

PHILMONT TRAIL MENU 2007

BREAKFAST #1

Instant Oatmeal
Planters Trail Mix (fruit and nut)
Oberto Jerky
Banana Chips
Hot Cocoa

LUNCH #1

Can Ham
Saltine Crackers
Chex Mix
Fruit by the Foot
Gatorade

SUPPER#1

Beef Stroganoff
Green Beans
Pilot Biscuits
Soft Batch Cookies

BREAKFAST #2

Granola Cereal (F. Vanilla)
Apricots
Cliff Bar (banana nut)
Lawrys Jerky
Salted Sunflower Seeds

LUNCH #2

Tuna Fish
Ritz Crackers
Oreos
Corn Nuts
Gatorade

SUPPER#2

Black Beans ad Rice
Ramon Noodles
Bread Sticks
Apple Sauce

BREAKFAST #3

Quaker Breakfast Bar
Pemican Jerky
Planters Trail Mix (choc and nut)
Pineapple Orange Drink
Pineapple Chunks

LUNCH #3

Chicken
Pilot Biscuits
Fruit Jerky
Rice crispy squares
Gatorade

SUPPER#3

Chicken and Rice
Bread Sticks
Mashed Potatoes / bacon
Chocolate Mud Slide

BREAKFAST #4

Cliff Bar (blueberry crisp)
Gorp
Pop Tarts (strawberry)
Oberto Jerky

LUNCH #4

Jalapeno Cheese Spread
Cheddar Cheese Spread
Ritz Crackers
Hooah Bar
Fruit Jerky
Gatorade

SUPPER#4

Spaghetti and Meat Sauce
Corn
Bread Sticks
Cheese Cake

BREAKFAST #5

Granola Cereal (Maple)
Lawrys Jerky
Cliff Mojo Bar (mountain mix)
Salted Sunflower Seeds

LUNCH #5

Peanut Butter w honey
Graham Crackers
Lara Bar (lemon)
Rice Crispy Squares
Gatorade

Supper #5

Mac n Cheese
Ramon Noodles beef
Ranch Bread Pieces
Soft Batch Cookies

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BREAKFAST #6

Honey Bunches of oats (straw)
Reese's Pieces Gorp
Pemican Jerky
HR Sunflower Seeds
Hot Spiced Cider

LUNCH #6

Ham
Pilot Biscuits
Oreos
Santa Fe Trail Mix
Gatorade

SUPPER#6

Homestyle Chicken
Corn
Pilot Biscuits
Apple Cobbler

BREAKFAST #7

Quaker Breakfast Bar
Planters 1 Trail Mix (choc and nut)
Oberto Jerky
Raisins

LUNCH #7

Ritz Crackers
Chicken
Nutter Butter Cookies
Treetop Fruit Energy Bar
Gatorade

SUPPER#7

Stir Fry Beef
Ramon Noodles
Pecan Sandie Cookies

BREAKFAST #8

Granola Cereal (Supper Nutty)
Lara Bar banana
Lawrys Jerky
Grape Drink

LUNCH #8

Cheddar Cheese
Jalapeno Cheese
Saltine Crackers
Gorp
Soft Batch Cookies
Gatorade

SUPPER#8

Fettucine Primavera
Mashed Potatoes / butter
Honey Mustard Bread Pieces
Apples and Spice

BREAKFAST #9

Quaker Chewy Granola Bar
Instant Oatmeal
Planters 1 Trail Mix (fruit and nut)
Pemican Jerky
Hot Cocoa

LUNCH #9

Tuna
Club Crackers
Mojo Bar (pretzel)
Nutter Butter Cookies
Gatorade

SUPPER#9

Vegetarian Chili
Chicken Noodle Soup
Corn Nuts
Nutter Butter Cookies

BREAKFAST #10

Granola Cereal (Blueberry)
Lara Bar ((cinnamon roll))
Oberto Jerky
HR Sunflower Seeds

LUNCH #10

Peanut Butter
Ritz Crackers
Hooah Bars
Tropical Gorp
Gatorade

SUPPER#10

Mexican Rice w Beef
Refried Beans
Apple Sauce