

21 Day General Menu



Total individuals: 16
Total servings: 16.0






































Shopping / Packing List

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
<input type="checkbox"/> 16.0	whole	Artichoke Lasagna	Dinner Artichoke Lasagna (PM) (16.0)	Artisan's Kitchen	Meat Cooler	\$	160.00
<input type="checkbox"/> 16.0	whole	Stuffed Italian Chicken (PM)	Dinner Stuffed Italian Chicken (PM) (16.0)	Artisan's Kitchen	Meat Cooler	\$	156.00
<input type="checkbox"/> 12.0	loaf	Sourdough	Dinner Artichoke Lasagna (PM) (2.0), Dinner Fettuccine Alfredo with Chicken (2.0), Dinner Tortellini w/ Chicken (2.0), Dinner Spaghetti and Meatballs (2.0), Dinner Pasta Primavera with Chicken Sausage (2.0), Dinner Chicken Pesto Pasta (2.0)	Bread	Bread Box	\$	40.44
<input type="checkbox"/> 12.0	package(s)	Pita Bread	Lunch Chicken Salad Pitas (3.0), Lunch Veggie Pitas 2nd Half (3.0), Lunch Hummus Pitas (3.0), Lunch Mediterranean Tuna Salad (3.0)	Bread	Bread Box	\$	29.28
<input type="checkbox"/> 21.2	bag(s)	Bagels	Breakfast Cold Cereal with Bagels and HB Eggs (2.0), Breakfast Yogurt and Granola with Bagels (3.2), Breakfast Cold Cereal with Bagels (3.2), Lunch Lox on Bagels with Cream Cheese 2nd Half (3.2), Breakfast Salmon Lox on Bagels (6.4), Breakfast Bagels with Hard Boiled Eggs (3.2)	Bread	Bread Box	\$	106.00
<input type="checkbox"/> 5.0	package(s)	English Muffins	Breakfast Yogurt and Granola with English Muffins (1.0), Breakfast Scrammlets and Bacon (2.0), Breakfast Eggs Benedict (2.0)	Bread	Bread Box	\$	18.25
<input type="checkbox"/> 23.8	loaf	Bread	Lunch Cold Cut Sammies 2nd Half (7.8), Lunch Peanut Butter and Jelly (3.0), Breakfast Egg Sammies (2.6), Lunch BLTA (2.6), Lunch Cold Cut Sammies (2.6), Lunch Caprese Salad Sandwich (2.6), Breakfast Egg Sammies 2nd Half (2.6)	Bread	Bread Box	\$	124.47
<input type="checkbox"/> 9.0	loaf	Texas Toast	Breakfast Blueberry French Toast with Sausage (3.0), Breakfast French Toast and Breakfast Sausage (3.0), Dinner Grilled Ham Cheese & Tomato Soup (3.0)	Bread	Bread Box	\$	28.98
<input type="checkbox"/> 3.0	package(s)	Brat Buns	Dinner Brats (3.0)	Bread	Bread Box	\$	14.97
<input type="checkbox"/> 2.0	package(s)	Hamburger Buns	Dinner Salmon Burgers (2.0)	Bread	Bread Box	\$	6.74
<input type="checkbox"/> 15.0	box(es)	Milk	Breakfast Cold Cereal with Bagels and HB Eggs (4.0), Breakfast Yogurt and Granola with English Muffins (1.0), Breakfast Yogurt and Granola with Bagels (1.0), Breakfast Cold Cereal with Bagels (4.0), Breakfast Blueberry French Toast with Sausage (1.0), Breakfast French Toast and Breakfast Sausage (1.0), Breakfast Yogurt and Granola, with Oatmeal (2.0), Breakfast Eggs Benedict (1.0)	Dollar Store	Day Box	\$	18.75
<input type="checkbox"/> 9.0	jar(s)	Minced Garlic	Dinner Artichoke Lasagna (PM) (1.0), Dinner Fettuccine Alfredo with Chicken (1.0), Dinner Tortellini w/ Chicken (1.0), Dinner Spaghetti and Meatballs (1.0), Dinner Beef Chili (1.0), Dinner Steaks and Potatoes (1.0), Dinner Chicken Curry (1.0), Dinner Pasta Primavera with Chicken Sausage (1.0), Dinner Chicken Pesto Pasta (1.0)	Fry's	Day Box	\$	17.91
<input type="checkbox"/> 3.0	box(es)	Fettuccine Noodles	Dinner Fettuccine Alfredo with Chicken (3.0)	Fry's	Day Box	\$	5.97
<input type="checkbox"/> 3.0	jar(s)	Alfredo Sauce	Dinner Fettuccine Alfredo with Chicken (3.0)	Fry's	Day Box	\$	8.97
<input type="checkbox"/> 3.0	jar(s)	Roasted Red Peppers	Dinner Fettuccine Alfredo with Chicken (2.0), Lunch River Pasta Salad (1.0)	Fry's	Day Box	\$	7.17
<input type="checkbox"/> 1.0	bottle(s)	Relish	Lunch Chicken Salad Pitas (1.0)	Fry's	Day Box	\$	1.99
<input type="checkbox"/> 21.0	package(s)	Cookies	Lunch Chicken Salad Pitas (1.0), Lunch Cold Cut Sammies 2nd Half (3.0), Lunch River Pasta Salad (1.0), Lunch Veggie Pitas 2nd Half (1.0), Lunch Lox on Bagels with Cream Cheese 2nd Half (1.0), Lunch Cuban Wrap (1.0), Lunch Taco Salad 2nd Half (1.0), Lunch Reuben Wraps (1.0), Lunch Hummus Pitas (1.0), Lunch Peanut Butter and Jelly (2.0), Lunch Cheese and Crackers With Salami (1.0), Lunch Mediterranean Tuna Salad (1.0), Lunch Taco Salad (1.0), Lunch BLTA (1.0), Lunch Cold Cut Sammies (1.0), Lunch Caprese Salad Sandwich (1.0), Lunch Black Bean and Corn Quinoa Salad (1.0), Lunch Mexi Wraps (1.0)	Fry's	Day Box	\$	94.50
<input type="checkbox"/> 4.0	package(s)	Dried Tortellini	Dinner Tortellini w/ Chicken (4.0)	Fry's	Day Box	\$	24.00
<input type="checkbox"/> 5.0	jar(s)	Pickles	Lunch Cold Cut Sammies 2nd Half (3.0), Lunch Cheese and Crackers With Salami (1.0), Lunch Cold Cut Sammies (1.0)	Fry's	Day Box	\$	13.45
<input type="checkbox"/> 5.0	jar(s)	Pepperoncinis	Lunch Cold Cut Sammies 2nd Half (3.0), Appetizer Antipasto Salad (1.0), Lunch Cold Cut Sammies (1.0)	Fry's	Day Box	\$	13.45
<input type="checkbox"/> 8.0	can(s)	Canned Blueberries	Breakfast Blueberry French Toast with Sausage (3.0), Dessert Blueberry and Peach Cobbler (DO) (2.0), Dessert Angel Food Cake (3.0)	Fry's	Day Box	\$	58.32
<input type="checkbox"/> 2.0	jar(s)	Sun Dried Tomatoes	Lunch River Pasta Salad (2.0)	Fry's	Day Box	\$	10.98
<input type="checkbox"/> 3.0	can(s)	Canned Artichoke Hearts	Lunch River Pasta Salad (2.0), Appetizer Antipasto Salad (1.0)	Fry's	Day Box	\$	11.97
<input type="checkbox"/> 2.0	bottle(s)	Ranch Dressing	Lunch Veggie Pitas 2nd Half (1.0), Appetizer Veggies and Dip (1.0)	Fry's	Day Box	\$	7.38
<input type="checkbox"/> 3.0	can(s)	Canned Asparagus	Lunch Veggie Pitas 2nd Half (1.0), Breakfast Eggs Benedict (1.0), Dinner Pasta Primavera with Chicken Sausage (1.0)	Fry's	Day Box	\$	15.00
<input type="checkbox"/> 4.0	jar(s)	Capers	Lunch Lox on Bagels with Cream Cheese 2nd Half (1.0), Breakfast Salmon Lox on Bagels (2.0), Dinner Salmon Burgers (1.0)	Fry's	Day Box	\$	17.96
<input type="checkbox"/> 3.0	bottle(s)	Spicy Mustard	Lunch Cuban Wrap (1.0), Dinner Brats (1.0), Lunch Cheese and Crackers With Salami (1.0)	Fry's	Day Box	\$	5.37
<input type="checkbox"/> 1.0	jar(s)	Dill Pickle Spears	Lunch Cuban Wrap (1.0)	Fry's	Day Box	\$	3.99
<input type="checkbox"/> 7.0	package(s)	Taco Seasoning	Lunch Taco Salad 2nd Half (1.0), Dinner Shrimp Tacos (2.0), Dinner Beef Tacos (2.0), Lunch Taco Salad (1.0), Lunch Mexi Wraps (1.0)	Fry's	Day Box	\$	4.90
<input type="checkbox"/> 1.0	package(s)	Wooden Skewers x 100	Dinner Kabobs (1.0)	Fry's	Day Box	\$	6.00
<input type="checkbox"/> 5.0	box(es)	Jambalaya	Dinner Jambalaya with Shrimp and Sausage 2nd Half (5.0)	Fry's	Day Box	\$	12.45
<input type="checkbox"/> 1.0	bottle(s)	Thousand Island Dressing	Lunch Reuben Wraps (1.0)	Fry's	Day Box	\$	3.69

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<input type="checkbox"/> 2.0	whole	Balsamic Glaze	Appetizer Tomato and Mozzarella Sliders (1.0), Lunch Caprese Salad Sandwich (1.0)	Fry's	Day Box		\$ 10.00
<input type="checkbox"/> 1.0	box(es)	Couscous	Dinner Stuffed Italian Chicken (PM) (1.0)	Fry's	Day Box		\$ 4.50
<input type="checkbox"/> 8.0	can(s)	Refried Beans	Dinner Beef Tacos (4.0), Breakfast Huevos Rancheros (4.0)	Fry's	Day Box		\$ 9.32
<input type="checkbox"/> 1.0	bottle(s)	Horseradish	Dinner Salmon Burgers (1.0)	Fry's	Day Box		\$ 1.99
<input type="checkbox"/> 1.0	bottle(s)	Cocktail Sauce	Dinner Salmon Burgers (1.0)	Fry's	Day Box		\$ 2.99
<input type="checkbox"/> 4.0	box(es)	Squash Soup	Appetizer Squash Soup (4.0)	Fry's	Day Box		\$ 17.96
<input type="checkbox"/> 3.0	bottle(s)	Tamari Soy Sauce	Appetizer Edamame (2.0), Dinner Pork Stir Fry (1.0)	Fry's	Day Box		\$ 11.07
<input type="checkbox"/> 3.0	package(s)	Chili Seasoning	Dinner Beef Chili (3.0)	Fry's	Day Box		\$ 2.97
<input type="checkbox"/> 1.0	jar(s)	Kalamata Olives	Lunch Mediterranean Tuna Salad (1.0)	Fry's	Day Box		\$ 5.99
<input type="checkbox"/> 3.0	bottle(s)	Thai Peanut Sauce	Dinner Pork Stir Fry (3.0)	Fry's	Day Box		\$ 11.37
<input type="checkbox"/> 1.0	bottle(s)	Peanut Oil	Dinner Pork Stir Fry (1.0)	Fry's	Day Box		\$ 0.81
<input type="checkbox"/> 1.0	bottle(s)	Sesame Oil	Dinner Pork Stir Fry (1.0)	Fry's	Day Box		\$ 4.99
<input type="checkbox"/> 1.0	bottle(s)	Sweet and Sour Sauce	Appetizer Egg Rolls (1.0)	Fry's	Day Box		\$ 3.49
<input type="checkbox"/> 1.0	can(s)	Canned Spinach	Breakfast Scrommlets and Bacon (1.0)	Fry's	Day Box		\$ 1.59
<input type="checkbox"/> 1.0	box(es)	Instant White Rice	Breakfast Gallo Pinto (1.0)	Fry's	Day Box		\$ 4.99
<input type="checkbox"/> 4.0	jar(s)	Ranchero Salsa/Sauce	Breakfast Huevos Rancheros (4.0)	Fry's	Day Box		\$ 5.00
<input type="checkbox"/> 2.0	package(s)	Hollandaise Sauce	Breakfast Eggs Benedict (2.0)	Fry's	Day Box		\$ 4.38
<input type="checkbox"/> 2.0	jar(s)	Green Curry Paste	Dinner Chicken Curry (2.0)	Fry's	Day Box		\$ 9.98
<input type="checkbox"/> 4.0	can(s)	Coconut Cream	Dinner Chicken Curry (4.0)	Fry's	Day Box		\$ 20.00
<input type="checkbox"/> 2.0	bag(s)	Jasmine Rice	Dinner Chicken Curry (1.0), Side Dish Cilantro Lime Rice (1.0)	Fry's	Day Box		\$ 8.78
<input type="checkbox"/> 2.0	box(es)	Pineapple Upside Down Cake Mix	Dessert Pineapple Upside Down Cake (DO) (2.0)	Fry's	Day Box		\$ 4.98
<input type="checkbox"/> 1.0	can(s)	Canned Pineapple	Dessert Pineapple Upside Down Cake (DO) (1.0)	Fry's	Day Box		\$ 2.49
<input type="checkbox"/> 1.0	bottle(s)	Salad Dressing	Appetizer Mixed Green Salad (1.0)	Fry's	Day Box		\$ 3.69
<input type="checkbox"/> 4.0	box(es)	Yellow Cake Mix	Dessert Blueberry and Peach Cobbler (DO) (2.0), Dessert Mixed Berry Cobbler (DO) (2.0)	Fry's	Day Box		\$ 7.96
<input type="checkbox"/> 1.0	package(s)	Yellow Cake Mix	Dessert Apple Crisp (DO) (1.0)	Fry's	Day Box		\$ 1.99
<input type="checkbox"/> 2.0	bottle(s)	Caesar Dressing	Side Dish Caesar Salad (2.0)	Fry's	Day Box		\$ 7.98
<input type="checkbox"/> 4.0	box(es)	Angel Hair Pasta	Dinner Chicken Pesto Pasta (4.0)	Fry's	Day Box		\$ 7.96
<input type="checkbox"/> 2.0	package(s)	Pepperidge Farms Cookies	Dessert Pepperidge Farms Cookies (2.0)	Fry's	Day Box		\$ 9.98
<input type="checkbox"/> 2.0	box(es)	No Bake Cheesecake	Dessert No Bake Cheesecake (2.0)	Fry's	Day Box		\$ 7.98
<input type="checkbox"/> 1.0	bag(s)	Marshmallows	Dessert S'mores (1.0)	Fry's	Day Box		\$ 2.49
<input type="checkbox"/> 1.0	package(s)	Wooden Skewers x 50	Dessert S'mores (1.0)	Fry's	Day Box		\$ 3.00
<input type="checkbox"/> 1.0	bottle(s)	Creamy Cilantro Dressing	Lunch Black Bean and Corn Quinoa Salad (1.0)	Fry's	Day Box		\$ 4.29
<input type="checkbox"/> 1.0	package(s)	Sunflower Seeds	Side Dish River Slaw (1.0)	Fry's	Day Box		\$ 1.00
<input type="checkbox"/> 1.0	bottle(s)	Coleslaw Dressing	Side Dish River Slaw (1.0)	Fry's	Day Box		\$ 3.00
<input type="checkbox"/> 4.0	box(es)	Tomato Soup	Dinner Grilled Ham Cheese & Tomato Soup (4.0)	Fry's	Day Box		\$ 17.96
<input type="checkbox"/> 2.0	loaf	Angel Food Cake	Dessert Angel Food Cake (2.0)	Fry's	Day Box		\$ 8.00

