

Birchbark Expeditions Trip Menu Planner - 2019

Crew _____

Leader _____

Phone _____

Email _____

Allergies/Considerations: _____



Day	Breakfast	Lunch	Dinner
Sunday	xxxxxxx	xxxxxxx	
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday		xxxxxxx	xxxxxxx

Breakfasts	
#1	Pop Tarts, Instant Oatmeal, hot cocoa, Tang. (Bulky & Heavy - best for Monday & Saturday AM) ◆◆
#2	Pancakes, precook bacon, maple syrup, cook spray (Requires cooking) ◆
#3	Plain granola, powder milk, hot cocoa ◆
#4	Cranberry raisin granola, powder milk, hot cocoa. ◆◆

Lunches	
#1	Peanut butter and squeeze jelly on pita bread with fruit snack packs (Bulky & Heavy) ◆
#2	Triscuits crackers, stick pepperoni, peanut packages ◆
#3	Triscuits crackers, tuna salad packages, summer sausage ◆
#4	Peanut pkgs(9), granola bars(9), summer sausage, fruit snacks ◆
#5	Black beans and rice wraps (Requires cooking - prepare during morning breakfast) ◆

Dinners			
All dinners include a side vegetable or soup, desert and powdered drink			
#1	Chicken and Rice ◆	#7	Vegetable stew w/beef
#2	Beef Stroganoff ◆	#8	Chicken teriyaki w/rice ◆
#3	Macaroni and Cheese ◆	#9	Chicken a la king
#4	Spaghetti and Sauce ◆	#10	Chicken stew
#5	Sweet and sour pork w/rice	#11	Chicken alfredo
#6	Lasagna w/meat sauce	#12	Chili mac w/beef ◆

◆ indicates standard menu item for crews that fail to submit their menu selections by March 1st

Snacks - Crews will be provided a universal snack assortment consisting of:	
16 pkgs of fruit snacks	20 pkgs granola bars
8 pkgs of Ramen Noodles	1 Large bag of GORP (1.5-2 lbs)

Birchbark Supplied Cleaning and Cooking Materials		
1 roll of paper towels	Sponge, scrubbie & gloves	Stove fuel cans 2 or 3 per crew
2 rolls toilet paper	Dishwashing Soap and Bleach	8 pkgs fryingpan bread - use at any meal
6 Turkey roaster bags		Vegetable oil, for fryin bread and pancakes

Suggested Crew-supplied Spices and Materials		
Coffee/ tea	Salt/ pepper	Matches/Lighter
Sugar	Tabasco/ hot sauce	Hand soap