

Sample Wilderness Trip Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AT SUSQUE: Apple Juice/Water Bananas Sticky Buns Cereal/Milk Hot Chocolate	Bacon and Eggs Apples Hot Chocolate	Oatmeal Crunchy Granola Bars Hot Chocolate	Pancakes/Butter/ Syrup Hot Chocolate	Oatmeal Chewy Granola Bars Hot Chocolate	Oatmeal Mix of granola bars Hot Chocolate	AT SUSQUE: Orange Juice/Water Applesauce Pancakes/Butter/ Syrup Sausage Links Milk
Restaurant while on the road	PB&J on Tortillas Animal Crackers Carrots Gatorade/Water	Burritos Rice & beans Salsa Tang/Water	PB&J on Bagels Animal Crackers Fruit Cups Koolaid/Water	Mac & Cheese Summer Sausage Applesauce Lemonade/Water	Restaurant while on the road	
Susque Stew Bread/Butter Rice Krispies Treats	Spaghetti & Sauce Stir Fry (onions, beans, squash) Cookies	Pita Pizza Pretzels Applesauce	Freeze-Dried Meals Corn Chips Fruit Leather	Chicken Deluxe Rice & Stuffing Cookies	AT SUSQUE: Iced Tea/Water Pork Loin Rolls/Butter Rice Green Beans Apple Crisp	
S'mores, trail mix, & oranges throughout the week						→