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
<input type="checkbox"/> 30.0	can(s)	Stax	Lunch Chicken Salad Pitas (2.0), Lunch Cold Cut Sammies 2nd Half (6.0), Lunch River Pasta Salad (2.0), Lunch Veggie Pitas 2nd Half (2.0), Lunch Lox on Bagels with Cream Cheese 2nd Half (2.0), Lunch Reuben Wraps (2.0), Lunch Hummus Pitas (2.0), Lunch Peanut Butter and Jelly (2.0), Lunch Mediterranean Tuna Salad (2.0), Lunch BLTA (2.0), Lunch Cold Cut Sammies (2.0), Lunch Caprese Salad Sandwich (2.0), Lunch Black Bean and Corn Quinoa Salad (2.0)	Fry's	Day Box		\$ 75.00
<input type="checkbox"/> 6.0	jar(s)	Jelly	Breakfast Cold Cereal with Bagels and HB Eggs (1.0), Breakfast Yogurt and Granola with English Muffins (1.0), Breakfast Yogurt and Granola with Bagels (1.0), Breakfast Cold Cereal with Bagels (1.0), Lunch Peanut Butter and Jelly (1.0), Breakfast Bagels with Hard Boiled Eggs (1.0)	Fry's	Day Box		\$ 41.94
<input type="checkbox"/> 4.0	package(s)	Instant Garlic Mashed Potatoes	Dinner Grilled Wild Salmon (4.0)	Fry's	Day Box		\$ 11.16
<input type="checkbox"/> 3.0	bottle(s)	Sauerkraut	Lunch Reuben Wraps (2.0), Dinner Brats (1.0)	Fry's	Day Box		\$ 8.07
<input type="checkbox"/> 1.0	box(es)	Instant Brown Rice	Dinner Pork Stir Fry (1.0)	Fry's	Day Box		\$ 1.69
<input type="checkbox"/> 2.0	box(es)	Pancake Mix	Breakfast Strawberry Pancakes and Eggs with Bacon (2.0)	Fry's	Day Box		\$ 8.98
<input type="checkbox"/> 3.0	bag(s)	Cheese Cubes	Lunch River Pasta Salad (3.0)	Fry's Dairy	Diary Cooler		\$ 18.00
<input type="checkbox"/> 36.0	whole	Yellow Bell Pepper	Dinner Fettuccine Alfredo with Chicken (2.0), Dinner Kabobs (4.0), Dinner Shrimp Tacos (2.0), Dinner Spaghetti and Meatballs (2.0), Breakfast Burritos (2.0), Lunch Hummus Pitas (3.0), Dinner Steak Fajitas (3.0), Appetizer Veggies and Dip (4.0), Appetizer Antipasto Salad (2.0), Lunch Mediterranean Tuna Salad (2.0), Dinner Steaks and Potatoes (2.0), Dinner Pork Stir Fry (2.0), Breakfast Tacos (2.0), Breakfast Scrommlets and Bacon (2.0), Dinner Chicken Curry (2.0)	Produce	Produce Cooler		\$ 54.00
<input type="checkbox"/> 10.0	whole	Zucchini	Dinner Fettuccine Alfredo with Chicken (2.0), Dinner Kabobs (4.0), Dinner Pasta Primavera with Chicken Sausage (4.0)	Produce	Produce Cooler		\$ 17.20
<input type="checkbox"/> 1.5	bunch(es)	Celery	Lunch Chicken Salad Pitas (0.5), Dinner Pork Stir Fry (1.0)	Produce	Produce Cooler		\$ 3.00
<input type="checkbox"/> 64.0	whole	Tomatoes	Lunch Chicken Salad Pitas (3.0), Dinner Shrimp Tacos (4.0), Breakfast Salmon Lox on Bagels (6.0), Dinner Brats (3.0), Appetizer Tomato and Mozzarella Sliders (6.0), Lunch Hummus Pitas (4.0), Dinner Salmon Burgers (3.0), Dinner Steak Fajitas (3.0), Lunch Mediterranean Tuna Salad (4.0), Breakfast Egg Sammies (3.0), Lunch BLTA (5.0), Lunch Cold Cut Sammies (3.0), Appetizer Mixed Green Salad (3.0), Side Dish Caesar Salad (4.0), Lunch Caprese Salad Sandwich (6.0), Dinner Grilled Ham Cheese & Tomato Soup (4.0)	Produce	Produce Cooler		\$ 64.00
<input type="checkbox"/> 5.0	head(s)	Iceberg Lettuce	Lunch Chicken Salad Pitas (1.0), Lunch Taco Salad (1.0), Lunch BLTA (2.0), Lunch Cold Cut Sammies (1.0)	Produce	Produce Cooler		\$ 11.20
<input type="checkbox"/> 42.0	whole	Avocados	Lunch Chicken Salad Pitas (4.0), Lunch Veggie Pitas 2nd Half (6.0), Dinner Shrimp Tacos (4.0), Dinner Steak Fajitas (3.0), Breakfast Gallo Pinto (4.0), Breakfast Egg Sammies (3.0), Lunch BLTA (4.0), Lunch Cold Cut Sammies (3.0), Appetizer Mixed Green Salad (3.0), Lunch Black Bean and Corn Quinoa Salad (4.0), Dinner Grilled Ham Cheese & Tomato Soup (4.0)	Produce	Produce Cooler		\$ 63.00
<input type="checkbox"/> 13.0	whole	Red Onion	Lunch Chicken Salad Pitas (1.0), Lunch Cold Cut Sammies 2nd Half (3.0), Lunch Veggie Pitas 2nd Half (1.0), Lunch Lox on Bagels with Cream Cheese 2nd Half (1.0), Breakfast Salmon Lox on Bagels (2.0), Dinner Salmon Burgers (1.0), Lunch Mediterranean Tuna Salad (1.0), Lunch Cold Cut Sammies (1.0), Side Dish Caesar Salad (2.0)	Produce	Produce Crate		\$ 13.00
<input type="checkbox"/> 40.5	dozen(s)	Eggs	Breakfast Cold Cereal with Bagels and HB Eggs (2.0), Breakfast Blueberry French Toast with Sausage (2.0), Breakfast Burritos (3.0), Breakfast Bagels with Hard Boiled Eggs (3.0), Breakfast Tacos (3.0), Breakfast Scrommlets and Bacon (3.0), Breakfast French Toast and Breakfast Sausage (2.0), Breakfast Gallo Pinto (3.0), Breakfast Egg Sammies (3.0), Breakfast Strawberry Pancakes and Eggs with Bacon (3.0), Breakfast Oatmeal and Produce Hard Boiled Eggs (4.0), Breakfast Huevos Rancheros (3.0), Breakfast Eggs Benedict (3.0), Dessert Pineapple Upside Down Cake (DO) (0.5), Breakfast Egg Sammies 2nd Half (3.0)	Produce	Egg Can		\$ 121.50
<input type="checkbox"/> 4.0	head(s)	Green Cabbage	Lunch Veggie Pitas 2nd Half (1.0), Lunch Taco Salad 2nd Half (1.0), Dinner Beef Tacos (1.0), Side Dish River Slaw (1.0)	Produce	Produce Crate		\$ 5.20
<input type="checkbox"/> 8.0	whole	Yellow Squash	Dinner Kabobs (4.0), Dinner Pasta Primavera with Chicken Sausage (4.0)	Produce	Produce Cooler		\$ 16.96
<input type="checkbox"/> 26.0	whole	Red Bell Pepper	Dinner Kabobs (4.0), Dinner Shrimp Tacos (2.0), Breakfast Burritos (2.0), Lunch Hummus Pitas (3.0), Dinner Steak Fajitas (3.0), Appetizer Antipasto Salad (2.0), Dinner Steaks and Potatoes (2.0), Dinner Pork Stir Fry (2.0), Breakfast Tacos (2.0), Breakfast Scrommlets and Bacon (2.0), Dinner Pasta Primavera with Chicken Sausage (2.0)	Produce	Produce Cooler		\$ 30.16
<input type="checkbox"/> 1.0	package(s)	Fresh Mushrooms	Dinner Kabobs (1.0)	Produce	Produce Cooler		\$ 5.88
<input type="checkbox"/> 23.0	whole	Yellow Onion	Dinner Kabobs (3.0), Dinner Shrimp Tacos (1.0), Dinner Grilled Wild Salmon (2.0), Dinner Jambalaya with Shrimp and Sausage 2nd Half (1.0), Breakfast Burritos (1.0), Dinner Beef Tacos (1.0), Dinner Beef Chili (2.0), Dinner Steak Fajitas (2.0), Dinner Steaks and Potatoes (2.0), Dinner Pork Stir Fry (2.0), Breakfast Tacos (1.0), Breakfast Scrommlets and Bacon (1.0), Breakfast Gallo Pinto (1.0), Dinner Chicken Curry (2.0), Dinner Pasta Primavera with Chicken Sausage (1.0)	Produce	Produce Crate		\$ 11.50
<input type="checkbox"/> 4.0	pound(s)	Asparagus	Dinner Grilled Wild Salmon (4.0)	Produce	Produce oz Cooler (3.99 lb)	63.89	\$ 16.00
<input type="checkbox"/> 4.0	whole	Lemons	Dinner Grilled Wild Salmon (4.0)	Produce	Produce Crate		\$ 2.40
<input type="checkbox"/> 34.0	whole	Potatoes	Breakfast Burritos (6.0), Dinner Steaks and Potatoes (16.0), Breakfast Tacos (6.0), Dinner Chicken Curry (6.0)	Produce	Produce Crate		\$ 20.40
<input type="checkbox"/> 8.0	ounce(s)	Fresh Basil	Appetizer Tomato and Mozzarella Sliders (4.0), Lunch Caprese Salad Sandwich (4.0)	Produce	Produce Cooler	8.0 oz	\$ 6.01
<input type="checkbox"/> 7.0	whole	Cucumbers	Lunch Hummus Pitas (3.0), Appetizer Veggies and Dip (2.0), Lunch Mediterranean Tuna Salad (2.0)	Produce	Produce		\$ 3.50
<input type="checkbox"/> 4.0	bag(s)	Baby Carrots	Lunch Hummus Pitas (2.0), Appetizer Veggies and Dip (2.0)	Produce	Produce Cooler		\$ 7.16
<input type="checkbox"/> 8.0	head(s)	Romaine Lettuce	Appetizer Antipasto Salad (2.0), Side Dish Caesar Salad (4.0), Lunch Black Bean and Corn Quinoa Salad (2.0)	Produce	Produce Cooler		\$ 21.60
<input type="checkbox"/> 4.0	package(s)	Cherry Tomatoes	Appetizer Antipasto Salad (2.0), Lunch Black Bean and Corn Quinoa Salad (2.0)	Produce	Produce Cooler		\$ 24.00
<input type="checkbox"/> 5.5	pound(s)	Carrots	Dinner Pork Stir Fry (2.0), Dinner Chicken Curry (1.0), Appetizer Mixed Green Salad (0.5), Dinner Pasta Primavera with Chicken Sausage (1.0), Side Dish River Slaw (1.0)	Produce	Produce oz Cooler (5.49 lb)	87.85	\$ 8.20
<input type="checkbox"/> 4.0	whole	Jalapenos	Side Dish Cilantro Lime Rice (4.0)	Produce	Produce Cooler		\$ 3.96
<input type="checkbox"/> 8.0	whole	Limes	Side Dish Cilantro Lime Rice (4.0), Lunch Black Bean and Corn Quinoa Salad (4.0)	Produce	Produce Crate		\$ 4.72
<input type="checkbox"/> 12.0	whole	Apples	Dessert Apple Crisp (DO) (10.0), Side Dish River Slaw (2.0)	Produce	Produce Crate		\$ 12.00

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<input type="checkbox"/> 2.0	package(s)	Grape Tomatoes	Dinner Pasta Primavera with Chicken Sausage (2.0)	Produce	Produce Cooler		\$ 8.00
<input type="checkbox"/> 1.0	head(s)	Red Cabbage	Side Dish River Slaw (1.0)	Produce	Produce Crate		\$ 1.30
<input type="checkbox"/> 14.0	pound(s)	Cubed Chicken	Dinner Fettuccine Alfredo with Chicken (4.0), Dinner Kabobs (2.0), Dinner Chicken Curry (4.0), Dinner Chicken Pesto Pasta (4.0)	Randal's	Meat Cooler	223.61 oz (13.98 lb)	\$ 125.86
<input type="checkbox"/> 16.0	pound(s)	Sliced Deli Meat	Lunch Cold Cut Sammies 2nd Half (12.0), Lunch Cold Cut Sammies (4.0)	Randal's	Meat Cooler	255.55 oz (15.97 lb)	\$ 108.00
<input type="checkbox"/> 8.0	pound(s)	Breakfast Sausage	Breakfast Blueberry French Toast with Sausage (4.0), Breakfast French Toast and Breakfast Sausage (4.0)	Randal's	Meat Cooler	127.77 oz (7.99 lb)	\$ 63.92
<input type="checkbox"/> 3.0	pound(s)	Sliced Turkey	Lunch Veggie Pitas 2nd Half (3.0)	Randal's	Meat Cooler	47.92 oz (2.99 lb)	\$ 44.97
<input type="checkbox"/> 7.0	pound(s)	Sliced Ham	Lunch Cuban Wrap (3.0), Dinner Grilled Ham Cheese & Tomato Soup (4.0)	Randal's	Meat Cooler	111.8 oz (6.99 lb)	\$ 42.00
<input type="checkbox"/> 2.0	pound(s)	Cubed Beef	Dinner Kabobs (2.0)	Randal's	Meat Cooler	31.94 oz (2.0 lb)	\$ 31.98
<input type="checkbox"/> 5.0	pound(s)	Wild Salmon	Dinner Grilled Wild Salmon (5.0)	Randal's	Meat Cooler	79.86 oz (4.99 lb)	\$ 89.95
<input type="checkbox"/> 12.0	whole	Andouille Sausage	Dinner Jambalaya with Shrimp and Sausage 2nd Half (12.0)	Randal's	Meat Cooler		\$ 42.00
<input type="checkbox"/> 28.0	pound(s)	Bacon	Breakfast Burritos (4.0), Breakfast Scrommlets and Bacon (4.0), Breakfast Gallo Pinto (4.0), Breakfast Egg Sammies (4.0), Breakfast Strawberry Pancakes and Eggs with Bacon (4.0), Breakfast Huevos Rancheros (4.0), Breakfast Egg Sammies 2nd Half (4.0)	Randal's	Meat Cooler	447.21 oz (27.95 lb)	\$ 280.00
<input type="checkbox"/> 4.0	pound(s)	Sliced Pastrami	Lunch Reuben Wraps (4.0)	Randal's	Meat Cooler	63.89 oz (3.99 lb)	\$ 55.96
<input type="checkbox"/> 20.0	whole	Brats	Dinner Brats (20.0)	Randal's	Meat Cooler		\$ 49.80
<input type="checkbox"/> 8.0	pound(s)	Ground Beef	Dinner Beef Tacos (4.0), Dinner Beef Chili (4.0)	Randal's	Meat Cooler	127.77 oz (7.99 lb)	\$ 63.92
<input type="checkbox"/> 7.5	pound(s)	Sliced Salami	Lunch Cheese and Crackers With Salami (4.0), Appetizer Antipasto Salad (0.5), Lunch Caprese Salad Sandwich (3.0)	Randal's	Meat Cooler	119.79 oz (7.49 lb)	\$ 67.42
<input type="checkbox"/> 4.0	pound(s)	Steak Fajita Meat	Dinner Steak Fajitas (4.0)	Randal's	Meat Cooler	63.89 oz (3.99 lb)	\$ 63.96
<input type="checkbox"/> 0.5	pound(s)	Capicola Ham	Appetizer Antipasto Salad (0.5)	Randal's	Meat Cooler	7.99 oz	\$ 6.00
<input type="checkbox"/> 0.5	pound(s)	Pepperoni	Appetizer Antipasto Salad (0.5)	Randal's	Meat Cooler	7.99 oz	\$ 7.50
<input type="checkbox"/> 16.0	whole	Steaks	Dinner Steaks and Potatoes (16.0)	Randal's	Meat Cooler		\$ 480.00
<input type="checkbox"/> 4.0	pound(s)	Cubed Pork	Dinner Pork Stir Fry (4.0)	Randal's	Meat Cooler	63.89 oz (3.99 lb)	\$ 31.96
<input type="checkbox"/> 4.0	pound(s)	Chorizo	Breakfast Tacos (4.0)	Randal's	Meat Cooler	63.89 oz (3.99 lb)	\$ 31.96
<input type="checkbox"/> 3.0	pound(s)	Canadian Bacon	Breakfast Eggs Benedict (3.0)	Randal's	Meat Cooler	47.92 oz (2.99 lb)	\$ 30.00
<input type="checkbox"/> 16.0	whole	Safeway Lunch Stop	Safeway Lunch (16.0)	Safeway			\$ 0.00
<input type="checkbox"/> 12.0	can(s)	Canned Green Beans	Dinner Artichoke Lasagna (PM) (5.0), Dinner Tortellini w/ Chicken (5.0), Dinner Pasta Primavera with Chicken Sausage (2.0)	Sam's	Day Box		\$ 10.17
<input type="checkbox"/> 11.0	can(s)	Canned Mushrooms	Dinner Fettuccine Alfredo with Chicken (1.0), Dinner Spaghetti and Meatballs (2.0), Dinner Jambalaya with Shrimp and Sausage 2nd Half (2.0), Dinner Steaks and Potatoes (4.0), Breakfast Scrommlets and Bacon (2.0)	Sam's	Day Box		\$ 12.17
<input type="checkbox"/> 6.0	can(s)	Canned Chicken	Lunch Chicken Salad Pitas (4.0), Lunch River Pasta Salad (2.0)	Sam's	Day Box		\$ 12.00
<input type="checkbox"/> 2.0	bag(s)	Cold Cereal	Breakfast Cold Cereal with Bagels and HB Eggs (1.0), Breakfast Cold Cereal with Bagels (1.0)	Sam's	Day Box		\$ 7.98
<input type="checkbox"/> 3.0	bag(s)	Granola	Breakfast Yogurt and Granola with English Muffins (1.0), Breakfast Yogurt and Granola with Bagels (1.0), Breakfast Yogurt and Granola, with Oatmeal (1.0)	Sam's	Day Box		\$ 19.44
<input type="checkbox"/> 5.0	jar(s)	Marinara Sauce	Dinner Tortellini w/ Chicken (2.0), Dinner Spaghetti and Meatballs (3.0)	Sam's	Day Box		\$ 13.30

