

Menu subject to change due to supply chain and availability

2024 Lenhok'sin High Adventure Trek Menu							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		<i>Breakfast at Basecamp</i> (Chef's Choice)	Turkey Deli Stick Belvita Breakfast Bar Pumpkin Seeds Fresh Fruit* Electrolyte Drink Mix	MH Breakfast Skillet Nutri-Grain Bar Raisins Electrolyte Drink Mix	Buffalo Chicken Deli Bites Bagel and Jelly Trail Mix (Nut Free) Fresh Fruit* Electrolyte Drink Mix	Beef Deli Stick Craisins Pop-Tarts Fig Newton Electrolyte Drink Mix	<i>Continental Breakfast</i> Danishes Yogurt Milk / Juice Fruit Cereal
Lunch		Cheese Wedges Ritz Crackers Salami Slices Trail Mix (Nut Free) Electrolyte Drink Mix	Chunk Chicken Pita Chips Apple Sauce Sunflower Seeds Fruit Chips Electrolyte Drink Mix	BBQ Beef and Cheddar Stick Combo Chex Mix Fruit Leather Roasted Chickpeas Electrolyte Drink Mix	Starkist Tuna Ritz Crackers Pumpkin Seeds Chewy Bar Fruit Chips Electrolyte Drink Mix	Turkey and Swiss Stick Combo Roasted Chickpeas Teddy Grahams Fruit Cup Electrolyte Drink Mix	
Dinner	<i>Dinner at Basecamp</i> (Chef's Choice)	MH Mexican Adobo Rice and Chicken Flour Tortilla Pretzels	MH Beef Stroganoff Mashed Potatoes Grandma's Cookies	MH Chicken Fried Rice Pudding Veggie Chips	MH Spaghetti and Meat Sauce Oreo Cookies	<i>Dinner at Basecamp</i> (Chef's Choice)	





Updated 03/19/2024

*Fresh fruit will be provided twice a week upon arrival at outpost.

NOTE: Please report dietary restrictions and allergies as a part of your summer camp registration.

Although this menu follows a recommended 2,000+ calories a day, campers are encouraged to bring supplemental food/snacks on the trail (remember to put it in your bear bag!)

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2024 Lenhok'sin High Adventure Trek Vegetarian Menu							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		<i>Breakfast at Basecamp</i> (Chef's Choice)	Primal Spirit Jerky Belvita Breakfast Bar Pumpkin Seeds Fresh Fruit* Electrolyte Drink Mix	MH Veggie Chorizo Breakfast Scramble Nutri-Grain Bar Raisins Electrolyte Drink Mix	Primal Spirit Jerky Bagel and Jelly Trail Mix (Nut Free) Fresh Fruit* Electrolyte Drink Mix	Fruit Bar Craisins Unfrosted Pop-Tarts Fig Newton Electrolyte Drink Mix	<i>Continental Breakfast</i> Danishes Yogurt Milk / Juice Fruit Cereal
Lunch		Cheese Wedges Ritz Crackers Sunbutter Trail Mix (Nut Free) Fruit Bar Electrolyte Drink Mix	Fish Free Tuna Pita Chips Apple Sauce Sunflower Seeds Fruit Chips Electrolyte Drink Mix	Fruit and Veggie Squeeze Pouch Combo Chex Mix Fruit Leather Roasted Chickpeas Electrolyte Drink Mix	Hummus Ritz Crackers Pumpkin Seeds Chewy Bar Fruit Chips Electrolyte Drink Mix	Chia Squeeze Roasted Chickpeas Teddy Grahams Fruit Cup Electrolyte Drink Mix	
Dinner	<i>Dinner at Basecamp</i> (Chef's Choice)	BP Three Bean Veggie Stew Flour Tortilla Pretzels	BP Chana Masala Grandma's Cookies	BP Three Sister's Stew Pudding Veggie Chips	BP Kathmandu Curry Oreo Cookies	<i>Dinner at Basecamp</i> (Chef's Choice)	

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