

Backpacking Group 6 Meal Plan

Program Location:	<u>Opal Pool - Cedar Flats Hike</u>	Food Preparer(s):	<u>Rhea Mae Edwards, Sierra Lehman, Kailee Smeltzer</u>
Trip Dates:	<u>November 10th, 2017 - November 12th, 2017</u>	# ppl on trip TOTAL:	<u>3</u>
Packout Date/Time:	<u>November 10th, 2017, 3:00PM</u>	Trip Leaders:	<u>Ben Chruch, Morgan</u>

Qty.	Serving Size	Item	Qty.	Serving Size	Item
Breakfast (pick 1 per day)			Dinner (pick 1 per day)		
		Oatmeal			Pasta Meal
1.5 cups	1/2 cup	Oatmeal	3/4 cup	1/2 cup	Pasta Noodles
3 Tbsp	1 Tbsp	Brown Sugar	1/4 cup	1/4 cup	Cheese Sauce
		Granola/Cereal			
1.5 cups	1/2 cup	Granola/Cereal			Tuna Spaghetti
3 banana	1 banana	Banana	9 oz	3 oz	Angel Hair Pasta
Lunch (pick 1 per day)			6 oz	2 oz	Can of Tuna
		PB&J Sandwiches	1/4 cup	1/4 cup	Parmasan Cheese
3 Tort.	1 tortilla	Tortillas/Bread	Dessert (pick 1 per night)		
6 Tbsp.	2 Tbsp.	Peanut Butter	3/4 cup	1/4 cup	Starbursts
4.5 Tbsp.	1.5 Tbsp.	Jelly			
		Cheese Sandwiches	Beverages		
3 tort.	1 tortilla	Tortillas/Bread	204 oz	68 oz	Water
3/4 cup	1/4 cup	Cheese			
Snack (pick 3 per day)			Miscellaneous		
3 apple	1 apple	Apples			
1.5 cup	1/2 cup	Granola	Special Requests		
3/4 cup	1/4 cup	Starbursts	6 oz		Tobasco Sauce
6 bars	2 bar	Granola Bars	2 oz		Cooked Sausage