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
	1.0	box(es)	Almond Milk	Breakfast Yogurt and Granola with Bagels (1.0)	Sam's	Day Box	\$ 3.00
	4.0	bottle(s)	Cinnamon	Breakfast Blueberry French Toast with Sausage (1.0), Breakfast French Toast and Breakfast Sausage (1.0), Dessert Apple Crisp (DO) (1.0), Dessert Churros (1.0)	Sam's	Spice Box	\$ 4.00
	7.0	bag(s)	Penne Pasta	Lunch River Pasta Salad (3.0), Dinner Pasta Primavera with Chicken Sausage (4.0)	Sam's	Day Box	\$ 13.93
	6.0	can(s)	Black Olives	Lunch River Pasta Salad (1.0), Dinner Shrimp Tacos (2.0), Dinner Beef Tacos (2.0), Lunch Mexi Wraps (1.0)	Sam's	Day Box	\$ 12.00
	6.0	package(s)	Salmon Lox	Lunch Lox on Bagels with Cream Cheese 2nd Half (2.0), Breakfast Salmon Lox on Bagels (4.0)	Sam's	Meat Cooler	\$ 83.88
	2.0	package(s)	Pre-cooked Bacon	Lunch Cuban Wrap (1.0), Lunch BLTA (1.0)	Sam's	Day Box	\$ 30.94
	2.0	bag(s)	Chips	Lunch Cuban Wrap (1.0), Dinner Brats (1.0)	Sam's	Day Box	\$ 8.00
	25.0	can(s)	Black Beans	Lunch Taco Salad 2nd Half (2.0), Dinner Shrimp Tacos (6.0), Breakfast Burritos (3.0), Appetizer Train Wreck (2.0), Lunch Taco Salad (2.0), Breakfast Gallo Pinto (4.0), Lunch Black Bean and Corn Quinoa Salad (4.0), Lunch Mexi Wraps (2.0)	Sam's	Day Box	\$ 1.56
	8.0	can(s)	Canned Kidney Beans	Lunch Taco Salad 2nd Half (2.0), Dinner Beef Chili (4.0), Lunch Taco Salad (2.0)	Sam's	Day Box	\$ 8.00
	9.0	can(s)	Pinto Beans	Lunch Taco Salad 2nd Half (2.0), Dinner Beef Chili (2.0), Lunch Taco Salad (2.0), Lunch Mexi Wraps (3.0)	Sam's	Day Box	\$ 8.97
	10.0	jar(s)	Salsa	Lunch Taco Salad 2nd Half (1.0), Breakfast Burritos (1.0), Appetizer Tortilla Chips, Salsa, and Guacamole (2.0), Appetizer Train Wreck (1.0), Dinner Steak Fajitas (1.0), Lunch Taco Salad (1.0), Breakfast Tacos (1.0), Breakfast Gallo Pinto (1.0), Lunch Mexi Wraps (1.0)	Sam's	Day Box	\$ 52.90
	3.0	bag(s)	Beef Jerky	Lunch Taco Salad 2nd Half (1.0), Lunch Hummus Pitas (1.0), Lunch Taco Salad (1.0)	Sam's	Day Box	\$ 48.00
	5.0	bag(s)	Tortilla Chips	Lunch Taco Salad 2nd Half (1.0), Appetizer Tortilla Chips, Salsa, and Guacamole (2.0), Appetizer Train Wreck (1.0), Lunch Taco Salad (1.0)	Sam's	Day Box	\$ 22.40
	14.0	can(s)	Canned Corn	Lunch Taco Salad 2nd Half (1.0), Dinner Brats (4.0), Dinner Stuffed Italian Chicken (PM) (4.0), Dinner Beef Chili (1.0), Lunch Taco Salad (1.0), Lunch Black Bean and Corn Quinoa Salad (2.0), Lunch Mexi Wraps (1.0)	Sam's	Day Box	\$ 12.22
	16.0	can(s)	Diced Green Chiles	Lunch Taco Salad 2nd Half (1.0), Dinner Beef Tacos (2.0), Appetizer Train Wreck (1.0), Dinner Beef Chili (2.0), Dinner Steak Fajitas (2.0), Lunch Taco Salad (1.0), Breakfast Egg Sammies (2.0), Breakfast Huevos Rancheros (2.0), Breakfast Egg Sammies 2nd Half (2.0), Lunch Mexi Wraps (1.0)	Sam's	Day Box	\$ 16.00
	16.0	can(s)	Diced Tomatoes	Dinner Shrimp Tacos (3.0), Dinner Jambalaya with Shrimp and Sausage 2nd Half (2.0), Dinner Beef Tacos (3.0), Dinner Beef Chili (5.0), Lunch Taco Salad (2.0), Lunch Mexi Wraps (1.0)	Sam's	Day Box	\$ 11.97
	4.0	box(es)	Spaghetti Noodles	Dinner Spaghetti and Meatballs (4.0)	Sam's	Day Box	\$ 7.96
	8.0	can(s)	Baked Beans	Dinner Brats (4.0), Dinner Salmon Burgers (4.0)	Sam's	Day Box	\$ 11.22
	1.0	bag(s)	Trail Mix	Lunch Hummus Pitas (1.0)	Sam's	Day Box	\$ 12.98
	2.0	bag(s)	Pita Chips	Appetizer Bruschetta (2.0)	Sam's	Day Box	\$ 16.98
	4.0	package(s)	Saltine Crackers	Dinner Beef Chili (4.0)	Sam's	Day Box	\$ 2.39
	4.0	can(s)	Tomato Paste	Dinner Beef Chili (4.0)	Sam's	Day Box	\$ 3.96
	1.0	can(s)	Whole Black Olives	Appetizer Antipasto Salad (1.0)	Sam's	Day Box	\$ 1.70
	1.0	bottle(s)	Italian Dressing	Appetizer Antipasto Salad (1.0)	Sam's	Day Box	\$ 3.69
	1.0	bottle(s)	Vinaigrette	Lunch Mediterranean Tuna Salad (1.0)	Sam's	Day Box	\$ 3.69
	1.0	bottle(s)	Steak Sauce	Dinner Steaks and Potatoes (1.0)	Sam's	Day Box	\$ 5.79
	1.0	bottle(s)	Chives	Dinner Steaks and Potatoes (1.0)	Sam's	Spice Box	\$ 1.00
	1.0	bottle(s)	Worcestershire Sauce	Breakfast Gallo Pinto (1.0)	Sam's	Day Box	\$ 3.00
	2.0	box(es)	Oatmeal	Breakfast Yogurt and Granola, with Oatmeal (1.0), Breakfast Oatmeal and Hard Boiled Eggs (1.0)	Sam's	Day Box	\$ 4.00
	1.0	bag(s)	Frozen Strawberries	Breakfast Strawberry Pancakes and Eggs with Bacon (1.0)	Sam's	Meat Cooler	\$ 4.13
	1.0	package(s)	Almonds	Breakfast Oatmeal and Hard Boiled Eggs (1.0)	Sam's	Day Box	\$ 2.99
	1.0	package(s)	Dried Fruit	Breakfast Oatmeal and Hard Boiled Eggs (1.0)	Sam's	Day Box	\$ 4.00
	3.0	package(s)	Croutons	Appetizer Mixed Green Salad (1.0), Side Dish Caesar Salad (2.0)	Sam's	Day Box	\$ 2.97
	1.0	bottle(s)	Dried Cilantro	Side Dish Cilantro Lime Rice (1.0)	Sam's	Spice Box	\$ 0.50
	16.0	whole	Chicken Sausages	Dinner Pasta Primavera with Chicken Sausage (16.0)	Sam's	Meat Cooler	\$ 28.00
	16.0	whole	Chocolate Bars	Dessert S'mores (16.0)	Sam's	Day Box	\$ 15.11
	1.0	package(s)	Quinoa	Lunch Black Bean and Corn Quinoa Salad (1.0)	Sam's	Day Box	\$ 2.00

	Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
<input type="checkbox"/>	8.0	whole	Dark Chocolate Bars	Dessert Dark Chocolate Bars (8.0)	Sam's	Day Box		\$ 23.92
<input type="checkbox"/>	6.0	jar(s)	Peanut Butter	Breakfast Cold Cereal with Bagels and HB Eggs (1.0), Breakfast Yogurt and Granola with English Muffins (1.0), Breakfast Yogurt and Granola with Bagels (1.0), Breakfast Cold Cereal with Bagels (1.0), Lunch Peanut Butter and Jelly (1.0), Breakfast Bagels with Hard Boiled Eggs (1.0)	Sam's	Day Box		\$ 24.36
<input type="checkbox"/>	3.0	bottle(s)	Maple Syrup	Breakfast Blueberry French Toast with Sausage (1.0), Breakfast French Toast and Breakfast Sausage (1.0), Breakfast Strawberry Pancakes and Eggs with Bacon (1.0)	Sam's	Day Box		\$ 38.94
<input type="checkbox"/>	1.0	package(s)	Dried Cranberries	Appetizer Brie and Crackers (1.0)	Sam's	Day Box		\$ 2.00
<input type="checkbox"/>	3.0	can(s)	Canned Sliced Peaches	Dessert Blueberry and Peach Cobbler (DO) (3.0)	Sam's	Day Box		\$ 4.50
<input type="checkbox"/>	1.0	bottle(s)	Sugar	Dessert Churros (1.0)	Sam's	Spice Box		\$ 2.06
<input type="checkbox"/>	3.0	jar(s)	Pesto	Appetizer Pesto Cream Cheese (1.0), Lunch Caprese Salad Sandwich (1.0), Dinner Chicken Pesto Pasta (1.0)	Sam's Dairy	Produce Cooler		\$ 23.94
<input type="checkbox"/>	18.0	package(s)	Cream Cheese	Appetizer Pesto Cream Cheese (2.0), Breakfast Cold Cereal with Bagels and HB Eggs (2.0), Breakfast Yogurt and Granola with Bagels (2.0), Breakfast Cold Cereal with Bagels (2.0), Lunch Lox on Bagels with Cream Cheese 2nd Half (2.0), Breakfast Salmon Lox on Bagels (4.0), Appetizer Train Wreck (2.0), Breakfast Bagels with Hard Boiled Eggs (2.0)	Sam's Dairy	Dairy Cooler		\$ 53.82
<input type="checkbox"/>	138.0	ounce(s)	Butter	Dinner Artichoke Lasagna (PM) (8.0), Dinner Fettuccine Alfredo with Chicken (8.0), Dinner Tortellini w/ Chicken (4.0), Dinner Spaghetti and Meatballs (8.0), Dinner Grilled Wild Salmon (8.0), Dinner Steaks and Potatoes (8.0), Breakfast Scrommlets and Bacon (4.0), Breakfast French Toast and Breakfast Sausage (8.0), Breakfast Strawberry Pancakes and Eggs with Bacon (8.0), Breakfast Eggs Benedict (12.0), Dessert Blueberry and Peach Cobbler (DO) (8.0), Dessert Apple Crisp (DO) (6.0), Dinner Pasta Primavera with Chicken Sausage (8.0), Dessert Mixed Berry Cobbler (DO) (16.0), Dinner Chicken Pesto Pasta (8.0), Dinner Grilled Ham Cheese & Tomato Soup (16.0)	Sam's Dairy	Dairy Cooler	138.0 oz (8.63 lb)	\$ 30.19
<input type="checkbox"/>	5.5	whole	Parmesan Cheese Block	Dinner Fettuccine Alfredo with Chicken (1.0), Dinner Tortellini w/ Chicken (0.5), Dinner Spaghetti and Meatballs (1.0), Side Dish Caesar Salad (2.0), Dinner Pasta Primavera with Chicken Sausage (1.0)	Sam's Dairy	Dairy Cooler		\$ 36.19
<input type="checkbox"/>	23.0	pound(s)	Sliced Cheese	Lunch Chicken Salad Pitas (1.0), Lunch Cold Cut Sammies 2nd Half (6.0), Lunch Veggie Pitas 2nd Half (2.0), Lunch Reuben Wraps (2.0), Lunch Hummus Pitas (2.0), Breakfast Egg Sammies (2.0), Lunch Cold Cut Sammies (2.0), Breakfast Egg Sammies 2nd Half (2.0), Dinner Grilled Ham Cheese & Tomato Soup (4.0)	Sam's Dairy	Dairy Cooler	367.35 oz (22.96 lb)	\$ 90.50
<input type="checkbox"/>	6.0	tub(s)	Yogurt	Breakfast Yogurt and Granola with English Muffins (2.0), Breakfast Yogurt and Granola with Bagels (2.0), Breakfast Yogurt and Granola, with Oatmeal (2.0)	Sam's Dairy	Dairy Cooler		\$ 25.68
<input type="checkbox"/>	1.0	whole	Block Gouda Cheese	Appetizer Smoked Gouda and Crackers (1.0)	Sam's Dairy	Dairy Cooler		\$ 20.94
<input type="checkbox"/>	9.0	package(s)	Guacamole	Lunch Cold Cut Sammies 2nd Half (3.0), Lunch Taco Salad 2nd Half (1.0), Appetizer Tortilla Chips, Salsa, and Guacamole (2.0), Dinner Beef Tacos (1.0), Lunch Taco Salad (1.0), Lunch Mexi Wraps (1.0)	Sam's Dairy	Produce Cooler		\$ 19.71
<input type="checkbox"/>	2.0	tub(s)	Hummus	Lunch Veggie Pitas 2nd Half (1.0), Lunch Hummus Pitas (1.0)	Sam's Dairy	Dairy Cooler		\$ 8.96
<input type="checkbox"/>	2.0	pound(s)	Sliced Swiss Cheese	Lunch Cuban Wrap (2.0)	Sam's Dairy	Dairy Cooler	31.94 oz (2.0 lb)	\$ 7.86
<input type="checkbox"/>	6.75	package(s)	Flour Tortillas	Lunch Cuban Wrap (0.75), Lunch Taco Salad 2nd Half (0.75), Breakfast Burritos (0.75), Lunch Reuben Wraps (0.75), Dinner Steak Fajitas (0.75), Lunch Taco Salad (0.75), Breakfast Gallo Pinto (0.75), Lunch Black Bean and Corn Quinoa Salad (0.75), Lunch Mexi Wraps (0.75)	Sam's Dairy	Bread Box		\$ 40.36
<input type="checkbox"/>	10.0	tub(s)	Sour Cream	Lunch Taco Salad 2nd Half (1.0), Dinner Shrimp Tacos (1.0), Dinner Grilled Wild Salmon (1.0), Breakfast Burritos (1.0), Dinner Beef Tacos (1.0), Dinner Beef Chili (1.0), Dinner Steak Fajitas (1.0), Dinner Steaks and Potatoes (1.0), Lunch Taco Salad (1.0), Lunch Mexi Wraps (1.0)	Sam's Dairy	Dairy Cooler		\$ 23.40
<input type="checkbox"/>	12.0	pound(s)	Shredded Cheese	Dinner Shrimp Tacos (1.0), Breakfast Burritos (1.0), Dinner Beef Tacos (2.0), Dinner Beef Chili (1.0), Dinner Steak Fajitas (2.0), Breakfast Tacos (1.0), Breakfast Scrommlets and Bacon (1.0), Breakfast Huevos Rancheros (2.0), Lunch Mexi Wraps (1.0)	Sam's Dairy	Dairy Cooler	191.66 oz (11.98 lb)	\$ 35.88
<input type="checkbox"/>	5.5	package(s)	Corn Tortillas	Dinner Shrimp Tacos (1.5), Dinner Beef Tacos (2.0), Breakfast Tacos (1.0), Breakfast Huevos Rancheros (1.0)	Sam's Dairy	Bread Box		\$ 13.75
<input type="checkbox"/>	6.0	package(s)	Fresh Mozzarella	Appetizer Tomato and Mozzarella Sliders (2.0), Appetizer Antipasto Salad (1.0), Lunch Caprese Salad Sandwich (3.0)	Sam's Dairy	Dairy Cooler		\$ 24.84
<input type="checkbox"/>	4.0	whole	Cheese Block	Lunch Cheese and Crackers With Salami (2.0), Appetizer Cheese and Crackers (2.0)	Sam's Dairy	Dairy Cooler		\$ 80.00
<input type="checkbox"/>	1.0	tub(s)	Spinach Dip	Appetizer Spinach Dip (1.0)	Sam's Dairy	Dairy Cooler		\$ 6.98
<input type="checkbox"/>	1.0	package(s)	Feta Cheese	Lunch Mediterranean Tuna Salad (1.0)	Sam's Dairy	Day Box		\$ 7.28
<input type="checkbox"/>	1.0	package(s)	Brie Cheese	Appetizer Brie and Crackers (1.0)	Sam's Dairy	Dairy Cooler		\$ 6.98
<input type="checkbox"/>	2.0	bag(s)	Mixed Greens	Appetizer Mixed Green Salad (2.0)	Sam's Dairy	Produce Cooler		\$ 3.88
<input type="checkbox"/>	2.0	can(s)	Whipped Cream	Dessert Mixed Berry Cobbler (DO) (1.0), Dessert Angel Food Cake (1.0)	Sam's Dairy	Dairy Cooler		\$ 5.65
<input type="checkbox"/>	4.0	bag(s)	Shrimp	Dinner Kabobs (1.0), Dinner Shrimp Tacos (2.0), Dinner Jambalaya with Shrimp and Sausage 2nd Half (1.0)	Sam's Frozen	Meat Cooler		\$ 57.92
<input type="checkbox"/>	4.0	pound(s)	Frozen Meatballs	Dinner Spaghetti and Meatballs (4.0)	Sam's Frozen	Meat Cooler	63.89 oz (3.99 lb)	\$ 13.33
<input type="checkbox"/>	2.0	pound(s)	Frozen Mixed Berries	Dessert Mixed Berry Cobbler (DO) (2.0)	Sam's Frozen	Meat Cooler	31.94 oz (2.0 lb)	\$ 5.44
<input type="checkbox"/>	1.0	bag(s)	Frozen Tropical Fruit	Dessert Frozen Tropical Fruit (1.0)	Sam's Frozen	Meat Cooler		\$ 9.00
<input type="checkbox"/>	18.0	pound(s)	Coffee	Breakfast Cold Cereal with Bagels and HB Eggs (1.0), Breakfast Yogurt and Granola with English Muffins (1.0), Breakfast Yogurt and Granola with Bagels (1.0), Breakfast Cold Cereal with Bagels (1.0), Breakfast Blueberry French Toast with Sausage (1.0), Breakfast Burritos (1.0), Breakfast Salmon Lox on Bagels (2.0), Breakfast Bagels with Hard Boiled Eggs (1.0), Breakfast Tacos (1.0), Breakfast Scrommlets and Bacon (1.0), Breakfast French Toast and Breakfast Sausage (1.0), Breakfast Gallo Pinto (1.0), Breakfast Egg Sammies (1.0), Breakfast Strawberry Pancakes and Eggs with Bacon (1.0), Breakfast Huevos Rancheros (1.0), Breakfast Eggs Benedict (1.0), Breakfast Egg Sammies 2nd Half (1.0)	Sam's Frozen	Day Box	287.49 oz (17.97 lb)	\$ 216.00
<input type="checkbox"/>	36.0	package(s)	Crackers	Appetizer Pesto Cream Cheese (4.0), Appetizer Smoked Gouda and Crackers (4.0), Appetizer Olive Tapenade (8.0), Lunch Cheese and Crackers With Salami (8.0), Appetizer Spinach Dip (4.0), Appetizer Cheese and Crackers (4.0), Appetizer Brie and Crackers (4.0)	U.S. Foods	Day Box		\$ 54.00

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
<input type="checkbox"/> 7.0	bottle(s)	Mayonnaise	Lunch Chicken Salad Pitas (1.0), Lunch Cold Cut Sammies 2nd Half (3.0), Dinner Salmon Burgers (1.0), Lunch BLTA (1.0), Lunch Cold Cut Sammies (1.0)	U.S. Foods	Day Box		\$ 32.83
<input type="checkbox"/> 4.0	pound(s)	Pre-cooked Chicken Strips	Dinner Tortellini w/ Chicken (4.0)	U.S. Foods	Meat Cooler	63.89 oz (3.99 lb)	\$ 17.96
<input type="checkbox"/> 4.0	bottle(s)	Mustard	Lunch Cold Cut Sammies 2nd Half (3.0), Lunch Cold Cut Sammies (1.0)	U.S. Foods	Day Box		\$ 8.76
<input type="checkbox"/> 1.0	box(es)	Long Grain and Wild Rice	Dinner Kabobs (1.0)	U.S. Foods	Day Box		\$ 10.66
<input type="checkbox"/> 3.0	box(es)	Spanish Rice	Dinner Shrimp Tacos (1.0), Dinner Beef Tacos (1.0), Breakfast Huevos Rancheros (1.0)	U.S. Foods	Day Box		\$ 24.00
<input type="checkbox"/> 1.0	package(s)	Frozen Peppers and Onions	Dinner Jambalaya with Shrimp and Sausage 2nd Half (1.0)	U.S. Foods	Meat Cooler		\$ 10.00
<input type="checkbox"/> 1.0	bottle(s)	Ketchup	Dinner Brats (1.0)	U.S. Foods	Day Box		\$ 1.50
<input type="checkbox"/> 20.0	whole	Salmon Burgers	Dinner Salmon Burgers (20.0)	U.S. Foods	Meat Cooler		\$ 45.00
<input type="checkbox"/> 8.0	bag(s)	Frozen Edamame	Appetizer Edamame (8.0)	U.S. Foods	Meat Cooler		\$ 21.28
<input type="checkbox"/> 1.0	package(s)	Tuna	Lunch Mediterranean Tuna Salad (1.0)	U.S. Foods	Day Box		\$ 10.98
<input type="checkbox"/> 2.0	pound(s)	Frozen Cauliflower	Dinner Pork Stir Fry (2.0)	U.S. Foods	Meat Cooler	31.94 oz (2.0 lb)	\$ 4.50
<input type="checkbox"/> 40.0	whole	Veggie Spring Rolls	Appetizer Egg Rolls (40.0)	U.S. Foods	Meat Cooler		\$ 24.00
<input type="checkbox"/> 2.0	bottle(s)	Honey	Breakfast Yogurt and Granola, with Oatmeal (1.0), Side Dish River Slaw (1.0)	U.S. Foods	Day Box		\$ 12.00
<input type="checkbox"/> 1.0	package(s)	Brown Sugar	Breakfast Oatmeal and Hard Boiled Eggs (1.0)	U.S. Foods	Day Box		\$ 1.00
<input type="checkbox"/> 1.0	package(s)	Frozen Sweet Potatoes	Side Dish Roasted Sweet Potatoes (1.0)	U.S. Foods	Meat Cooler		\$ 11.00
<input type="checkbox"/> 3.0	package(s)	Graham Crackers	Dessert S'mores (3.0)	U.S. Foods	Day Box		\$ 6.75
<input type="checkbox"/> 20.0	whole	Churros	Dessert Churros (20.0)	U.S. Foods	Meat Cooler		\$ 20.00
<input type="checkbox"/> 4.0	jar(s)	Bruschetta	Appetizer Bruschetta (4.0)	Whole Foods	Day Box		\$ 16.00
<input type="checkbox"/> 4.0	jar(s)	Olive Tapenade	Appetizer Olive Tapenade (4.0)	Whole Foods	Day Box		\$ 17.96
<input type="checkbox"/> 1.0	whole	Food	Rig Night (BYO or Moe Meal-additional charge) (1.0)				\$ 0.00
<input type="checkbox"/> 1.0	whole	Lunch on the road!	Lunch En Route to Flagstaff (1.0)				\$ 0.00
<input type="checkbox"/> 1.0	whole	Any Leftover Food!	Breakfast Leftovers (1.0)				\$ 0.00

Total cost \$ 0

Calendar Planning

Day	Appetizer	Dinner	Breakfast	Lunch
Day 0	Safeway Lunch (16)	Rig Night (BYO or Moe Meal- additional charge) (16)	Breakfast Salmon Lox on Bagels (16)	Lunch Peanut Butter and Jelly (16)
Day 1	Appetizer Brie and Crackers (16)	Dinner Grilled Wild Salmon (16) Dessert Apple Crisp (DO) (16)	Breakfast Tacos (16)	Lunch Hummus Pitas (16)
Day 2	Appetizer Tomato and Mozzarella Sliders (16)	Dinner Fettuccine Alfredo with Chicken (16) Side Dish Caesar Salad (16)	Breakfast Bagels with Hard Boiled Eggs (16)	Lunch Cold Cut Sammies (16)
Day 3	Appetizer Antipasto Salad (16)	Dinner Artichoke Lasagna (PM) (16) Side Dish Roasted Sweet Potatoes (16) Dessert Angel Food Cake (16)	Breakfast Scrommlets and Bacon (16)	Lunch Chicken Salad Pitas (16)
Day 4	Appetizer Egg Rolls (16)	Dinner Pork Stir Fry (16)	Breakfast French Toast and Breakfast Sausage (16)	Lunch Caprese Salad Sandwich (16)
Day 5	Appetizer Edamame (16)	Dinner Shrimp Tacos (16) Side Dish River Slaw (16) Dessert Frozen Tropical Fruit (16)	Breakfast Salmon Lox on Bagels (16)	Lunch Black Bean and Corn Quinoa Salad (16)
Day 6	Appetizer Mixed Green Salad (16)	Dinner Brats (16) Dessert Mixed Berry Cobbler (DO) (16)	Breakfast Gallo Pinto (16)	Lunch BLTA (16)
Day 7	Appetizer Cheese and Crackers (16)	Dinner Spaghetti and Meatballs (16) Side Dish Caesar Salad (16)	Breakfast Egg Sammies (16)	Lunch Taco Salad (16)
Day 8	Appetizer Olive Tapenade (16)	Dinner Chicken Curry (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch Mediterranean Tuna Salad (16)
Day 9	Appetizer Pesto Cream Cheese (16)	Dinner Kabobs (16) Dessert Pineapple Upside Down Cake (DO) (16)	Breakfast Cold Cereal with Bagels and HB Eggs (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 10	Appetizer Veggies and Dip (16)	Dinner Grilled Ham Cheese & Tomato Soup (16)	Breakfast Burritos (16)	Lunch Veggie Pitas 2nd Half (16)
Day 11	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Steak Fajitas (16) Side Dish Cilantro Lime Rice (16) Dessert Churros (16)	Breakfast Yogurt and Granola with English Muffins (16)	Lunch Reuben Wraps (16)
Day 12	Appetizer Bruschetta (16)	Dinner Pasta Primavera with Chicken Sausage (16)	Breakfast Strawberry Pancakes and Eggs with Bacon (16)	Lunch Lox on Bagels with Cream Cheese 2nd Half (16)
Day 13	Appetizer Smoked Gouda and Crackers (16)	Dinner Steaks and Potatoes (16) Dessert Blueberry and Peach Cobbler (DO) (16)	Breakfast Oatmeal and Hard Boiled Eggs (16)	Lunch Mexi Wraps (16)
Day 14	Appetizer Spinach Dip (16)	Dinner Tortellini w/ Chicken (16)	Breakfast Yogurt and Granola with Bagels (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 15	Appetizer Edamame (16)	Dinner Beef Chili (16) Dessert Dark Chocolate Bars (16)	Breakfast Huevos Rancheros (16)	Lunch River Pasta Salad (16)
Day 16	Appetizer Train Wreck (16)	Dinner Chicken Pesto Pasta (16)	Breakfast Egg Sammies 2nd Half (16)	Lunch Cuban Wrap (16)
Day 17	Appetizer Squash Soup (16)	Dinner Salmon Burgers (16) Dessert No Bake Cheesecake (16)	Breakfast Cold Cereal with Bagels (16)	Lunch Cheese and Crackers With Salami (16)
Day 18	Appetizer Olive Tapenade (16)	Dinner Jambalaya with Shrimp and Sausage 2nd Half (16)	Breakfast Eggs Benedict (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 19	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Beef Tacos (16) Dessert S'mores (16)	Breakfast Blueberry French Toast with Sausage (16)	Lunch Taco Salad 2nd Half (16)
Day 20	Appetizer Bruschetta (16)	Dinner Stuffed Italian Chicken (PM) (16) Dessert Pepperidge Farms Cookies (16)	Breakfast Leftovers (16)	Lunch En Route to Flagstaff (16)

Recipes details

Safeway Lunch

Individuals served: **16**

Qty	Unit	Ingredient	Packing notes
16.0	whole	Safeway Lunch Stop	

Rig Night (BYO or Moe Meal-additional charge)

Individuals served: **16**

Qty	Unit	Ingredient	Packing notes
1.0	whole	Food	

Breakfast Salmon Lox on Bagels

Individuals served: **16**

Dietary restrictions / allergens: **Fish, Wheat/Gluten, Dairy**

Toast bagels with butter or oil if desired. Slice tomatoes and onion. Serve with bagels with lox, capers and cream cheese. Yum!
Fun Fact: Capers can reduce cancer risk and promote eye, bone, brain, and digestive health.

Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Salmon Lox	Meat Cooler
2.0	package(s)	Cream Cheese	Dairy Cooler
3.0	whole	Tomatoes	Produce Cooler
3.2	bag(s)	Bagels	Bread Box

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Capers	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	whole	Red Onion	Produce Crate

Lunch Peanut Butter and Jelly

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, Peanuts, Tree Nuts**

Slap your sammy together and get on a rollin'! Add your choice of fruit if you'd like!

