Breakfast 1

Raisins - 1oz

Jerky Stick

PowerBar Protein Bar (Gluten Free)

Nature Valley Oats and Honey Protein Granola - 1oz

Breakfast 2

Apples

Instant Oatmeal

Turkey Pepperoni Stick

PowerBar Protein Bar (Gluten Free)

Breakfast 3

Dried Fruit 1.4oz

Jerky Stick

Nature Valley Oats and Honey Protein Granola - 1oz

Nature Valley Peanut Butter Dark Chocolate Protein Chewy Bars

Breakfast 4

Instant Oatmeal Jerky Stick Nature's Bakery Fig Bars- 1 Orange

Breakfast 5

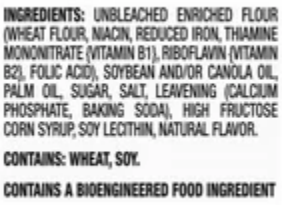
Dried Fruit 1.4 oz Nature's Bakery Fig Bars- 1 Turkey Pepperoni Stick

Nature Valley Peanut Butter Dark Chocolate Protein Chewy Bars

Lunches:

Lunch 1 Fresh apples
Starkist Pouch Chicken 2.6oz - Variety of flavors 1oz Peanuts

Cracker Sleeve -1 sleeve per 2 scouts



Protein bars

Goldfish 1oz package

Lunch 2 Apples and baby carrots

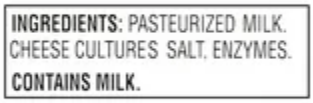
Peanut Butter cup

Graham Crackers - 1 box per 6 scouts

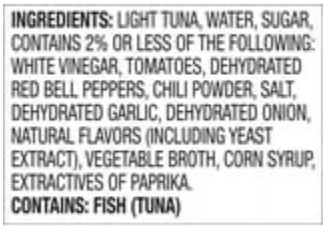
Jerky Stick

Lunch 3

Cheese Stick



Tuna Pouch



Trail Mix

Cracker Sleeve -1 sleeve per 2 scouts

Lunch 4 Grapes, broccoli florets raw

1oz Peanuts

Chicken Salad and Crackers

Lunch 5

Oranges, carrots, Pouch Chicken

Cracker Sleeve -1 sleeve per 2 scouts

Dinner 1
Backpacker’s Pantry Beef Stroganoff

Vegetarian Option - Backpackers Pantry Mushroom Stroganoff

Dinner 2 Backpacker’s Pantry Pad Thai with chicken

Vegetarian Option: Pad Thai

Dinner 3
Backpackers pantry 3 Cheese Mac and Cheese

Dinner 4 Backpacker’s Pantry Lasagna

Dinner 5 Backpacker’s Pantry Mashed Potatoes with Gravy and Beef

Dinner 6 -

Fresh Watermelon
Green Beans
Grilled Chicken Breast
Mashed Potatoes
Eclair Cake
Dinner Roll