

10-Night Menu - ELY

2026

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		Quantity	
	Graham Crackers	1 Box	per crew
	Peanut Butter/Jelly Sleeves	1 sleeves	per person
	Dried Fruit - Banana Chips (1 oz packages)	1 oz	per person
	Fruit Cereal Bar(similar to nutrigrain) #1	1 bar	per person
	Fruit and Nut Bar	1 pkg	per person
	Electrolyte Drink	1 pkg	per person
	Meat Stick/Jerky #1	1 pkg	per person
B2 Ely Maple Granola		Quantity	
	GRANOLA - maple almond	1 cup	per person
	Meat Stick/Jerky #2	1 each	per person
	oz package)	1 each	per person
	Trail Mix #1	1 bar	per person
	POWDERED MILK	1 packet	per crew
	Electrolyte Drink	1 each	per person
B3 Maple Brown Sugar Oatmeal		Quantity	
	OATMEAL- Maple Brown Sugar	2 packets	per person
	Dried Fruit - Powersnacks Raisins	1 pc	per person
	Meat Stick/Jerky #3	1 each	per person
	Applesauce - GoGo Squeeze - Apple Apple	1 pc	per person
	Nature Valley Protein Bar - #1	1 bar	per person
	Trail Mix #2	1 bag	per person
	Electrolyte Drink	1 each	per person
B4 Pop Tarts		Quantity	
	Pop Tart - Strawberry	1 pack	per person
	Trail Mix #10	1 packet	per person
	Dried Fruit #1	1 pc	per person
	Nature Valley Protein Bar - #3	1 bar	per person
	Trail Mix #9	1 each	per person
	Meat Stick/Jerky #4	1 pkg	per person
	ELECTROLYTE DRINK	1 each	per person
B5 Pancakes		Quantity	
	Pancake	1 box	per crew
	SYRUP - LOG CABIN 12 OZ	1 bottle	per crew
	SPAM SINGLE	1 pc	per person
	Fruit and nut Bar	1 pc	per person
	Dried Fruit #2	1 packet	per person
	Dried Fruit #3	1 packet	per person
	Electrolyte Drink	1 each	per person
B6 Cinnamon Raisin Granola		Quantity	
	GRANOLA - #2 Cinnamon Raisin	1 cup	per person
	Dried Fruit - Zee Zee's Mixies	1 pkg	per person
	Protein Bar #1	1 pc	per person
	Trail Mix #4	1 each	per person
	Meat Stick/Jerky #5	1 each	per person
	POWDERED MILK	1 packet	per crew
	Electrolyte Drink	1 each	per person

LOC.

B7 Protein Bars A		Quantity	
	Meal Replacement Protien Bar #1	1 bar	per person
	Highland Beef Farms - Original Beef Deli stick	1 stick	per person
	Dried Fruit #4	1 pc	per person
	Zee Zee's Honey Roasted Sunflower Kernals	1 each	per person
	Ocean Spray Yogurt Covered Cranberries - 5 oz bags	2 each	per crew
	Electrolyte Drink	1 each	per person
B8 Peanut Butter/Banana Sandwiches B		Quantity	
	Scooby Snack Graham Crackers	1 Box	per crew
	Peanut Butter/Jelly Sleeves	1 sleeves	per person
	Dried Fruit - Banana Chips (1 oz packages)	1 oz	per person
	Fruit Cereal Bar(similar to nutrigrain) #2	1 bar	per person
	Zee Zees Strawberry Crisp Bar	1 pkg	per person
	Meatstick/ Jerky #9	1 each	per person
	Electrolyte Drink	1 pkg	per person
9 Lunches		Quantity	
L1 Fresh Lunch (must use on Day 1)		Quantity	
	BREAD	2 slices	per person
	LUNCH MEAT	2 oz	per person
	CHEESE SLICES (american cheese, individual wrapped)	1 each	per person
	Mustard Packets	2 packets	per person
	Mayo Packets	2 packets	per person
	Fresh apple or orange	1 each	per person
	Animal Crackers	1 bag	per crew
	Electrolyte Drink	1 each	per person
L2 Bagels (must use on Day 2 or Day 3)		Quantity	
	Bagel (3 oz bagel sliced)	1 each	per person
	Peanut Butter and Jelly Pouches	1 sleeves	per person
	Fruit Snacks/strips/rollups #1	2 packet	per person
	Veggie Crisp Crackers	1 package	per crew
	Lay's Stacks or Pringles full sized can	2 can	per crew
	Cuties (mini oranges)	1 each	per person
	Electrolyte Drink	1 each	per person
L3 Chicken Salad Pitas		Quantity	
	Pita Bread	1 pita	per person
	Chicken Pouch (2.6 oz pouch)	1 pouch	per person
	Mustard Pouch	2 pouches	per person
	Mayo Pouch	2 pouches	per person
	Relish Pouch	2 pouches	per person
	Peanut Butter Crackers (individual pouch - 8 sandwich cracker)	1 packet	per person
	SALTED NUT ROLL	1 bar	per person
	Fruit Snacks/strips/rollups #2	2 each	per person
	Electrolyte Drink	1 each	per person