Qty	Unit	Ingredient	Packing notes
3.0	loaf	Bread	Bread Box
1.0	jar(s)	Peanut Butter	Day Box
1.0	jar(s)	Jelly	Day Box

Qty	Unit	Ingredient	Packing notes
2.0	can(s)	Stax	Day Box
2.0	package(s)	Cookies	Day Box

Appetizer Day #0



Dinner Day #0



Breakfast Day #0



Lunch Day #0



Appetizer Brie and Crackers

Appetizer Day #1

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day
Open brie package. White rind is fine to consume, cut off if desired. Pour dried cranberries on top. Serve on plate with crackers. Hint: put brie and cranberries in skillet and warm on low with lid for a 5-star appetizer!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Brie Cheese	Dairy Cooler
4.0	package(s)	Crackers	Day Box
1.0	package(s)	Dried Cranberries	Day Box

Dinner Grilled Wild Salmon

Dinner Day #1

Individuals served: 16

Dietary restrictions / allergens: **Fish, Dairy**

Start coals! Wrap salmon in foil with butter, onion, and lemon slices. Place on grill when coals are hot. Cook asparagus on griddle or wrap in foil to steam on coals, prepare both with butter and seasonings. Prepare mashed potatoes according to directions on package. Serve with sour cream for mashed potatoes.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
5.0	pound(s)	Wild Salmon	Meat Cooler	4.0	package(s)	Instant Garlic Mashed Potatoes	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	4.0	whole	Lemons	Produce Crate
1.0	tub(s)	Sour Cream	Dairy Cooler	2.0	whole	Yellow Onion	Produce Crate
4.0	pound(s)	Asparagus	Produce Cooler				

Dessert Apple Crisp (DO)

Dinner Day #1

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Use coals from dinner, or add more if needed. Slice apples and coat in cinnamon. Mix crisp mix with sliced butter until mix is chunky with butter. Add apples to dutch oven, and cover with crisp mix. Add lid to dutch oven and arrange above and below D.O. Bake until done, this can be anywhere from 10 to 45 minutes depending on how hot your coals are.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
6.0	ounce(s)	Butter	Dairy Cooler	1.0	bottle(s)	Cinnamon	Spice Box
1.0	package(s)	Yellow Cake Mix	Day Box	10.0	whole	Apples	Produce Crate

Breakfast Tacos

Breakfast Day #1

Individuals served: 16

Dietary restrictions / allergens: **Pork, Dairy , Eggs**

Chop potatoes, onion and bell peppers separately. Boil potatoes until fork tender. While potatoes are cooking, whisk eggs. Remove and fry potatoes with butter, chopped onion and bell peppers in Dutch oven. Add chorizo to potato mixture. Once heated though fold in egg mixture. Season with salt and pepper. Heat tortillas on dutch oven lid or on griddle. Make taco assembly line with salsa and cheese! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Chorizo	Meat Cooler	3.0	dozen(s)	Eggs	Egg Can
1.0	pound(s)	Shredded Cheese	Dairy Cooler	1.0	jar(s)	Salsa	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	pound(s)	Coffee	Day Box
2.0	whole	Red Bell Pepper	Produce Cooler	6.0	whole	Potatoes	Produce Crate
1.0	package(s)	Corn Tortillas	Bread Box	1.0	whole	Yellow Onion	Produce Crate

Lunch Hummus Pitas

Lunch Day #1

Individuals served: 16

Dietary restrictions / allergens: **Dairy , Wheat/Gluten**

Chop or slice tomatoes, peppers and cucumbers. Stop somewhere pretty and enjoy lunch!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	pound(s)	Sliced Cheese	Dairy Cooler	2.0	bag(s)	Baby Carrots	Produce Cooler
1.0	tub(s)	Hummus	Dairy Cooler	3.0	package(s)	Pita Bread	Bread Box
4.0	whole	Tomatoes	Produce Cooler	1.0	bag(s)	Trail Mix	Day Box
3.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	package(s)	Cookies	Day Box
3.0	whole	Red Bell Pepper	Produce Cooler	2.0	can(s)	Stax	Day Box
3.0	whole	Cucumbers	Produce Cooler	1.0	bag(s)	Beef Jerky	Day Box

Appetizer Tomato and Mozzarella Sliders

Appetizer Day #2

Individuals served: 16

Dietary restrictions / allergens: Dairy

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.

Slice tomatoes and mozzarella. Stack tomato, mozzarella and fresh basil then drizzle balsamic glaze on top. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Fresh Mozzarella	Dairy Cooler	4.0	ounce(s)	Fresh Basil	Produce Cooler
6.0	whole	Tomatoes	Produce Cooler	1.0	whole	Balsamic Glaze	Day Box

Dinner Fettuccine Alfredo with Chicken

Dinner Day #2

Individuals served: 16

Dietary restrictions / allergens: Chicken , Wheat/Gluten, Dairy

Cook noodles according to directions, add splash of oil and stir frequently to prevent the noodles from sticking together. In a dutch oven start cooking chicken with a bit of oil and seasonings of choice (salt,pepper,onion,garlic). Chop zucchini & yellow bell peppers. Add vegetables and saute with chicken. Add drained mushrooms and chopped roasted red peppers to taste. Once veggies are tender add sauce and heat until warm. Melt butter and add garlic and spices. On griddle melt butter and add garlic and spices, place bread on top of butter and brown. Serve with shredded parmesan on top! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Chicken	Meat Cooler	3.0	box(es)	Fettuccine Noodles	Day Box
1.0	whole	Parmesan Cheese Block	Dairy Cooler	3.0	jar(s)	Alfredo Sauce	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	2.0	jar(s)	Roasted Red Peppers	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	jar(s)	Minced Garlic	Day Box
2.0	whole	Zucchini	Produce Cooler	1.0	can(s)	Canned Mushrooms	Day Box
2.0	loaf	Sourdough	Bread Box				

Side Dish Caesar Salad

Dinner Day #2

Individuals served: 16

Chop lettuce, and slice and dice tomatoes and onion. Mix together in a bowl top with croutons and Cesar dressing. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	whole	Parmesan Cheese Block	Dairy Cooler	1.0	package(s)	Croutons	Day Box
2.0	head(s)	Romaine Lettuce	Produce Cooler	1.0	bottle(s)	Caesar Dressing	Day Box
2.0	whole	Tomatoes	Produce Cooler	1.0	whole	Red Onion	Produce Crate

Breakfast Bagels with Hard Boiled Eggs

Breakfast Day #2

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Dairy , Peanuts

Add cold water to pot, carefully place eggs to pot and add water until 1 inch above eggs. Bring pot to a boil. Once boiling, add lid to pot and turn OFF burner. Let eggs simmer for about 8-12 minutes depending on desired doneness *Note: cooking times vary based on elevation. Remove and let cool before peeling. Boil eggs the night before for a quick and easy morning! Toast bagels on griddle if desired and assemble with cream cheese and pb&j.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	jar(s)	Peanut Butter	Day Box
3.2	bag(s)	Bagels	Bread Box	1.0	jar(s)	Jelly	Day Box
3.0	dozen(s)	Eggs	Egg Can	1.0	pound(s)	Coffee	Day Box

Lunch Cold Cut Sammies

Lunch Day #2

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Dairy , Chicken

Thaw lunch meat before you leave camp in the morning if needed. If you'd like you can pre make lunches, set up supplies and zip locks at breakfast, or set up somewhere pretty at lunch time. Slice avocados, tomatoes, and onions, and assemble wraps as desired. Pass out chips and cookies when you stop!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Deli Meat	Meat Cooler	1.0	bottle(s)	Mustard	Day Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	1.0	jar(s)	Pickles	Day Box
1.0	head(s)	Iceberg Lettuce	Produce Cooler	1.0	jar(s)	Pepperoncinis	Day Box
3.0	whole	Avocados	Produce Cooler	1.0	package(s)	Cookies	Day Box
3.0	whole	Tomatoes	Produce Cooler	2.0	can(s)	Stax	Day Box
2.6	loaf	Bread	Bread Box	1.0	whole	Red Onion	Produce Crate
1.0	bottle(s)	Mayonnaise	Day Box				

Appetizer Antipasto Salad

Appetizer Day #3

Individuals served: 16

Dietary restrictions / allergens: **Dairy , Pork**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day

Chop up meat and veggies into bite sized chunks. Next drain olives and artichoke heart, chop if desired. Combine all ingredients to large bowl and stir in dressing. Can be served on top of lettuce or mix all together in bowl and serve!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
0.5	pound(s)	Sliced Salami	Meat Cooler	2.0	whole	Red Bell Pepper	Produce Cooler
0.5	pound(s)	Capicola Ham	Meat Cooler	2.0	whole	Yellow Bell Pepper	Produce Cooler
0.5	pound(s)	Pepperoni	Meat Cooler	1.0	jar(s)	Pepperoncinis	Day Box
1.0	package(s)	Fresh Mozzarella	Dairy Cooler	1.0	can(s)	Canned Artichoke Hearts	Day Box
2.0	head(s)	Romaine Lettuce	Produce Cooler	1.0	can(s)	Whole Black Olives	Day Box
2.0	package(s)	Cherry Tomatoes	Produce Cooler	1.0	bottle(s)	Italian Dressing	Day Box

Dinner Artichoke Lasagna (PM)

Dinner Day #3

Individuals served: 16

Alternative pre-made meals will be supplied for those with dietary restrictions. Check the cooler!!

Artichoke lasagna is packaged in bags of 4 servings each. See "Boil in a Bag" instructions in trip binder. Heat up mostly drained green beans in pot butter or oil, add spices to taste (garlic salt, lemon pepper). Melt the rest of butter and mix with garlic and spices to taste (salt, pepper, and Italian seasonings). Spread butter mixture on pieces of sourdough and toast on griddle face down until golden brown, yum garlic bread!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
16.0	whole	Artichoke Lasagna	Meat Cooler	1.0	jar(s)	Minced Garlic	Day Box
8.0	ounce(s)	Butter	Produce Cooler	5.0	can(s)	Canned Green Beans	Day Box
2.0	loaf	Sourdough	Bread Box				

Side Dish Roasted Sweet Potatoes

Dinner Day #3

Individuals served: 16

Heat up 2 Tbsp. of oil in an appropriate sized pan. Add sweets and heat until crispy!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Frozen Sweet Potatoes	Meat Cooler

Dessert Angel Food Cake

Dinner Day #3

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

Slice up the loaves, serve and top with blackberries and whipped cream! Enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	can(s)	Whipped Cream	Dairy Cooler
2.0	loaf	Angel Food Cake	Dairy Cooler
3.0	can(s)	Canned Blueberries	Day Box

Breakfast Scrommlets and Bacon

Breakfast Day #3

Individuals served: 16

Dietary restrictions / allergens: **Pork, Dairy , Wheat/Gluten**

Start bacon in skillet. Drain all canned ingredients, chop onion and bell peppers, add ingredients to dutch oven with a touch of oil to saute (4-6 min). Crack and beat the eggs, season with salt and pepper. Add eggs and cheese to dutch oven and fold in ingredients. Cook until eggs are finished. While scrommlet is cooking, toast english muffins on griddle with butter. Optional: chop up bacon and add to scrommlet! Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler	3.0	dozen(s)	Eggs	Egg Can
4.0	ounce(s)	Butter	Dairy Cooler	1.0	can(s)	Canned Spinach	Day Box
1.0	pound(s)	Shredded Cheese	Dairy Cooler	2.0	can(s)	Canned Mushrooms	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	pound(s)	Coffee	Day Box
2.0	whole	Red Bell Pepper	Produce Cooler	1.0	whole	Yellow Onion	Produce Crate
2.0	package(s)	English Muffins	Bread Box				

Lunch Chicken Salad Pitas

Lunch Day #3

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy , Chicken**

Before leaving camp, open and drain chicken. Mix with mayo and relish to taste. Chop red onion and celery, mix with chicken. Put in a ziplock bag until lunchtime. Stop somewhere pretty for lunch. Serve with lettuce, tomato and cheese. Make your pita and enjoy with chips and cookies!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	pound(s)	Sliced Cheese	Dairy Cooler	4.0	can(s)	Canned Chicken	Day Box
0.5	bunch(es)	Celery	Produce Cooler	1.0	bottle(s)	Mayonnaise	Day Box
3.0	whole	Tomatoes	Produce Cooler	1.0	bottle(s)	Relish	Day Box
1.0	head(s)	Iceberg Lettuce	Produce Cooler	1.0	package(s)	Cookies	Day Box
4.0	whole	Avocados	Produce Cooler	2.0	can(s)	Stax	Day Box
3.0	package(s)	Pita Bread	Bread Box	1.0	whole	Red Onion	Produce Crate

Appetizer Egg Rolls

Appetizer Day #4

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Heat up griddle and with a small amount of oil, rotate spring rolls while cooking, and fry until golden brown. Serve with sweet and sour sauce on side. Enjoy!

Qty	Unit	Ingredient	Packing notes
40.0	whole	Veggie Spring Rolls	Meat Cooler
1.0	bottle(s)	Sweet and Sour Sauce	Day Box

Dinner Pork Stir Fry

Dinner Day #4

Individuals served: 16

Dietary restrictions / allergens: **Pork, Tree Nuts**

Follow directions for rice on box. Chop all veggies to appropriate size. Heat up peanut and sesame oil in skillet, add in pork and cook until brown. In dutch oven, saute all vegetable until softened. Once vegetables are tender, add in pork. Add peanut sauce to pot with tamari to taste and toss. Serve meat and veggies over rice and enjoy!
*Note: keep pork separate for vegetarians or vegans

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Pork	Meat Cooler	3.0	bottle(s)	Thai Peanut Sauce	Day Box
2.0	pound(s)	Frozen Cauliflower	Meat Cooler	1.0	bottle(s)	Tamari Soy Sauce	Day Box
2.0	pound(s)	Carrots	Produce Cooler	1.0	bottle(s)	Peanut Oil	Day Box
2.0	whole	Red Bell Pepper	Produce Cooler	1.0	bottle(s)	Sesame Oil	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	box(es)	Instant Brown Rice	Day Box
1.0	bunch(es)	Celery	Produce Cooler	2.0	whole	Yellow Onion	Produce Crate

Breakfast French Toast and Breakfast Sausage

Breakfast Day #4

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy , Eggs**

Start sausage in dutch oven. While sausage is cooking, mix eggs and milk (2/3 cup per dozen) and cinnamon in a large bowl. Heat griddle and add butter. Dip each slice of bread into egg batter and lay on griddle. Cook both sides until golden brown. Serve with syrup. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Breakfast Sausage	Meat Cooler	1.0	bottle(s)	Maple Syrup	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	1.0	box(es)	Milk	Day Box
2.0	dozen(s)	Eggs	Egg Can	1.0	pound(s)	Coffee	Day Box
3.0	loaf	Texas Toast	Bread Box	1.0	bottle(s)	Cinnamon	Spice Box

Lunch Caprese Salad Sandwich

Lunch Day #4

Individuals served: 16

Dietary restrictions / allergens: **Dairy , Wheat/Gluten, Pork**

Slice tomatoes and assemble sandwich with salami, pesto, mozzarella, tomato, balsamic glaze and basil. Serve with chips and cookies! Fan Favorite!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	pound(s)	Sliced Salami	Meat Cooler	2.6	loaf	Bread	Bread Box
1.0	jar(s)	Pesto	Dairy Cooler	2.0	can(s)	Stax	Day Box
3.0	package(s)	Fresh Mozzarella	Dairy Cooler	1.0	package(s)	Cookies	Day Box
6.0	whole	Tomatoes	Produce Cooler	1.0	whole	Balsamic Glaze	Day Box
4.0	ounce(s)	Fresh Basil	Produce Cooler				

Appetizer Edamame

Appetizer Day #5

Individuals served: 16

Dietary restrictions / allergens: Soy

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Serve cold or heat in boiling water until tender, coat with salt to taste. Serve with tamari soy sauce on side.

