

**Northern Tier Trail Food Menu - Atikokan
2026**

B1-PEANUT BUTTER/BANANA SANDWICH

_____	Graham Crackers	1	Box	per	crew
_____	Peanut Butter Packets	1	packets	per	person
_____	Jelly Packets	1	packets	per	person
_____	Dried Fruit - Banana Chips (1 oz packages)	1	oz	per	person
_____	Nutrigrain Bar	1	bar	per	person
_____	Trail mix choc and fruit	1	pkg	per	person
_____	Drink Mix	1	pkg	per	person

B2-GRANOLA

_____	Harvest Crunch Cereal	3	box	per	crew
_____	Jack Links Teriyaki Jerky	1	each	per	person
_____	Dried Fruit - Apricot	1	each	per	person
_____	Chewy Bars	1	bar	per	person
_____	POWDERED MILK	1	packet	per	crew
_____	Drink Mix	1	each	per	person

B3-OATMEAL

_____	OATMEAL- Maple Brown Sugar	2	packets	per	person
_____	Dried Fruit - Raisins	10	oz	per	Crew
_____	Jack Links Sausage 6pak Turkey	2	each	per	crew
_____	Applesauce	1	pc	per	person
_____	Nature Valley Sweet and Salty	1	bar	per	person
_____	Trail Mix #2 - nature's garden trail mix	1	bag	per	person
_____	Drink Mix	1	each	per	person

B4- POP TART

_____	Pop Tart - Strawberry	1	pack	per	person
_____	Cashews	1	packet	per	person
_____	Dried Fruit - Pineapple	1	oz	per	person
_____	Nature Valley Protein Bar (or similar)	1	bar	per	person
_____	Trail Mix #3 - planter's sweet and salty	1	each	per	person
_____	Drink mix	1	each	per	person

B5-Cereal

_____	Harvest Crunch Cereal	3	box	per	crew
_____	Jack Links Pepperoni Stick	1	each	per	person
_____	Dried Fruit - Cranberries	10	oz	per	crew
_____	Bar - Nature valley fruit and nut bar	1	bar	per	person
_____	POWDERED MILK	1	packet	per	crew
_____	Drink Mix	1	each	per	person

B6-Scrambled Eggs

_____ Scrambled Eggs and Bacon Pouch	2	packets	per	person
_____ Dried Fruit - Raisins	1	oz	per	person
_____ Jack Links Sausage 6pak Turkey	2	each	per	crew
_____ Dried Fruit	1	pc	per	person
_____ Nature Valley Sweet and Salty	1	bar	per	person
_____ Trail Mix #2 - nature garden	1	bag	per	person
_____ Drink Mix	1	each	per	person

B7 - Biscuits and Gravy

_____ Biscuits and Gravy Pouch	1	cach	per	person
_____ Hot Rods	4	stick	per	person
_____ Dried Fruit - Craisins	1	pc	per	person
_____ Trail Mix	1	each	per	person
_____ Yoggies Yogurt Covered Cranberries - 5 oz bags	2	each	per	crew
_____ Electrolyte Drink - Squinchers Fruit Punch	1	each	per	person

Total Nutrition

B8-PEANUT BUTTER/BANANA SANDWICH

_____ 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
_____ Trail Mix #5 - Sweet and Salty 2 oz bag	1	pkg	per	person
_____ Electrolyte Drink - Squinchers Mixed Berry	1	pkg	per	person

13 LUNCHES**L1-FRESH LUNCH MUST USE Day 1**

_____ 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
_____ Dried Apple	1	each	per	person
_____ Animal Crackers	1	oz	per	person
_____ Electrolyte Drink - Stur Hydration Lemon Lime	1	each	per	person

L2-BAGEL MUST USE 2ND OR 3RD DAY

_____ Bagel (3 oz bagel sliced)	1	each	per	person
_____ Peanut Butter and Jelly Pouches	1	sleeves	per	person
_____ Fruit Snacks (mott's 1.6 oz packet)	1	packet	per	person
_____ Fresh carrots	1	bag	per	crew
_____ Pringles or Lay's Stacks	2	can	per	crew
_____ Electrolyte Drink - Squinchers Fruit Punch	1	each	per	person

L3-Chix Salad Pitas

Pita Bread	1	pita	per	crew
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
Ritz snackwiches w/cheese	1	packet	per	person
Planter's peanut roll	1	bar	per	person
Sunrype fruit bar	1	each	per	person
Electrolyte Drink - Gatorade Orange	1	each	per	person

L4-SUMMER SAUSAGE CRACKERS

Ritz Crackers	3	box	per	crew
Jack Links Pepperoni and Cheese 45 G - 017082882356	2	pkg	per	person
Dried Pineapple	1	pc	per	person
Sunrype to go fruit	2	each	per	person
Madera Mix	1	each	per	person
Electrolyte Drink - Gatorade Cherry Lime	1	each	per	person

