

River Camp 2019

LEADERSHIP EXPEDITION MENU

	<u>BREAKFAST</u>	<u>LUNCH</u>	<u>DINNER</u>
<u>Day 1</u>	at home	on the road (Subway, etc.) BRING MONEY or pack	pita pizza (make your own) with cheese, sauce, veggies, pepperoni; veggies with ranch dip, drinks, s'mores
<u>Day 2</u>	eggs, potatoes, fresh fruit, powdered milk, juice	ham, turkey and/or cheese roll-ups, lettuce, tomato, fresh fruit, cookies, drinks	hamburgers, hot dogs, veggie burgers with pickles, lettuce & tomatoes, drinks, grilled fruit with Coolwhip
<u>Day 3</u>	pancakes, sausage, fresh fruit, powdered milk, drinks	cheese, salami, or PB & J, pita bread, fresh fruit, cookies, drinks	chicken & stuffing, mashed potatoes, carrots, drinks, brownies
<u>Day 4</u>	oatmeal with dried fruit & seed toppings, powdered milk, drinks	hummus or PB & J, pita bread, carrots, fresh fruit, cookies, drinks	mexican bean and rice burritos, chili, chips & salsa, drinks, cookies
<u>Day 5</u>	hot & cold cereals with powdered milk, fresh fruit, drinks	summer sausage or PB & J, pita bread, fresh fruit, cookies, drinks	on the road (pizza, etc.)

Snacks provided daily: Trail mix (nuts, dried fruit, M&M's), jerky

PLEASE NOTE: Substitutions will be made if there are any food allergies in the group.