LOC.

L4	Summer Sausage Crackers A	Quantity		
	Wheat Thins Veggie Toasted Chips (1.75 oz Bags)	1	bag	per person
	Highland Beef Farms - Cheese Wedge (Original)	1	wheel	per person
	Summer Sausage (2.5 oz per person)	3	sausage	per crew
	Applesauce Pouch - cinnamon	1	pc	per person
	Fruit Snacks/strips/rollups #3	2	each	per person
	Zee Zee's Grahamz	1	each	per person
	Granola Bar #1	1	each	per person
	Electrolyte Drink	1	each	per person

L5	Hudson Bay Bread A	Quantity		
	Hudson Bay Bread	1	bar	per person
	Peanut Butter and Jelly Pouches	1	sleeves	per person
	Dried Fruit #8	1	pc	per person
	Veggie Straws or Similar product (individual serving size)	1	each	per person
	Meat Stick/Jerky #8	1	each	per person
	Electrolyte Drink	1	each	per person

L6	Pepperoni Pizza	Quantity		
	TORTILLA - 6 inch ULF #783000	2	each	per person
	Highland Beef Farm - Mozzarella Cheese Brick (4 oz)	1	each	per person
	Hormel Pepperoni Slices (6 oz package)	3	pkg	per crew
	SQUEEZABLE PIZZA SAUCE (plastic)	1	bottle	per crew
	Dried Fruit #9	1	pc	per person
	Twizzlers 16 oz package	1	each	per crew
	Electrolyte Drink	1	each	per person

L7	Bagel Chips & Hummus	Quantity		
	Garlic	2	pkg	per crew
	Hummus - Zee Zee's Original hummus cup 3 oz	1	pc	per person
	Meat Stick/Jerky #9	1	pc	per person
	Trail Mix #7	1	pc	per person
	Apple sauce - cinnamon	1	pc	per person
	Rice Krispy Treat - 1.4 oz bar	1	pc	per person
	Electrolyte Drink	1	each	per person

L8	Chicken Salad & Crackers	Quantity		
	Club Crackers (13.7 oz box)	1	box	per crew
	CHICKEN (POUCH) - 3 OZ	1	pouch	per person
	MUSTARD	2	pc	per person
	MAYO	2	pc	per person
	RELISH PACKET	2	pc	per person
	Zee Zee Honey Sunflower Seeds	1	pc	per person
	Good Sense Yogurt Pretzels (5.5 oz bags)	2	packages	per crew
	Fruit Snacks/strips/rollups #4	2	each	per person
	Electrolyte Drink	1	each	per person

L9	Hudson Bay Bread B	Quantity		
	Hudson Bay Bread	1	bar	per person
	Hazlenut Spread	1	Jar	per Crew
	Dried Fruit - Zee Zee's Mixies	1	pc	per person
	Undercover Quinoa Crisp	1	each	per person
	Meat Stick/Jerky #10	1	each	per person
	Electrolyte Drink	1	each	per person

