CMN	Rotini Pasta
CMN	Freeze Dried Hamburger Crumbles, 9oz
CMN	Tomato Powder, 4.5oz
	Lawry's Spaghetti Seasoning
FRD	Green Peppers
PRDC	Onions
SHF	Lender's Bagels, 6ct
	Betty Crocker Fudge Brownie Mix

D3	Kekakabic Supreme
	Our Family Scalloped Potatoes
CMN	Freeze Dried Sausage Crumbles, 9oz
CMN	Freeze Dried Corn, 4.5oz
	Bisquick Complete Biscuit Mix - Buttermilk
	Betty Crocker Blueberry Muffin Mix

D4	Poo Bah Burgoo
CMN	Freeze Dried Chicken, 9oz
	Shore Lunch Wild Rice Soup Mix
	Highland White Rice, Parboiled, 13oz
CMN	Freeze Dried Peas, 4.5oz
SHF	Grecian Delight Chicago Style Pita Bread - 10ct
CMN	That's Smart Graham Crackers
	Our Family Marshmallows
	Hershey's Milk Chocolate Bars

D5	Charlie's Kraft Bacon Mac
CMN	Macaroni Pasta
	Oscar Mayer Bacon Bits
CMN	Cheese Sauce Powder, 4.5oz
CMN	Freeze Dried Green Beans, 4.5oz
CMN	Freeze Dried Carrots, 4.5oz
	Our Family Devil's Food Cake Mix
CMN	Nutella Hazelnut Spread

D6	Chili Mac
CMN	Macaroni Pasta
	Shore Lunch Chili Mix
CMN	Cheese Sauce Powder, 4.5oz
CMN	Freeze Dried Hamburger Crumbles, 9oz
CMN	Freeze Dried Corn, 4.5oz
	Combread Mix
	Betty Crocker Chocolate Chip Muffin Mix

Quantity
2 pkgs per crew
2 boxes per crew
1 pack per crew
1 pepper per crew
1 onion per crew
1 packet per crew
1 bottles per crew
1 blocks per crew
3 boxes per crew

Quantity
2 boxes per crew
1 pkg per crew
1 pkt per crew
2 pkts per crew
1 pepper per crew
1 onion per crew
2 bags per crew
1 bag per crew

Quantity
2 boxes per crew
1 pkg per crew
1 pkg per crew
2 bags per crew
2 bags per crew

Quantity
1 pkg per crew
2 bags per crew
1 bag per crew
1 pkg per crew
1 bag per crew
1 box per crew
1 bag per crew
9 bars per crew

Quantity
2 boxes per crew
2 pkgs per crew
2 pkts per crew
1 pkg per crew
1 pkg per crew
1 box per crew
1 jar per crew

Quantity
2 boxes per crew
2 pkgs per crew
2 pkts per crew
1 pkg per crew
1 pkg per crew
2 bags per crew
2 bags per crew

D7 Pesto Pasta		Quantity
	Egg Noodles, 16oz	2 bags per crew
CMN	Freeze Dried Chicken, 9oz	1 pkg per crew
	Knorr Pesto Seasoning	3 pkts per crew
	Kraft Parmesan Cheese, 3oz	1 jar per crew
CMN	Freeze Dried Carrots, 4.5oz	1 pkg per crew
	Bisquick Complete Biscuit Mix - Buttermilk	2 bags per crew
	Chocolate Sandwich Cookies	5 pkts per crew
D8 Red Beans & Rice		Quantity
	Zatarain's Red Beans & Rice Mix	3 boxes per crew
SHF	Catalia 8" Tortillas, 12ct	1 bag per crew
	Freeze Dried Sausage, 9oz	1 pkg per crew
	Freeze Dried Corn, 4.5oz	1 pkg per crew
	Our Family No-Bake Cheesecake Mix	1 box per crew
	That's Smart Dry Milk Powder	1 pkt per crew
	That's Smart Honey Graham Crackers	1 box per crew

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

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


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

**WE'RE ALL PACKED & READY TO GO!!**

SIGNATURES:

TRAIL STAFF: \_\_\_\_\_

COMMISSARY: \_\_\_\_\_



Optional (hot beverage encouraged)		
A&E	Additional Items & Extras	Suggested Quantity
BIN	Bannock, 11b bag	2 bags per crew
FNT	Fish Fry	2 boxes per crew
BIN	Popcorn, 4.5oz	1 bag per crew
FNT	Parkay Butter, 12oz	2 bottles per crew
CMN	Dyma PB&J Sleeves	9 sleeves per crew
BIN	White Sugar, 11b	1 bag per crew
BIN	Brown Sugar, 11b	1 bag per crew
BIN	Powdered Sugar, 0.5lb	1 bags per crew
BIN	That's Smart Dry Milk Powder	1 packet per crew
FRD	Fresh Carrots, Large	5 carrots per crew
PRDC	Fresh Potatoes	1 potato per crew
PRDC	Fresh Onions	2 onions per crew
FRD	Fresh Peppers	2 peppers per crew
BVG	Beverages & Accompaniments	Suggested Quantity
BIN	Maxwell House Coffee Packets	2 packets per day
BIN	Coffee, Decaf	2 packets per day
FNT	Regular Tea Bags (Variety)	18 teabags per crew
FNT	Decaf Tea Bags (Variety)	9 teabags per crew
BIN	Swiss Miss Hot Chocolate Packets	9 packets per day
BIN	Alpine Apple Cider Packets	9 packets per day
FNT	Sugar Packets	18 packets per crew
FNT	Non-Dairy Creamer Packets	18 packets per crew
FNT	Stevia Packets	9 packets per crew
FNT	Electrolyte Drink Packets	9 packets per crew
CDMT	Condiments	Suggested Quantity
FNT	Ketchup Packets	9 packets per crew
FNT	Mustard Packets	9 packets per crew
FNT	Cholula Hot Sauce Packets	18 packets per crew
FNT	BBQ Sauce Packets	9 packets per crew
FNT	Mayonnaise Packets	9 packets per crew
FNT	Relish Packets	9 packets per crew
FNT	Soy Sauce Packets	9 packets per crew
FNT	Parmesan Cheese Packets	9 packets per crew
FNT	Honey Packets	9 packets per crew
FNT	Ranch Packets	9 packets per crew
FNT	Picante Sauce Packets	9 packets per crew
FNT	Chili Seasoning Packets	1 packet per crew
FNT	Red Pepper Flakes/Black Pepper/Salt Packets	9 packets per crew

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