



# 2015 Trek Food Menu



The menu below is provided as a guideline to help you determine whether or not your crew would like to bring extra snacks or meal supplements with them on the trek. Please note that this food typically consumes a fifty-gallon barrel and more. Please pack with this in mind!

For dietary and allergy concerns please reference the manufacturers website as listed below. The manufacturer for some items has not been sourced yet so we cannot provide that nutritional information at this time.

Menu items are marked:

- (BP) - Backpackers Pantry. [www.backpackerspantry.com](http://www.backpackerspantry.com)
- (MJ) - Mary Jane's Farm Organics. <http://www.backcountryfood.org/shop/>
- (GT) - Good To Go. <http://goodto-go.com/>
- (HS) - Honey Stinger. [www.honeystinger.com](http://www.honeystinger.com)

Please do not hesitate to provide feedback after the trek on each meal; our goal is to improve the menu each year so that trekkers have full bellies and lots of energy each day on the trail!

This menu may change based on product availability, we appreciate your understanding and flexibility.

	<b>Breakfast</b> Breakfasts are a blend of just add water meals and meals that require actual cooking. Please be prepared.	<b>Lunch/Snack</b> Lunches are often a group of high calorie snacks. These foods are generally eaten cold and can be consumed throughout the day and on the run.	<b>Dinner</b> All dinners come from Backpackers Pantry (BP), Good To Go (GT) or Mary Jane's Farm (MJ) and are packaged to feed two or four people.
<b>Monday</b>	Provided in the commissary by the amazing kitchen staff at SAC.	Cold Chicken Sandwiches or Wraps String Cheese Sticks Oranges	Three Bean Chili (GT) Garlic Herb Mashed Potatoes (BP) Chocolate S'mores (BP)
<b>Tuesday</b>	Eggs (BP) in Pita Pocket Canadian Bacon or Ham Slices Apples Hot Cocoa Energy Bar (HS)	Bagel w/Peanut Butter (BP) & Honey Apple Trail Mix Protein Bar (HS) Energy Chews (HS)	Chicken and Rice (BP) Lentil Soup (BP) Coconut Key Lime Pie (BP)
<b>Wednesday</b>	Granola Cereal w/Milk (BP) Dried Fruit or Nut Mix Protein Bar (HS)	Burrito Filling (MJ) in Tortilla Salsa (BP) Energy Chews (HS) Beef Stick	Classic Marinara w/Penne (GT) Organic Shepherds Pan Bread (MJ) Dark Chocolate Cheesecake (BP)
<b>Thursday</b>	Oatmeal Dried Fruit Energy Gel (HS) Protein Bar (HS) Hot Cocoa	Black Bean Hummus (MJ) in Tortilla Pepperoni Stick Sunflower Seeds Energy Bar (HS) Energy Chews (HS)	Organic Chili Mac (MJ) Southwestern Corn Chowder (BP) Hot Apple Cobbler (BP)
<b>Friday</b>	Cinnamon Muselix w/Milk (BP) Dried Fruit or Nut Mix Protein Bar (HS)	Cold Potato Salad (BP) Beef Stick Energy Bar (HS)	Provided in Camp *Many Crews Opt for Pizza in Town (at their own expense)