L5-HUDSON BAY BREAD

Hudson Bay Bread	1	bar	per	person
Peanut Butter and Jelly Pouches	1	sleeves	per	person
Dried Fruit - Apples 1 oz bags	1	pc	per	person
M & M's plain and/or peanut	1	each	per	person
Electrolyte Drink - Squinchers Orange	1	each	per	person

L6-PEPPERONI PIZZA

TORTILLA - 6 inch ULF #783000	2	pkg	per	crew
Cheez Whiz	3	each	per	person
Hormel Pepperoni Slices (6 oz package)	3	pkg	per	crew
SQUEEZABLE PIZZA SAUCE (plastic)	1	bottle	per	crew
Mixed Fruit bags	1	pc	per	person
Twizzlers 16 oz package	1	each	per	crew
Electrolyte Drink - Squinchers Grape	1	each	per	person

L7- Bagel Chips and Hummus

Bagel Chips - New York Style Bagel Crisps, Roasted Garlic	2	pkg	per	crew
Hummus - freeze dried hummus Orginal hummus cup 3 oz	3	oz	per	person
Jack Links Beef 'n Cheddar	1	pc	per	person
Salted Peanuts	1	pc	per	person
Dried Cranberries	1	pc	per	person
Rice Krispy Treat - 1.4 oz bar	1	pc	per	person
Electrolyte Drink - Stur Hydration Fruit Punch	1	each	per	person

L8 - Chicken Salad and Crackers

Wheat thins	3	box	per	crew
Tuna Pouch	1	pouch	per	person
Granola Bar	1	package	per	person
MAYO	2	pc	per	person
RELISH PACKET	2	pc	per	person
Ritz Snackwiches	1	pc	per	person
Sunrype fruit bars	1	each	per	person
Electrolyte Drink - Squinchers Orange	1	each	per	person

L9-HUDSON BAY BREAD

Nature Valley Crunchy Bars	2	bar	per	person
Peanut Butter and Jelly Pouches	1	sleeves	per	person
Dried Fruit #3	1	pc	per	person
M&Ms	1	each	per	person
Electrolyte Drink - Stur Hydration Lemon Lime	1	each	per	person

D1

Beef Stroganoff	0.75	Pouch	per	person
Cheesecake	1	Package	per	person

D2

Spaghetti with Meat Sauce	0.75	Pouch	per	person
Mountain Beery Cobbler	1	Package	per	person

D3

Mac n Cheese	0.75	Pouch	per	person
Chicken Pouch	1	Pouch	per	person
Blueberry Peach Crisp	1	Package	per	person

D4

Chicken Curry	0.75	Pouch	per	person
Cheesecake Bites	1	Package	per	person

D5

Chicken Teryaki Rice	0.75	Pouch	per	person
Peach Cobbler	1	Package	per	person

D6

Pad Thia with Chicken	0.75	Pouch	per	person
Brownie Bites	1	Package	per	person

D7

Sheperd's Stew	0.75	Pouch	per	person
Chocolate Cake Pouch	1	Package	per	person

D8

Fettuccine Alfredo with Chicken	0.75	Pouch	per	person
Chips Ahoy Cookies	1	package	per	person

CUPBOARD ITEMS (Not Mandatory)

_____	BANNOCK	per	crew	0
_____	FISH FRY	per	crew	0
_____	POPCORN	per	crew	0
_____	PARKAY BUTTER	per	crew	0
_____	FRESH ONION	per	crew	0
_____	CANOLA OIL (12 oz bottles)	per	crew	0
_____	SUGAR-WHITE	per	crew	0
_____	SUGAR-BROWN	per	crew	0
_____	SUGAR-POWDER	per	crew	0
_____	Powder Milk	per	crew	0
_____	FRESH Carrot	per	person	0
_____	FRESH GREEN PEPPER	per	crew	0
_____	FRESH POTATO	per	person	0

BEVERAGES (not mandatory)

_____	COFFEE (REGULAR)	per	day/per crew	
_____	TEA (REGULAR)			
_____	TEA (DECAF)			
_____	HOT CHOCOLATE	per	person	
_____	APPLE CIDER	per	person	
_____	SUGAR PACKETS			
_____	CREAMER PACKETS			
_____	SWEET N LOW			

CONDIMENTS (not mandatory)

_____	KETCHUP
_____	MUSTARD
_____	Cholula
_____	BBQ SAUCE
_____	MAYONNAISE

ESSENTIALS

_____	TOILET PAPER	per	day	
_____	Bio Bag	per	day	
_____	FEMININE BAGS	per	female/day	
_____	LINER BAG FOR FOOD PACK	per	food pack	

WE'RE ALL PACKED & READY TO GO!!

SIGNATURES:

TRAIL STAFF: _____

COMMISSARY: _____