

Sample Menu for Adventure Trips

	Day 1	Day 2	Day 3	Day 4	Day 4	Day 5	Day 6
Breakfast	Cereal Milk Bananas Granola Melon	Cream of Wheat Oranges	Power Punch Oatmeal Brown Sugar Hot Cocoa	Oatmeal Bagels	Breakfast Potatoes	Grits Power Punch	Pancakes Eggs
Lunch	Bread Loaf Cold Cuts Lettuce Tomato	Hummus Cucumber Pita Red Pepper Cheese	Bagels Peanut Butter Jelly Cream Cheese	Pita PB& J	Granola Bars PB Cheese Hummus	Bagels Nutella Cheese Fig Newtons	Left Overs
Dinner	Burritos Tortilla Ref. Beans Green Pepper Salsa Cheese	Macaroni & Cheese	Cous Cous with herbs & spices Mashed Potatoes	Pasta Marinara Sauce	Jambalaya Cheese	Pasta Thai Peanut Mother Sauce (Gato Gato)	Snacks Apples Bananas Oranges GORP Drink Mix