

☆~"Deluxe" FOOD MENU FORM~☆

Check  the meals below according to the number of days you will be out. Menu choices apply to the **entire party**. Meals may be repeated (note exceptions). Trips leave after breakfast on the first day and return before dinner on the last day, so these meals should be omitted. (ie., 5 night/6 day trip would have 5 breakfasts & dinners and 6 lunches marked.) \*Please note with our dinners you are able to customize your vegetable and desserts with the codes provided. \*If the Food Menu Form isn't completely filled out and returned to us within 14 days of your trip, we will make it up for you.

GROUP NAME: \_\_\_\_\_ # IN GROUP: \_\_\_\_\_  
DATES OF TRIP: \_\_\_\_\_

☆~BREAKFASTS~☆

- |  |  |
|--|--|
| <input type="checkbox"/> 1. Fresh Eggs (1st morning), slab bacon, English muffin, beverage | <input type="checkbox"/> 2. Rocky Mt. Egg Scramble, beverage               |
| <input type="checkbox"/> 3. Western Omelet hot caramel bread, beverage                     | <input type="checkbox"/> 4. Blueberry Pancakes, sausage, syrup, beverage   |
| <input type="checkbox"/> ♦5. Granola Cereal & Fruit with milk, breakfast bar, beverage     | <input type="checkbox"/> ♦6. Hot Cereal w/Raisins, toast & jelly, beverage |
| <input type="checkbox"/> 7. Biscuits & Gravy, hash browns, beverage                        | <input type="checkbox"/> 8. Hash Brown, Bacon & Egg Scramble, Beverage     |
- ♦Quick/ No Cooking    ♦Quick/ Hot breakfast

☆~LUNCHES~☆

- |  |   |
|--|---|
| <input type="checkbox"/> 1. Summer Sausage & Cheese Wrap, cookies, fruit drink                 | <input type="checkbox"/> 2. Hummus on Pilot bread, energy bar fruit drink                     |
| <input type="checkbox"/> 3. Peanut Butter & Jelly Sandwich, trail mix fruit drink              | <input type="checkbox"/> 4. "Quick Trail Lunch" Trail bar, trail mix, beef jerky, fruit drink |
| <input type="checkbox"/> 5. Macaroni & Cheese, bread & butter, beef jerky cookies, fruit drink | <input type="checkbox"/> 6. Chili, beef jerky, fruit snacks, fruit drink                      |
| <input type="checkbox"/> ♦7. Bagels w/ cream cheese & meat, cookies, fruit drink               | <input type="checkbox"/> 8. Bean & Cheese Burrito, granola bar, fruit drink                   |
- Hot Lunch    ◇ 1st day only

☆~DINNERS~☆

(Make sure to fill in your code choice for your Vegetable & Dessert!)

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> 1. 1st Night Only (Circle one) Choice Steaks or Chicken Breast Fillets, potatoes, beverage, VEGETABLE: _____ DESSERT: _____ | <input type="checkbox"/> 2. Fresh Fish Dinner (your catch), garlic fryin' pan bread, beverage, VEGETABLE: _____ DESSERT: _____ | <input type="checkbox"/> 3. Lasagna & Italian Sauce, garlic fryin' pan bread, beverage, VEGETABLE: _____ DESSERT: _____ |
| <input type="checkbox"/> 4. 1st or 2nd Night Only: Ham Steak, mashed potatoes, beverage, VEGETABLE: _____ DESSERT: _____                             | <input type="checkbox"/> 5. Spaghetti & Sauce, garlic fryin' pan bread, beverage, VEGETABLE: _____ DESSERT: _____              | <input type="checkbox"/> 6. Sweet & Sour Chicken w/Rice bread & butter, beverage, VEGETABLE: _____ DESSERT: _____       |
| <input type="checkbox"/> 7. Beef Stroganoff beverage, VEGETABLE: _____ DESSERT: _____  | <input type="checkbox"/> 8. Santa Fe Rice & Beans w/chicken beverage, VEGETABLE: _____ DESSERT: _____                          | <input type="checkbox"/> 9. Chicken Noodle Casserole, beverage, VEGETABLE: _____ DESSERT: _____                         |
| <input type="checkbox"/> 10. Mountain Chili, bread & butter beverage, VEGETABLE: _____ DESSERT: _____  | <input type="checkbox"/> 11. Fettuccini Alfredo beverage, VEGETABLE: _____ DESSERT: _____                                      | <input type="checkbox"/> 12. Louisiana Red Beans & Rice, beverage, VEGETABLE: _____ DESSERT: _____                      |

Dessert Codes: 1= Chocolate Pie, 2= Apple Crisp, 3= Blueberry Peach Crisp, 4= Lemon Pie, 5=Crème Brulee, 6=Chocolate Cheesecake  
Vegetable Codes: C= Corn, GB= Green Beans, P= Peas, Ø= None desired      Ø= None desired

★ REMEMBER, THE MORE EXTRA ITEMS YOU CHOOSE TO TAKE ALONG, THE HEAVIER YOUR FOOD PACK BECOMES. ★

☆~BEVERAGES~☆

Please indicate how many people would like which beverage at breakfast & dinner. **Fruit drinks are packed for all lunches.** Please check  if you prefer to have "sugar" (heavier in wt.) \_\_\_\_\_ or Nutrasweet (lighter in wt.) \_\_\_\_\_ for your fruit drinks.

Breakfast: Tang \_\_\_\_\_ Hot Chocolate \_\_\_\_\_ Hot Cider \_\_\_\_\_ Tea Bags \_\_\_\_\_  
Reg. Coffee \_\_\_\_\_ Decaf Coffee \_\_\_\_\_

Dinner: Fruit Drinks \_\_\_\_\_ Hot Chocolate \_\_\_\_\_ Hot Cider \_\_\_\_\_ Tea Bags \_\_\_\_\_  
Reg. Coffee \_\_\_\_\_ Decaf Coffee \_\_\_\_\_

☆~BREADS~☆

Please check  preference.

White \_\_\_\_\_ Wheat \_\_\_\_\_

☆~EXTRA OPTIONS~☆

Please check  the items that you wish us to pack.

Aluminum foil \_\_\_\_\_ Artificial Sweetener \_\_\_\_\_ Creamer \_\_\_\_\_ Cup of Soups \_\_\_\_\_  
Fresh Onions \_\_\_\_\_ Honey \_\_\_\_\_ Jelly \_\_\_\_\_ Ketchup \_\_\_\_\_  
Lemon Juice \_\_\_\_\_ Marshmallows \_\_\_\_\_ Mustard \_\_\_\_\_ Sugar \_\_\_\_\_  
Tartar Sauce \_\_\_\_\_ Extra Fish Breading & Veg. Oil \_\_\_\_\_ Miracle Whip \_\_\_\_\_

☆~STAPLES~☆

These items are always packed. Please *cross-off* those items that are not desired.

- |            |             |                  |                |               |                    |
|------------|-------------|------------------|----------------|---------------|--------------------|
| ♦Crackers  | ♦Dish towel | ♦Extra beverages | ♦Firestarter   | ♦Extra Snacks | ♦Trash Bags        |
| ♦Margarine | ♦Matches    | ♦Paper Towels    | ♦Salt & Pepper | ♦SOS Pads     | ♦Liquid & bar soap |
|            |             |                  |                |               | ♦Toilet tissue     |

\*Please advise us of any special dietary needs and we will do our best to accommodate them. Vegetarian meals are available upon request.