CANOE TRIP MENU - Generous portions of fresh and freeze-dried foods.

Important Notes: Check the meals you prefer and be sure to indicate your beverage choices and optional items needed. The first breakfast and last dinner are usually eaten in town, so these will not be packed unless requested. Menu choices apply to entire party. Meals may be repeated (except the first two dinners which are fresh and should be eaten in the order shown). All lunches except #8 & 10 can be prepared without a fire.

*Cross out any items not wanted. Write in any additional items or substitutions. We'll do our best to accommodate. Vegetarian meals available upon request.

Staple Items (Always Included)
Bread (please✓)
☐ White ☐ Wheat ☐ Tortillas
Margarine
Vegetable Oil
Salt/Pepper
Toilet Tissue
Liquid Soap
Soap Pads
Matches
Paper Towels

Indicate Number of Persons Desiring Each Item
__ Coffee - Regular
__ Coffee - Instant
__ Coffee - Instant Decaf.
__ Hot Chocolate
__ Tea
__ Sugar
__ Coffee Creamer
__ Artificial Sweetener

Lunch Beverage Choice
☐ Sugared Fruit Drink
☐ Sugar-Free Drink (less weight)
☐ Include Both

Optional Items (packed only if checked)
☐ Mustard
☐ Ketchup
☐ Fish Breading
☐ Tartar Sauce
☐ Lemon Juice
☐ Instant Soup
☐ Fresh Onions
☐ Fresh Potatoes
☐ Prunes
☐ Marshmallows
☐ Hard Candy
☐ Steak Sauce
☐ Aluminum Foil

Substitute
☐ Chicken Breast instead of steak (1st dinner)
☐ Polish Sausage instead of Ham (2nd dinner)

BREAKFAST	LUNCH	DINNER
☐ First Breakfast Not Included (See Important Notes Above)	☐ Summer Sausage & Cheese Sandwiches, Cookies, Fruit Drink	☐ Fresh Steak Mashed Potatoes, Vegetable, Pudding, Coffee/Tea/Hot Choc.
☐ Fresh Eggs, Bacon English Muffin, Coffee/Tea/Hot Choc.	☐ Peanut Butter & Jelly Sandwiches, Chocolate Bar, Fruit Drink	☐ Fresh Ham Rice, Corn Applesauce Coffee/Tea/Hot Choc.
☐ Pancakes w/Syrup Bacon Coffee/Tea/Hot Choc.	☐ Cheese & Crackers Granola Bar, Dried Fruit Fruit Drink	☐ Chicken Rice Dinner Chocolate Cheesecake Coffee/Tea/Hot Choc.
☐ Fresh Eggs English Muffin, Coffee/Tea/Hot Choc.	☐ Summer Sausage Sandwiches, Fruit Bar Fruit Drink	☐ Beef Stew on Potatoes Pudding Coffee/Tea/Hot Choc.
☐ French Toast w/Syrup Dried Fruit, Coffee/Tea/Hot. Choc.	☐ Peanut Butter & Jelly Sandwiches, Chocolate Bar Fruit Drink	☐ Macaronit & Cheese Vegetables Cookies Coffee/Tea/Hot Choc.
☐ Instant Oatmeal Raisins, Coffee/Tea/Hot Choc.	☐ Quick Trail Lunch Beef Jerky, Fruit Bar, Gorp Energy Mix, Fruit Drink	☐ Fettuccini Alfredo Apple Cobbler Coffee/Tea/Hot Choc.
☐ Pancakes w/Syrup Orange Juice Coffee/Tea/Hot Choc.	☐ Tuna Fish Sandwich Granola Bar Fruit Drink	☐ Beef Stroganoff, Corn Cookies Coffee/Tea/Hot Choc.
☐ Western Omelette Breakfast Bar Coffee/Tea/Hot Choc.	☐ Macaroni & Cheese, Fruit Bar Fruit Drink	☐ Chicken Stew Dried Fruit Coffee/Tea/Hot Choc.
☐ Granola Cereal w/milk Juice Coffee/Tea/Hot Choc.	☐ Quick Trail Lunch Cheese & Crackers, Granola Bar, Gorp Fruit Drink	☐ Louisiana Beans & Rice Vegetable, Pudding Coffee/Tea/Hot Choc.
☐ Hash Brown Egg Scramble Fruit Bar Coffee/Tea/Hot Choc.	☐ Spaghetti & Sauce, Cookies, r, Fruit Drink	☐ Last Dinner Not Included (See Important Notes Above)

Please Pack Food In: ____Standard Pack
____Bear-Proof Food Barrel

- This menu contains no cans or bottles in accordance - with Federal regulations

Questions - Comments - Special Requests