Qty	Unit	Ingredient	Packing notes
4.0	bag(s)	Frozen Edamame	Meat Cooler
1.0	bottle(s)	Tamari Soy Sauce	Day Box

Dinner Shrimp Tacos

Dinner Day #5

Individuals served: 16

Dietary restrictions / allergens: Dairy , Shellfish

Chop all veggies and drain cans. Cook rice according to directions on box adding diced tomatoes with the water. Cook onion and peppers in oil. When partially cooked, add shrimp and taco seasoning to taste. Shrimp are done when fully pink and in the shape of a "C" (2-3 min per side). Cook beans over low heat. Heat tortillas on lid of dutch oven or on griddle. Assemble tacos with sour cream, avocado, cheese and olives. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	bag(s)	Shrimp	Meat Cooler	1.5	package(s)	Corn Tortillas	Bread Box
1.0	tub(s)	Sour Cream	Dairy Cooler	3.0	can(s)	Diced Tomatoes	Day Box
1.0	pound(s)	Shredded Cheese	Dairy Cooler	6.0	can(s)	Black Beans	Day Box
2.0	whole	Red Bell Pepper	Produce Cooler	2.0	can(s)	Black Olives	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	2.0	package(s)	Taco Seasoning	Day Box
4.0	whole	Tomatoes	Produce Cooler	1.0	box(es)	Spanish Rice	Day Box
4.0	whole	Avocados	Produce Cooler	1.0	whole	Yellow Onion	Produce Crate

Side Dish River Slaw

Dinner Day #5

Individuals served: 16

Dietary restrictions / allergens: Dairy

Cut cabbage thinly. Grate apples and carrots. Mix all together in a bowl. Drizzle with honey and dressing and mix. Top with sunflower seeds.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	pound(s)	Carrots	Produce Cooler	1.0	head(s)	Red Cabbage	Produce Crate
1.0	bottle(s)	Honey	Day Box	1.0	head(s)	Green Cabbage	Produce Crate
1.0	package(s)	Sunflower Seeds	Day Box	2.0	whole	Apples	Produce Crate
1.0	bottle(s)	Coleslaw Dressing	Day Box				

Dessert Frozen Tropical Fruit

Dinner Day #5

Individuals served: 16

Open and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Frozen Tropical Fruit	Meat Cooler

Breakfast Salmon Lox on Bagels

Breakfast Day #5

Individuals served: 16

Dietary restrictions / allergens: Fish, Wheat/Gluten, Dairy

Toast bagels with butter or oil if desired. Slice tomatoes and onion. Serve with bagels with lox, capers and cream cheese. Yum!
Fun Fact: Capers can reduce cancer risk and promote eye, bone, brain, and digestive health.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Salmon Lox	Meat Cooler	1.0	jar(s)	Capers	Day Box
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	pound(s)	Coffee	Day Box
3.0	whole	Tomatoes	Produce Cooler	1.0	whole	Red Onion	Produce Crate
3.2	bag(s)	Bagels	Bread Box				

Lunch Black Bean and Corn Quinoa Salad

Lunch Day #5

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten

Before leaving camp (or the night before): Cook by adding two parts water to one part quinoa (4.5 cups for 16 people and 2.5 cups for 8 people). Bring to boil then simmer, covered, until quinoa is tender and white spiral like threads appear around grains (simmer about 15 minutes). Fluff with fork. Cut cherry tomatoes in half, dice avocados, drain and rinse black beans. Mix all together with a squeeze of lime and corn. Add salad dressing to taste and toss together. Place in a ziplock bag in a cooler until lunch time. Serve with tortillas to make a fresh burrito, cookies and chips!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	head(s)	Romaine Lettuce	Produce Cooler	1.0	bottle(s)	Creamy Cilantro Dressing	Day Box
2.0	package(s)	Cherry Tomatoes	Produce Cooler	2.0	can(s)	Canned Corn	Day Box
4.0	whole	Avocados	Produce Cooler	2.0	can(s)	Stax	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	package(s)	Cookies	Day Box
1.0	package(s)	Quinoa	Day Box	4.0	whole	Limes	Produce Crate
4.0	can(s)	Black Beans	Day Box				

Appetizer Mixed Green Salad

Appetizer Day #6

Individuals served: 16

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice and dice avocados, tomatoes, and carrots. Top mixed greens with veggies and croutons. Serve with dressing on side. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	whole	Avocados	Produce Cooler	2.0	bag(s)	Mixed Greens	Produce Cooler
3.0	whole	Tomatoes	Produce Cooler	1.0	package(s)	Croutons	Day Box
0.5	pound(s)	Carrots	Produce Cooler	1.0	bottle(s)	Salad Dressing	Day Box

Dinner Brats

Dinner Day #6

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten**

Boil brats for 5 minutes before throwing on grill to keep casing intact (Boil in beer if desired!). Add brats to grill and cook until done, rotate to make avoid hot spots. While brats are cooking, heat up corn (seasoning as desired) and baked beans. Slice tomatoes and serve with brat condiments, side dishes and chips! Enjoy!
*Toast buns on grill if desired

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
20.0	whole	Brats	Meat Cooler	1.0	bag(s)	Chips	Day Box
3.0	whole	Tomatoes	Produce Cooler	1.0	bottle(s)	Spicy Mustard	Day Box
3.0	package(s)	Brat Buns	Bread Box	1.0	bottle(s)	Sauerkraut	Day Box
4.0	can(s)	Canned Corn	Day Box	4.0	can(s)	Baked Beans	Day Box
1.0	bottle(s)	Ketchup	Day Box				

Dessert Mixed Berry Cobbler (DO)

Dinner Day #6

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Empty berries into dutch oven. Spread dry cake mix on top of fruit in an even layer. Add cinnamon on top of cake mix if desired. Cut butter into slices and arrange on top of dry cake mix. Put lid on dutch oven and arrange coals above and below. Rotate coals while cooking to avoid hot spots on cake. Bake until done, this can be anywhere from 10 to 45 minutes depending on how hot your coals are. Enjoy with whipped cream!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	pound(s)	Frozen Mixed Berries	Meat Cooler	16.0	ounce(s)	Butter	Dairy Cooler
1.0	can(s)	Whipped Cream	Dairy Cooler	2.0	box(es)	Yellow Cake Mix	Day Box

Breakfast Gallo Pinto

Breakfast Day #6

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten**

Start bacon in dutch oven. Prepare rice according to instructions on box. Dice and saute onion on low with 3 tablespoons of Worcestershire sauce, salt and pepper, add cumin if desired, approximately 4-6 minutes or until transparent. Add drained and rinsed black beans to cooked rice, heat through. Add onions to rice mixture. In separate pan scramble eggs. Serve with sliced avocados and heated tortillas.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler	1.0	box(es)	Instant White Rice	Day Box
4.0	whole	Avocados	Produce Cooler	1.0	bottle(s)	Worcestershire Sauce	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	jar(s)	Salsa	Day Box
3.0	dozen(s)	Eggs	Egg Can	1.0	pound(s)	Coffee	Day Box
4.0	can(s)	Black Beans	Day Box	1.0	whole	Yellow Onion	Produce Crate

Lunch BLTA

Lunch Day #6

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten**

Bacon is pre-cooked, crisp up if desired. Slice veggies and make sandwiches before leaving camp or stop somewhere pretty and assemble there. Serve with chips and cookies!
Hint: Put veggies in separate ziplock to avoid a soggy sammy.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	head(s)	Iceberg Lettuce	Produce Cooler	2.6	loaf	Bread	Bread Box
5.0	whole	Tomatoes	Produce Cooler	1.0	package(s)	Cookies	Day Box
4.0	whole	Avocados	Produce Cooler	1.0	package(s)	Pre-cooked Bacon	Day Box
2.0	can(s)	Stax	Day Box	1.0	bottle(s)	Mayonnaise	Day Box

Appetizer Cheese and Crackers

Appetizer Day #7

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice cheese and serve with crackers! Enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	whole	Cheese Block	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Spaghetti and Meatballs

Dinner Day #7

Individuals served: 16

Dietary restrictions / allergens: **Beef , Wheat/Gluten**

Boil noodles according to directions on box, add oil to water and stir frequently to prevent noodles from sticking together. Add mushrooms and chopped bell pepper to dutch oven. Once veggies are tender, pour in sauce. Add meatballs to sauce and heat through. On griddle melt butter and add garlic and spices, place bread on top of butter and brown. Serve with shredded parmesan on top! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Frozen Meatballs	Meat Cooler	4.0	box(es)	Spaghetti Noodles	Day Box
1.0	whole	Parmesan Cheese Block	Dairy Cooler	3.0	jar(s)	Marinara Sauce	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	2.0	can(s)	Canned Mushrooms	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	jar(s)	Minced Garlic	Day Box
2.0	loaf	Sourdough	Bread Box				

Side Dish Caesar Salad

Dinner Day #7

Individuals served: 16

Chop lettuce, and slice and dice tomatoes and onion. Mix together in a bowl top with croutons and Cesar dressing. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	whole	Parmesan Cheese Block	Dairy Cooler	1.0	package(s)	Croutons	Day Box
2.0	head(s)	Romaine Lettuce	Produce Cooler	1.0	bottle(s)	Caesar Dressing	Day Box
2.0	whole	Tomatoes	Produce Cooler	1.0	whole	Red Onion	Produce Crate

Breakfast Egg Sammies

Breakfast Day #7

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

Heat bacon on stovetop or Dutch oven. Make eggs as desired (sunny-side up, fried, scrambled). Slice avocado and tomatoes. Toast bread with butter or oil on griddle, and assemble sandwiches with egg, cheese, avocado, tomato and bacon as desired!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler	2.6	loaf	Bread	Bread Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	3.0	dozen(s)	Eggs	Egg Can
3.0	whole	Avocados	Produce Cooler	2.0	can(s)	Diced Green Chiles	Day Box
3.0	whole	Tomatoes	Produce Cooler	1.0	pound(s)	Coffee	Day Box

Lunch Taco Salad

Lunch Day #7

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

Before leaving camp, drain all cans and mix together with taco seasoning to taste. Put in big ziplock bag in a cooler until lunch time. Find a cool spot, and chop lettuce and crush up some chips and add to bean mix. Serve with sour cream and guacamole. Enjoy as a salad or it up in a tortilla!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler	1.0	bag(s)	Beef Jerky	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	package(s)	Taco Seasoning	Day Box
1.0	head(s)	Iceberg Lettuce	Produce Cooler	1.0	bag(s)	Tortilla Chips	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	package(s)	Cookies	Day Box
2.0	can(s)	Black Beans	Day Box	1.0	can(s)	Canned Corn	Day Box
2.0	can(s)	Canned Kidney Beans	Day Box	1.0	can(s)	Diced Green Chiles	Day Box
2.0	can(s)	Pinto Beans	Day Box	2.0	can(s)	Diced Tomatoes	Day Box
1.0	jar(s)	Salsa	Day Box				

Appetizer Olive Tapenade

Appetizer Day #8

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Dip and Enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	jar(s)	Olive Tapenade	Day Box
4.0	package(s)	Crackers	Day Box

Dinner Chicken Curry

Dinner Day #8

Individuals served: 16

Dietary restrictions / allergens: **Chicken**

Chop onions, potatoes, yellow bell pepper, and carrots in bite sized pieces. Cook onion and chicken in Dutch oven with oil until browned, add garlic and stir until fragrant (1-2 min). Add curry sauce, coconut milk, chopped veggies to Dutch oven. Bring to boil, cover, and lower temp to simmer until veggies are soft. Cook rice according to directions on package. Once rice is ready, fluff for the perfect jasmine rice! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Chicken	Meat Cooler	1.0	jar(s)	Minced Garlic	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	bag(s)	Jasmine Rice	Day Box
1.0	pound(s)	Carrots	Produce Cooler	2.0	whole	Yellow Onion	Produce Crate
2.0	jar(s)	Green Curry Paste	Day Box	6.0	whole	Potatoes	Produce Crate
4.0	can(s)	Coconut Cream	Day Box				

Breakfast Yogurt and Granola, with Oatmeal

Breakfast Day #8

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

Cook oatmeal by using 2 parts water to 1 part oatmeal. Add oats to boiling water and stir. Cook over medium heat until tender. Make assembly line for a quick and easy breakfast! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Yogurt	Dairy Cooler	1.0	box(es)	Oatmeal	Day Box
1.0	bottle(s)	Honey	Day Box	2.0	box(es)	Milk	Day Box
1.0	bag(s)	Granola	Day Box				

Lunch Mediterranean Tuna Salad

Lunch Day #8

Individuals served: 16

Dietary restrictions / allergens: **Fish, Wheat/Gluten**

Before you leave camp (optional): Chop all veggies, mix with tuna. Add dressing to taste. Mix in olives and feta. Put in a ziplock bag and place in lunch cooler. Stop somewhere pretty and serve in pita bread!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Feta Cheese	Dairy Cooler	1.0	jar(s)	Kalamata Olives	Day Box
4.0	whole	Tomatoes	Produce Cooler	1.0	bottle(s)	Vinaigrette	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	2.0	can(s)	Stax	Day Box
2.0	whole	Cucumbers	Produce Cooler	1.0	package(s)	Cookies	Day Box
3.0	package(s)	Pita Bread	Bread Box	1.0	whole	Red Onion	Produce Crate
1.0	package(s)	Tuna	Day Box				

Appetizer Pesto Cream Cheese

Appetizer Day #9

Individuals served: 16

Dietary restrictions / allergens: **Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Place cream cheese into a bowl and top with pesto, mix if desired. Enjoy with crackers!

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Pesto	Dairy Cooler
2.0	package(s)	Cream Cheese	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Kabobs

Dinner Day #9

Individuals served: 16

Dietary restrictions / allergens: **Chicken , Beef , Shellfish**

Soak skewers in a bowl with water for at 10-30 minutes before making skewers to prevent burning! Get coals started on grill. Cook rice according to instructions on box. Chop all remaining veggies into 1" chunks and set out with shrimp, chicken and beef. Make your own skewers, season to your liking and grill! Enjoy with side of rice.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	pound(s)	Cubed Beef	Meat Cooler	4.0	whole	Red Bell Pepper	Produce Cooler
2.0	pound(s)	Cubed Chicken	Meat Cooler	1.0	package(s)	Fresh Mushrooms	Produce Cooler
1.0	bag(s)	Shrimp	Meat Cooler	1.0	package(s)	Wooden Skewers x 100	Day Box
4.0	whole	Zucchini	Produce Cooler	1.0	box(es)	Long Grain and Wild Rice	Day Box
4.0	whole	Yellow Squash	Produce Cooler	3.0	whole	Yellow Onion	Produce Crate
4.0	whole	Yellow Bell Pepper	Produce Cooler				

Dessert Pineapple Upside Down Cake (DO)

Dinner Day #9

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Mix ingredients according to cake box directions and add to dutch oven, top with drained canned pineapple. Prepare coals or use coals from dinner. Refer to the Dutch oven cooking section in the Menu Book. Make sure to rotate coals while cooking to avoid hot spots on cake. Bake until done, this can be anywhere from 10 to 45 minutes depending on how hot your coals are. Enjoy!