LOC. 8 Dinners

D1	Voyageur Fajitas	Quantity		
	Tortilla - 6 inch ULF #783000	3	each	per person
	Spanish Rice	2	boxes	per crew
	Pre-Cooked Chicken - 1.5 pound package	1	each	per crew
	Green Pepper	1	each	per crew
	Onion	1	each	per crew
	Fajita or Taco Seasoning	1	packets	per crew
	Salsa or Taco Sauce in Plastic Jar	1	bottle	per crew
	16 oz cheddar cheese block	1	block	per crew
	Chocolate Pudding Powder	3	boxes	per crew

D2	Northwoods Spaghetti A	Quantity		
	Rotini Pasta	2	packs	per crew
	Freeze Dried Hamburger Crumbles	1	ounces	per person
	Tomato Powder - 6 oz packets	1	packet	per crew
	Spaghetti Seasoning Packet	2	packet	per crew
	Green Pepper	1	each	per crew
	Onion	1	each	per crew
	Bagel - 3 oz Sliced	1	each	per person
	Brownie Mix	1	packet	per crew

D3	Kekakabi Supreme	Quantity		
	Scalloped potato (4 oz package)	4	boxes	per crew
	Freeze Dried Sausage Crumbles	1	ounces	per person
	Freeze Dried Corn	5	ounces	per crew
	Biscuit Mix - Just Add Water	2	packets	per crew
	Blueberry Muffin Mix - Just Add Water	2	packets	per crew

D4	Poo Bah Burgoo	Quantity		
	Freezed Dried Chicken	1	ounces	per person
	Wild Rice Soup Mix	2	packet	per crew
	Rice	14	oz	per crew
	Freeze Dried Peas	5	ounces	per crew
	Pita Bread	1	packet	per person
	Graham Crackers	1	box	per crew
	Marshmallows	1	bag	per crew
	Hershey's Chocolate Bars	1	bar	per person

D5	Charlie's Kraft Bacon Mac	Quantity		
	Macaroni Noodles	2	oz	per crew
	Bacon Crumbles - Shelf Stable	2	packet	per crew
	Cheese Sauce Powder	9	oz	per crew
	Freeze Dried Green Beans	5	ounces	per crew
	Freeze Dried Carrots	5	ounces	per crew
	Chocolate Cake Mix	1	box	per crew
	Croutons (about 9 people serving size)	1	package	per crew
	Hazlenut Spread	1	jar	per crew

D6	Chili Mac	Quantity		
	Macaroni Noodles	2	box	per crew
	Dried Chili Mix with Beans	2	bag	per crew
	Cheese Sauce Powder	9	oz	per crew
	Freeze Dried Hamburger Crumbles	1	ounces	per person
	Freeze Dried Corn	5	ounces	per crew
	Corn Bread Muffin Mix	2	box	per crew
	Chocolate Chip Muffin Mix - Just Add Water	2	packets	per crew

D7 Pesto Pasta		Quantity
	Egg Noodles - 16 oz bags	2 bags per crew
	Dried Sausage Crumbles	1 ounces per person
	Stroganoff Mix	3 packets per crew
	Kraft Parmesan Cheese - 3 oz containers	1 jar per crew
	Freeze Dried Carrots	5 ounces per crew
	Biscuit Mix - Just Add Water	2 packet per crew
	Oreos	1 packets per person
D8 Red Beans & Rice		Quantity
	Zatarains Red Beans and Rice Mix	3 box per crew
SHF	Freeze Dried Corn	5 ounces per crew
CMN	Freeze Dried Sausage	1 ounces per person
CMN	Tortilla - 6 inch ULF #783000	2 each per person
	No-Bake Cheese Cake Mix	1 box per crew
BIN	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

Good To-Go Dietary Meal Pack Info
Pasta Marinara
Bimbimbap
Herbed Mushroom Risotto - Contains Tree Nuts
Mexican Quinoa Bowl - Contains Sesame
Smoked Three Bean Chili
Cuban Rice Bowl - Contains Milk
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, 1lb 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, 2lb	1 bag per crew
BIN	Brown Sugar, 1lb/0.5lb	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	Potatoes	1 potato per crew
PRDC	Onions	2 onions per crew
FRD	Peppers	2 peppers per crew
BVG	Beverages & Accompaniments	Suggested Quantity
BIN	Maxwell House Coffee Packets	2 packets per day
FNT	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)?