Qty	Unit	Ingredient	Packing notes
0.5	dozen(s)	Eggs	Egg Can
2.0	box(es)	Pineapple Upside Down Cake Mix	Day Box
1.0	can(s)	Canned Pineapple	Day Box

Breakfast Cold Cereal with Bagels and HB Eggs

Breakfast Day #9

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy , Peanuts**

Add cold water to pot, carefully place eggs to pot and add water until 1 inch above eggs. Bring pot to a boil. Once boiling, add lid to pot and turn OFF burner. Let eggs simmer for about 8-12 minutes depending on desired doneness *Note: cooking times vary based on elevation. Remove and let cool before peeling. Toast bagels with butter on griddle to order. Put out cereal and milk for self-service. Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	jar(s)	Jelly	Day Box
2.0	bag(s)	Bagels	Bread Box	1.0	jar(s)	Peanut Butter	Day Box
1.0	bag(s)	Cold Cereal	Day Box	2.0	dozen(s)	Eggs	Egg Can
4.0	box(es)	Milk	Day Box	1.0	pound(s)	Coffee	Day Box

Lunch Cold Cut Sammies 2nd Half

Lunch Day #9

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy , Chicken**

Thaw lunch meat before you leave camp in the morning if needed. If you'd like you can pre make lunches, set up supplies and zip locks at breakfast, or set up somewhere pretty at lunch time. Slice tomatoes, onions, and assemble sammies as desired with condiments and guacamole. Serve with chips and cookies!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Deli Meat	Meat Cooler	1.0	jar(s)	Pickles	Day Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	1.0	jar(s)	Pepperoncinis	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	1.0	package(s)	Cookies	Day Box
2.6	loaf	Bread	Bread Box	2.0	can(s)	Stax	Day Box
1.0	bottle(s)	Mayonnaise	Day Box	1.0	whole	Red Onion	Produce Crate
1.0	bottle(s)	Mustard	Day Box				

Appetizer Veggies and Dip

Appetizer Day #10

Individuals served: **16**

Dietary restrictions / allergens: **Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice, dip & enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	bag(s)	Baby Carrots	Produce Cooler	2.0	whole	Cucumbers	Produce Cooler
4.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	bottle(s)	Ranch Dressing	Day Box

Dinner Grilled Ham Cheese & Tomato Soup

Dinner Day #10

Individuals served: **16**

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

Slice tomato and avocado and assemble sandwiches with ham and cheese to order. Toast your sandwiches on buttered griddle until golden brown and gooey. Warm up soup in pot and dip! *Hint: Spreading mayo to outside of bread helps prevent any burnt sammies.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Ham	Meat Cooler	4.0	whole	Avocados	Produce Cooler
4.0	pound(s)	Sliced Cheese	Dairy Cooler	3.0	loaf	Texas Toast	Bread Box
16.0	ounce(s)	Butter	Dairy Cooler	4.0	box(es)	Tomato Soup	Day Box
4.0	whole	Tomatoes	Produce Cooler				

Breakfast Burritos

Breakfast Day #10

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Pork**

Chop bell peppers, onion and potatoes separately. Start bacon in Dutch oven. Heat oil in pan for frying potatoes, add potatoes to hot pan, season before and after frying. Once potatoes are almost done, start on scrambled eggs. Heat up skillet with oil, add peppers and onion in a skillet (salt and pepper as desired) add scrambled eggs to skillet and stir. Drain, rinse and heat black beans. Assemble burritos! Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler	3.0	dozen(s)	Eggs	Egg Can
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	jar(s)	Salsa	Day Box
1.0	pound(s)	Shredded Cheese	Dairy Cooler	3.0	can(s)	Black Beans	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	pound(s)	Coffee	Day Box
2.0	whole	Red Bell Pepper	Produce Cooler	1.0	whole	Yellow Onion	Produce Crate
0.75	package(s)	Flour Tortillas	Bread Box	6.0	whole	Potatoes	Produce Crate

Lunch Veggie Pitas 2nd Half

Lunch Day #10

Individuals served: **16**

Dietary restrictions / allergens: **Dairy, Wheat/Gluten, Chicken**

Slice or dice veggies and make your own pitas!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	pound(s)	Sliced Turkey	Meat Cooler	2.0	can(s)	Stax	Day Box
1.0	tub(s)	Hummus	Dairy Cooler	1.0	package(s)	Cookies	Day Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	1.0	can(s)	Canned Asparagus	Day Box
6.0	whole	Avocados	Produce Cooler	1.0	whole	Red Onion	Produce Crate
3.0	package(s)	Pita Bread	Bread Box	1.0	head(s)	Green Cabbage	Produce Crate
1.0	bottle(s)	Ranch Dressing	Day Box				

Appetizer Tortilla Chips, Salsa, and Guacamole

Appetizer Day #11

Individuals served: 16

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Open, serve, and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler
1.0	bag(s)	Tortilla Chips	Day Box
1.0	jar(s)	Salsa	Day Box

Dinner Steak Fajitas

Dinner Day #11

Individuals served: 16

Dietary restrictions / allergens: **Beef , Wheat/Gluten, Dairy**

Cook steak with oil. Slice onions and bell peppers. Saute onions and peppers with steak or separate griddle. Warm tortillas on skillet or Dutch oven lid. Serve with tomato, avocado, green chiles, salsa, sour cream, and cheese. !OLE!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Steak Fajita Meat	Meat Cooler	3.0	whole	Red Bell Pepper	Produce Cooler
2.0	pound(s)	Shredded Cheese	Dairy Cooler	0.75	package(s)	Flour Tortillas	Bread Box
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	jar(s)	Salsa	Day Box
3.0	whole	Tomatoes	Produce Cooler	2.0	can(s)	Diced Green Chiles	Day Box
3.0	whole	Yellow Bell Pepper	Produce Cooler	2.0	whole	Yellow Onion	Produce Crate
3.0	whole	Avocados	Produce Cooler				

Side Dish Cilantro Lime Rice

Dinner Day #11

Individuals served: 16

Cook rice according to instructions. Chop stem ends of jalapenos off, chop peppers in half lengthwise, and remove seeds and interior ribs. Once rice is cooked, add cilantro and jalapenos to taste. Squeeze limes on top.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	whole	Jalapenos	Produce Cooler	1.0	bottle(s)	Dried Cilantro	Spice Box
1.0	bag(s)	Jasmine Rice	Day Box	4.0	whole	Limes	Produce Crate

Dessert Churros

Dinner Day #11

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Fry to golden brown in hot oil, coat with cinnamon and sugar. Yum!

Qty	Unit	Ingredient	Packing notes
20.0	whole	Churros	Meat Cooler
1.0	bottle(s)	Cinnamon	Spice Box
1.0	bottle(s)	Sugar	Spice Box

Breakfast Yogurt and Granola with English Muffins

Breakfast Day #11

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy , Peanuts**

Make assembly line for a quick and easy breakfast! Toast english muffins with butter or oil on griddle. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Yogurt	Dairy Cooler	1.0	jar(s)	Peanut Butter	Day Box
1.0	package(s)	English Muffins	Bread Box	1.0	jar(s)	Jelly	Day Box
1.0	bag(s)	Granola	Day Box	1.0	pound(s)	Coffee	Day Box
1.0	box(es)	Milk	Day Box				

Lunch Reuben Wraps

Lunch Day #11

Individuals served: 16

Dietary restrictions / allergens: **Beef , Wheat/Gluten, Dairy**

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Pastrami	Meat Cooler	2.0	bottle(s)	Sauerkraut	Day Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	1.0	package(s)	Cookies	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	2.0	can(s)	Stax	Day Box
1.0	bottle(s)	Thousand Island Dressing	Day Box				

Appetizer Bruschetta

Appetizer Day #12

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Serve as is or warm up on stove top for 1-2 minutes on low, stirring consistently. Dip with pita chips and enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	jar(s)	Bruschetta	Day Box
1.0	bag(s)	Pita Chips	Day Box

Dinner Pasta Primavera with Chicken Sausage

Dinner Day #12

Individuals served: **16**

Dietary restrictions / allergens: **Chicken , Wheat/Gluten**

Cook pasta according to directions on box. Chop all veggies and drain canned veggies. Slice chicken sausage into bite sized pieces. In Dutch oven saute carrots and bell peppers, once softened add chicken, onion, and Italian seasonings to taste (add more oil if necessary). When browned, add garlic (1/2 jar), squash, zucchini , tomatoes, green beans, and asparagus. On griddle melt butter and add rest of garlic and spices, place bread on top of butter and brown. Toss pasta with veggies and top with grated parmesan!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
16.0	whole	Chicken Sausages	Meat Cooler	2.0	package(s)	Grape Tomatoes	Produce Cooler
8.0	ounce(s)	Butter	Dairy Cooler	2.0	loaf	Sourdough	Bread Box
1.0	whole	Parmesan Cheese Block	Dairy Cooler	4.0	bag(s)	Penne Pasta	Day Box
4.0	whole	Yellow Squash	Produce Cooler	2.0	can(s)	Canned Green Beans	Day Box
4.0	whole	Zucchini	Produce Cooler	1.0	can(s)	Canned Asparagus	Day Box
1.0	pound(s)	Carrots	Produce Cooler	1.0	jar(s)	Minced Garlic	Day Box
2.0	whole	Red Bell Pepper	Produce Cooler	1.0	whole	Yellow Onion	Produce Crate

Breakfast Strawberry Pancakes and Eggs with Bacon

Breakfast Day #12

Individuals served: **16**

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

Start bacon in Dutch oven. While bacon is cooking, follow directions on back of pancake mix. Make pancakes on griddle of pan with oil or butter. Make eggs as desired (scrambled, over easy, fried). Serve with Maple syrup and strawberries. Yum! Optional: heat up strawberries for a 5-star breakfast.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler	2.0	box(es)	Pancake Mix	Day Box
1.0	bag(s)	Frozen Strawberries	Meat Cooler	1.0	bottle(s)	Maple Syrup	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	1.0	pound(s)	Coffee	Day Box
3.0	dozen(s)	Eggs	Egg Can				

Lunch Lox on Bagels with Cream Cheese 2nd Half

Lunch Day #12

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, Fish, Dairy**

Before leaving camp, make sure your lox packages are thawed! stop somewhere pretty for lunch and enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Salmon Lox	Meat Cooler	2.0	can(s)	Stax	Day Box
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	package(s)	Cookies	Day Box
3.2	bag(s)	Bagels	Bread Box	1.0	whole	Red Onion	Produce Crate
1.0	jar(s)	Capers	Day Box				

Appetizer Smoked Gouda and Crackers

Appetizer Day #13

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice block of gouda. Serve with crackers and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	whole	Block Gouda Cheese	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Steaks and Potatoes

Dinner Day #13

Individuals served: 16

Dietary restrictions / allergens: **Beef , Dairy**

Start coals! Sprinkle steaks with salt & pepper and any other spices desired. Potatoes, baked or mashed? Mashed potatoes: cube potatoes, boil until fork tender, drain, add butter, milk, salt and pepper and mash. Baked potato: pierce potato with fork on all sides, coat in oil and wrap in foil, place on coal (30-60min). Next, saute drained mushroom and sliced bell peppers in butter or small amount of oil. Serve with steak sauce and sour cream. Optional: everyone can season and cook their own steak to personal liking!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
16.0	whole	Steaks	Meat Cooler	4.0	can(s)	Canned Mushrooms	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	1.0	bottle(s)	Steak Sauce	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	bottle(s)	Chives	Spice Box
2.0	whole	Red Bell Pepper	Produce Cooler	2.0	whole	Yellow Onion	Produce Crate
2.0	whole	Yellow Bell Pepper	Produce Cooler	16.0	whole	Potatoes	Produce Crate
1.0	jar(s)	Minced Garlic	Day Box				

Dessert Blueberry and Peach Cobbler (DO)

Dinner Day #13

Individuals served: 16

Dietary restrictions / allergens: **Dairy , Wheat/Gluten**

Empty pie filling into dutch oven. Spread dry cake mix on top of fruit in an even layer. Add cinnamon on top of cake mix layer to taste. Cut butter into slices and arrange on top of dry cake mix. Put lid on dutch oven and arrange coals above and below. Rotate coals while cooking to avoid hot spots on cake. Bake until done (this can be anywhere from 10 to 45 minutes depending on how hot your coals are). Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
8.0	ounce(s)	Butter	Dairy Cooler	3.0	can(s)	Canned Sliced Peaches	Day Box
2.0	can(s)	Canned Blueberries	Day Box	2.0	box(es)	Yellow Cake Mix	Day Box

Breakfast Oatmeal and Hard Boiled Eggs

Breakfast Day #13

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Tree Nuts**

Add cold water to pot, carefully place eggs to pot and add more water until 1 inch above eggs. Bring pot to a boil. Once boiling, add lid to pot and turn OFF burner. Let eggs simmer for about 8-12 minutes depending on desired doneness *Note: cooking times vary based on elevation. Cook oatmeal by using 2 parts water to 1 part oatmeal. Add oats to boiling water and stir. Cook over medium heat until tender. Add toppings as desired. *Hint: Use extra almond milk to make oats creamy and add dried fruit to oatmeal while cooking to rehydrate!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	dozen(s)	Eggs	Egg Can	1.0	package(s)	Brown Sugar	Day Box
1.0	box(es)	Oatmeal	Day Box	1.0	package(s)	Dried Fruit	Day Box
1.0	package(s)	Almonds	Day Box				

Lunch Mexi Wraps

Lunch Day #13

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

Before leaving camp: chop cucumber and tomatoes, and mix with all beans, chilies, olives, and spices as desired (we recommend salt, pepper, cumin, cilantro and chili powder)! Place in a ziplock, and store in lunch cooler. Stop somewhere pretty for lunch and chop lettuce and serve with salsa, sour cream, and guacamole.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	can(s)	Diced Green Chiles	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	1.0	can(s)	Diced Tomatoes	Day Box
1.0	pound(s)	Shredded Cheese	Dairy Cooler	1.0	can(s)	Canned Corn	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	jar(s)	Salsa	Day Box
2.0	can(s)	Black Beans	Day Box	1.0	package(s)	Taco Seasoning	Day Box
3.0	can(s)	Pinto Beans	Day Box	1.0	package(s)	Cookies	Day Box
1.0	can(s)	Black Olives	Day Box				

Appetizer Spinach Dip

Appetizer Day #14

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Dairy

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Serve dip with crackers and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	tub(s)	Spinach Dip	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Tortellini w/ Chicken

Dinner Day #14

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Dairy , Chicken

Cook tortellini according to package. Warm sauce until heated through. Add pre-cooked chicken to sauce to reheat or reheat in pan with small amount of oil to prevent sticking. Heat up green beans with small amount of water or oil to prevent scorching, season to taste. For easy garlic bread, melt butter and garlic and spread on bread, place on griddle pan until golden brown. Serve pasta with parmesan. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Chicken Strips	Meat Cooler	4.0	package(s)	Dried Tortellini	Day Box
4.0	ounce(s)	Butter	Dairy Cooler	2.0	jar(s)	Marinara Sauce	Day Box
0.5	whole	Parmesan Cheese Block	Dairy Cooler	1.0	jar(s)	Minced Garlic	Day Box
2.0	loaf	Sourdough	Bread Box	5.0	can(s)	Canned Green Beans	Day Box

Breakfast Yogurt and Granola with Bagels

Breakfast Day #14

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Dairy , Peanuts

Make assembly line for a quick and easy breakfast! Toast bagels with butter or oil on griddle if desired!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Yogurt	Dairy Cooler	1.0	box(es)	Almond Milk	Day Box
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	bag(s)	Granola	Day Box
3.2	bag(s)	Bagels	Bread Box	1.0	jar(s)	Peanut Butter	Day Box
1.0	pound(s)	Coffee	Day Box	1.0	jar(s)	Jelly	Day Box
1.0	box(es)	Milk	Day Box				

Lunch Cold Cut Sammies 2nd Half

Lunch Day #14

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Dairy , Chicken

Thaw lunch meat before you leave camp in the morning if needed. If you'd like you can pre make lunches, set up supplies and zip locks at breakfast, or set up somewhere pretty at lunch time. Slice tomatoes, onions, and assemble sammies as desired with condiments and guacamole. Serve with chips and cookies!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Deli Meat	Meat Cooler	1.0	jar(s)	Pickles	Day Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	1.0	jar(s)	Pepperoncinis	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	1.0	package(s)	Cookies	Day Box
2.6	loaf	Bread	Bread Box	2.0	can(s)	Stax	Day Box
1.0	bottle(s)	Mayonnaise	Day Box	1.0	whole	Red Onion	Produce Crate
1.0	bottle(s)	Mustard	Day Box				

Appetizer Edamame

Appetizer Day #15

Individuals served: 16

Dietary restrictions / allergens: Soy

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Serve cold or heat in boiling water until tender, coat with salt to taste. Serve with tamari soy sauce on side.

Qty	Unit	Ingredient	Packing notes
4.0	bag(s)	Frozen Edamame	Meat Cooler
1.0	bottle(s)	Tamari Soy Sauce	Day Box

Dinner Beef Chili

Dinner Day #15

Individuals served: 16

Dietary restrictions / allergens: Beef , Wheat/Gluten, Dairy

Drain and rinse beans. Chop and sauté onions (4-6 min. or until translucent), add garlic and mix until fragrant (1-2 min). Add ground beef to onions and brown and break up meat. Once browned, add tomato sauce, tomato paste *include one can of water per can of paste used*, diced tomatoes and beans. Add chili seasoning, green chilies, corn and any other seasonings to taste, and cook until desired thickness. Serve with saltine crackers, sour cream and shredded cheese. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Ground Beef	Meat Cooler	3.0	package(s)	Chili Seasoning	Day Box
1.0	pound(s)	Shredded Cheese	Dairy Cooler	4.0	package(s)	Saltine Crackers	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	4.0	can(s)	Tomato Paste	Day Box
4.0	can(s)	Canned Kidney Beans	Day Box	1.0	can(s)	Canned Corn	Day Box
2.0	can(s)	Pinto Beans	Day Box	2.0	can(s)	Diced Green Chiles	Day Box
5.0	can(s)	Diced Tomatoes	Day Box	2.0	whole	Yellow Onion	Produce Crate
1.0	jar(s)	Minced Garlic	Day Box				

Dessert Dark Chocolate Bars

Dinner Day #15

Individuals served: 16

Dietary restrictions / allergens: Dairy

Enjoy!

Qty	Unit	Ingredient	Packing notes
8.0	whole	Dark Chocolate Bars	Day Box

Breakfast Huevos Rancheros

Breakfast Day #15

Individuals served: 16

Dietary restrictions / allergens: Dairy , Pork, Eggs

Start bacon on skillet or dutch oven. Then prepare rice according to directions on box. Fry or scramble eggs, top with cheese to melt if desired. Add chilies to rice or eggs, or serve on the side.. Warm beans slowly, adding water to prevent scorching. Serve with salsa and warm tortillas.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler	4.0	can(s)	Refried Beans	Day Box
2.0	pound(s)	Shredded Cheese	Dairy Cooler	2.0	can(s)	Diced Green Chiles	Day Box
1.0	package(s)	Corn Tortillas	Bread Box	1.0	box(es)	Spanish Rice	Day Box
3.0	dozen(s)	Eggs	Egg Can	1.0	pound(s)	Coffee	Day Box
4.0	jar(s)	Ranchero Salsa/Sauce	Day Box				

Lunch River Pasta Salad

Lunch Day #15

Individuals served: 16

Dietary restrictions / allergens: Dairy , Wheat/Gluten

Before leaving camp: cook pasta according to directions on box. Drain water and immediately add undrained sun dried tomatoes. Add drained olives, artichoke hearts, and roasted red peppers. Add cheese and spices to taste (salt, pepper, and Italian seasonings). Place in a ziplock bag, in a cooler until lunch time. Make sure bowls and utensils are accessible for lunch stop! Find somewhere pretty and enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	bag(s)	Cheese Cubes	Dairy Cooler	2.0	can(s)	Canned Artichoke Hearts	Day Box
3.0	bag(s)	Penne Pasta	Day Box	1.0	jar(s)	Roasted Red Peppers	Day Box
2.0	can(s)	Canned Chicken	Day Box	1.0	package(s)	Cookies	Day Box
2.0	jar(s)	Sun Dried Tomatoes	Day Box	2.0	can(s)	Stax	Day Box
1.0	can(s)	Black Olives	Day Box				

Appetizer Train Wreck

Appetizer Day #16

Individuals served: **16**

Dietary restrictions / allergens: **Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.

Put cream cheese into a bowl, cover with drained and rinsed black beans, green chilies and salsa. Mix if desired or serve as is with chips. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler	2.0	can(s)	Black Beans	Day Box
1.0	bag(s)	Tortilla Chips	Day Box	1.0	can(s)	Diced Green Chiles	Day Box
1.0	jar(s)	Salsa	Day Box				

Dinner Chicken Pesto Pasta

Dinner Day #16

Individuals served: **16**

Dietary restrictions / allergens: **Chicken , Wheat/Gluten, Tree Nuts**

Start boiling pot of water. In a dutch oven cook chicken with oil, once almost cook through add minced garlic to taste. When chicken is almost cooked through add pasta to boiling water. Add pesto to chicken and warm through. Cook pasta according to directions on package. Drain pasta and add to chicken and pesto dutch oven, mixing carefully to coat.

On griddle melt butter and add garlic and spices, place bread on top of butter and brown. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Chicken	Meat Cooler	2.0	loaf	Sourdough	Bread Box
1.0	jar(s)	Pesto	Dairy Cooler	4.0	box(es)	Angel Hair Pasta	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	1.0	jar(s)	Minced Garlic	Day Box

Breakfast Egg Sammies 2nd Half

Breakfast Day #16

Individuals served: **16**

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

Heat bacon on stovetop or Dutch oven. Make eggs as desired (sunny-side up, fried, scrambled). Toast bread with butter or oil on griddle, and assemble sandwiches with egg, cheese, green chilies and bacon as desired!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler	3.0	dozen(s)	Eggs	Egg Can
2.0	pound(s)	Sliced Cheese	Dairy Cooler	2.0	can(s)	Diced Green Chiles	Day Box
2.6	loaf	Bread	Bread Box	1.0	pound(s)	Coffee	Day Box

Lunch Cuban Wrap

Lunch Day #16

Individuals served: **16**

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

Assemble your tortilla with ham, cheese, bacon, pickle and mustard. Roll up like a burrito and put in ziplock before leaving camp or assemble while stopped on a beach! Serve with chips and cookies!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	pound(s)	Sliced Ham	Meat Cooler	1.0	bottle(s)	Spicy Mustard	Day Box
2.0	pound(s)	Sliced Swiss Cheese	Dairy Cooler	1.0	jar(s)	Dill Pickle Spears	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	bag(s)	Chips	Day Box
1.0	package(s)	Pre-cooked Bacon	Day Box	1.0	package(s)	Cookies	Day Box

Appetizer Squash Soup

Appetizer Day #17

Individuals served: 16

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Heat and add any additional spices desired, enjoy!

Qty	Unit	Ingredient	Packing notes
4.0	box(es)	Squash Soup	Day Box

Dinner Salmon Burgers

Dinner Day #17

Individuals served: 16

Dietary restrictions / allergens: **Fish, Wheat/Gluten**

Cook salmon burgers on the griddle over the stove. Dice onions and mix half horseradish, mayo, and half cocktail sauce to make a topping. Slice tomatoes for burger topping. Heat up baked beans. Heat buns on low heat on bottom of Dutch oven with oil or butter. Serve burgers with beans, sauces and capers. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
20.0	whole	Salmon Burgers	Meat Cooler	1.0	bottle(s)	Horseradish	Day Box
3.0	whole	Tomatoes	Produce Cooler	4.0	can(s)	Baked Beans	Day Box
2.0	package(s)	Hamburger Buns	Bread Box	1.0	bottle(s)	Cocktail Sauce	Day Box
1.0	bottle(s)	Mayonnaise	Day Box	1.0	whole	Red Onion	Produce Crate
1.0	jar(s)	Capers	Day Box				

Dessert No Bake Cheesecake

Dinner Day #17

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Follow direction on box and assemble in skillet, no need to heat. Enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	box(es)	No Bake Cheesecake	Day Box

Breakfast Cold Cereal with Bagels

Breakfast Day #17

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Peanuts**

Toast bagels with butter on griddle. Make assembly line of bagels, pb&j, cream cheese and cereal bar. Milk or cereal first? You decide!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	jar(s)	Peanut Butter	Day Box
3.2	bag(s)	Bagels	Bread Box	1.0	jar(s)	Jelly	Day Box
1.0	bag(s)	Cold Cereal	Day Box	1.0	pound(s)	Coffee	Day Box
4.0	box(es)	Milk	Day Box				

Lunch Cheese and Crackers With Salami

Lunch Day #17

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

River charcuterie! Bust out a cutting board, slice cheese and make charcuterie board with crackers, salami, mustard and pickles. So simple but so good! C'est fameux!

Hint: Bonus points if you enjoy it with a 12 oz aluminum vessel of frosty deliciousness!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Salami	Meat Cooler	1.0	bottle(s)	Spicy Mustard	Day Box
2.0	whole	Cheese Block	Dairy Cooler	1.0	jar(s)	Pickles	Day Box
8.0	package(s)	Crackers	Day Box	1.0	package(s)	Cookies	Day Box

Appetizer Olive Tapenade

Appetizer Day #18

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Dip and Enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	jar(s)	Olive Tapenade	Day Box
4.0	package(s)	Crackers	Day Box

Dinner Jambalaya with Shrimp and Sausage 2nd Half

Dinner Day #18

Individuals served: **16**

Dietary restrictions / allergens: **Pork, Shellfish**

Prepare jambalaya according to directions on box. Saute onions, peppers and drained mushrooms in a bit of oil. Add sausage and seasonings to taste and stir until cooked through. Add in shrimp and cook until fully pink and in the shape of a "C". Lastly add diced tomatoes to meat mixture. Mix together meat/veg with jambalaya if desired. If you have non meat eaters in your group, leave ingredients separate.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Shrimp	Meat Cooler	2.0	can(s)	Diced Tomatoes	Day Box
12.0	whole	Andouille Sausage	Meat Cooler	5.0	box(es)	Jambalaya	Day Box
1.0	package(s)	Frozen Peppers and Onions	Meat Cooler	1.0	whole	Yellow Onion	Produce Crate
2.0	can(s)	Canned Mushrooms	Day Box				

Breakfast Eggs Benedict

Breakfast Day #18

Individuals served: **16**

Dietary restrictions / allergens: **Pork, Wheat/Gluten**

Heat Canadian bacon in Dutch oven or skillet. Toast English muffins with butter or oil. While toasting english muffins mix hollandaise sauce according to directions on package. Scramble eggs with milk to make creamy, add salt and pepper to taste. Stack muffin with bacon, egg, top with asparagus if desired and drizzle hollandaise. If hollandaise becomes too thick add water and stir. Note: Can make eggs to order instead of scramble. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	pound(s)	Canadian Bacon	Meat Cooler	2.0	package(s)	Hollandaise Sauce	Day Box
12.0	ounce(s)	Butter	Dairy Cooler	1.0	can(s)	Canned Asparagus	Day Box
2.0	package(s)	English Muffins	Bread Box	1.0	box(es)	Milk	Day Box
3.0	dozen(s)	Eggs	Egg Can	1.0	pound(s)	Coffee	Day Box

Lunch Cold Cut Sammies 2nd Half

Lunch Day #18

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Chicken**

Thaw lunch meat before you leave camp in the morning if needed. If you'd like you can pre make lunches, set up supplies and zip locks at breakfast, or set up somewhere pretty at lunch time. Slice tomatoes, onions, and assemble sammies as desired with condiments and guacamole. Serve with chips and cookies!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Deli Meat	Meat Cooler	1.0	jar(s)	Pickles	Day Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	1.0	jar(s)	Pepperoncinis	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	1.0	package(s)	Cookies	Day Box
2.6	loaf	Bread	Bread Box	2.0	can(s)	Stax	Day Box
1.0	bottle(s)	Mayonnaise	Day Box	1.0	whole	Red Onion	Produce Crate
1.0	bottle(s)	Mustard	Day Box				

Appetizer Tortilla Chips, Salsa, and Guacamole

Appetizer Day #19

Individuals served: 16

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Open, serve, and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler
1.0	bag(s)	Tortilla Chips	Day Box
1.0	jar(s)	Salsa	Day Box

Dinner Beef Tacos

Dinner Day #19

Individuals served: 16

Dietary restrictions / allergens: **Beef , Dairy**

Cook beef with diced onion and green chilies and taco seasoning to taste (add appropriate amount of water according to packet). Cook rice according to directions on box and add diced tomatoes with the water. Heat refried beans on stove over low heat, adding water to prevent scorching. Heat or fry corn tortillas before serving! Serve with cheese, guacamole, chopped cabbage, sour cream and olives. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Ground Beef	Meat Cooler	1.0	box(es)	Spanish Rice	Day Box
2.0	pound(s)	Shredded Cheese	Dairy Cooler	3.0	can(s)	Diced Tomatoes	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	4.0	can(s)	Refried Beans	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	2.0	package(s)	Taco Seasoning	Day Box
2.0	package(s)	Corn Tortillas	Bread Box	1.0	whole	Yellow Onion	Produce Crate
2.0	can(s)	Diced Green Chiles	Day Box	1.0	head(s)	Green Cabbage	Produce Crate
2.0	can(s)	Black Olives	Day Box				

Dessert S'mores

Dinner Day #19

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Enjoy s'mores around a camp fire. Time for some river stories!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Marshmallows	Day Box	16.0	whole	Chocolate Bars	Day Box
3.0	package(s)	Graham Crackers	Day Box	1.0	package(s)	Wooden Skewers x 50	Day Box

Breakfast Blueberry French Toast with Sausage

Breakfast Day #19

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

Mix eggs with milk and cinnamon together in a large bowl. Heat the griddle and add butter. Dip each slice of bread into egg batter and lay on griddle, cook on both sides until golden brown. Warm blueberries if desired. While making french toast, brown sausage on stove top. Serve with maple syrup. Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Breakfast Sausage	Meat Cooler	1.0	box(es)	Milk	Day Box
3.0	loaf	Texas Toast	Bread Box	3.0	can(s)	Canned Blueberries	Day Box
2.0	dozen(s)	Eggs	Egg Can	1.0	pound(s)	Coffee	Day Box
1.0	bottle(s)	Maple Syrup	Day Box	1.0	bottle(s)	Cinnamon	Spice Box

Lunch Taco Salad 2nd Half

Lunch Day #19

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

Before leaving camp, drain all cans and mix together with taco seasoning to taste. Put in big ziplock bag in a cooler until lunch time. Find a cool spot, and chop lettuce and crush up some chips and add to bean mix. Serve in tortillas with beef jerky on the side.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler	1.0	bag(s)	Beef Jerky	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	package(s)	Taco Seasoning	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	bag(s)	Tortilla Chips	Day Box
2.0	can(s)	Black Beans	Day Box	1.0	package(s)	Cookies	Day Box
2.0	can(s)	Canned Kidney Beans	Day Box	1.0	can(s)	Canned Corn	Day Box
2.0	can(s)	Pinto Beans	Day Box	1.0	can(s)	Diced Green Chiles	Day Box
1.0	jar(s)	Salsa	Day Box	1.0	head(s)	Green Cabbage	Produce Crate

Appetizer Bruschetta

Appetizer Day #20

Individuals served: **16**



Dietary restrictions / allergens: **Wheat/Gluten**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Serve as is or warm up on stove top for 1-2 minutes on low, stirring consistently. Dip with pita chips and enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	jar(s)	Bruschetta	Day Box
1.0	bag(s)	Pita Chips	Day Box

Dinner Stuffed Italian Chicken (PM)

Dinner Day #20

Individuals served: **16**



Dietary restrictions / allergens: **Chicken**

Alternative pre-made meals will be supplied for those with dietary restrictions. Check the cooler!!
See "boil-in-a-bag" directions in trip binder. Cook couscous according to directions on bag, season with bouillon and other seasonings of choice. Heat mostly drained corn in pot and season as desired. Enjoy!

Qty	Unit	Ingredient	Packing notes
16.0	whole	Stuffed Italian Chicken (PM)	Meat Cooler
1.0	box(es)	Couscous	Day Box
4.0	can(s)	Canned Corn	Day Box

Dessert Pepperidge Farms Cookies

Dinner Day #20

Individuals served: **16**



Dietary restrictions / allergens: **Wheat/Gluten**

Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Pepperidge Farms Cookies	Day Box

Breakfast Leftovers

Breakfast Day #20

Individuals served: **16**



Finish anything!!

Qty	Unit	Ingredient	Packing notes
1.0	whole	Any Leftover Food!	Everywhere

Lunch En Route to Flagstaff

Lunch Day #20

Individuals served: **16**



Qty	Unit	Ingredient	Packing notes
1.0	whole	Lunch on the road!	