

Expedition Menu Planner
Breakfast

Item	No. of Times	Preferred Day
Bagels & cream cheese		
Bagel choice:		
Cream cheese choice:		
Blueberry pancakes		
Breakfast burritos		
Cold cereal		
Dutch oven breakfast		
Eggs to Order		
French toast		
Hot cereal		
Huevos Rancheros		
Mexican scrambled eggs		
Omelets		
Filling:		
Pancakes		
Vegetable scrambled eggs		
Side Items:		
Canned fruit		
Fresh fruit		
Ham		
Hash browns		
Link sausage		
Patty sausage		
Pork bacon		
Turkey bacon		
Vegetarian sausage		
Yogurt		
Flavor:		
Breads:		
Dutch oven coffeecake		
English muffins		
Muffins (premade)		
Toast		
Tortillas		

Expedition Menu Planner
Lunch

Item	No. of Times	Preferred Day
Sandwiches:		
Peanut butter & jelly		
Cold cuts with cheese		
Corned Beef		
Ham		
Pastrami		
Roast Beef		
Turkey		
American		
Cheddar		
Monterey Jack		
Mozzarella		
Provolone		
Swiss		
Speciality Cheese:		
Chicken salad		
Egg salad		
Sloppy Joes		
Tuna salad		
Salads:		
Beef Taco Salad		
Black Bean Salad w/Gucamole & Tortillas		
Chicken Taco Salad		
Pasta Salad		
Oriental Chicken Salad		
Salami/Cheese/Fruit w/Crackers		
Unbeatable Bean Salad		
Vegetarian Pasta Salad		
Vegetarian Taco Salad		
Wraps:		
Tuna		
Meat (specify)		
Vegetarian		
Side Items:		
Breads:		
Bagels		
Rye		
Sour dough		
Sub-rolls		
Wheat		
White		
Pita		
Tortillas		

Expedition Menu Planner
Lunch

Item	No. of Times	Preferred Day
Snacks:		
Bagel chips		
Canned fruit		
Chex snack mix		
Chips		
Cookies		
Crackers		
Fresh fruit		
Pita chips		
Pretzels		
Pretzel Chips		
Pringles		
Yogurt		
Candy		
Chewy Granola Bar		
Cookies		
Crunchy Granola Bar		
Dried fruit		
Gorp		
Pop tarts		
Raisins		
Trail mix		
Condiments:		
Dill Pickles		
Horseradish sauce		
Lettuce		
Mayonnaise - light		
Mayonnaise - olive oil		
Mayonnaise - regular		
Miracle Whip - light		
Miracle Whip - regular		
Mustard - Dijon		
Mustard - yellow		
Olives - black		
Olives - green		
Pepperoncini (yellow peppers)		
Red Onion		
Sweet Pickles		
Tomato		

Expedition Menu
Dinner Items

E = Easy
M = Moderately Difficult
D = Difficult

Item	No of Times	Preferred Day	Difficulty
Beef Category:			
Beef & Bean Burritos			E
Beef Foil Dinners			E
Beef Soft Tacos			E
Beef Stew			M
Beef Stroganoff w/Buttered Noodles			M
Grilled Hamburgers			E
Grilled Tri-Tip Roast			M
Marinated Steak (specify cut)			E
Spaghetti w/meat sauce			E
Tequilla Marinated Beef Fajitas			E
Traditional Beef Fajitas			E
Chicken Category:			
Chicken Cacciatore			M
Chicken Cordon Bleu			M
Chicken Curry			M
Chicken Foil Dinners			E
Chicken Primavera			M
Chicken Soft Tacos			E
Chicken Stir Fry			E
Chicken/Cheese Enchiladas			E
Fettuccini Alfredo with Chicken			E
Tequilla Marinated Chicken Fajitas			E
Teryaki Marinated Chicken Breasts			E
Traditional Chicken Fajitas			E
Pork Category:			
Grilled Pork Chops			E
Grilled Smoked Pork Chops			E
Pork Chops w/Mashed potatoes & gravy			M
Roasted Pork Tenderloin			D
Seafood/Fish Category:			
Fettuccini Alfredo with Shrimp			E
Grilled Salmon w/herbs			E
Jambalaya			M
Linguini w/Red Clam Sauce			M
Linguini w/White Clam Sauce			M
Poached Halibut w/herbs			E
Shrimp Burritos			E
Shrimp Scampi			E

Expedition Menu
Dinner Items

E = Easy
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Item	No of Times	Preferred Day	Difficulty
Vegetarian Category:			
"Beaf" Stew			M
Capellini Pomodoro w/Angel Pasta			E
Cauliflower & Potato Curry			E
Cheese Enchiladas			E
Eggplant Parmesan			M
Fettuccini Alfredo			E
Meatless Stir Fry			E
Meatless Stir Fry w/Tofu			E
Mushroom-Broccoli Stroganoff			M
No-Brainer Burrito			M
Onion Soup			M
Pasta with Pesto			E
Spaghetti w/veggie marinara sauce			E
Vegan Stroganoff			M
Vegetarian Burgers - Grilled			E
Vegetarian Philly "Cheesesteak"			E
Misc Category:			
Dutch Oven Lasagna			M
Dutch Oven Pizza			M
Grilled Hot Dogs			E
Grilled Turkey Burgers			E

Expedition Menu
Dinner Side Items

Item	No of Times	Preferred Day
Salad Category:		
Bean		
Caesar		
Cole Slaw		
Cucumber & Tomato		
Fruit Salad w/yogurt		
Pasta		
Potato		
Sliced Tomato w/Mozzarella Cheese		
Spinach		
Tossed Green		
Dressings:		
Basalmlc Vinaigrette		
Blue Cheese		
Italian		
Ranch		
Raspberry Vinaigrette		
Thousand Island		
Other (Specify):		
Potato/Vegetable Category:		
Baked Potato		
Baked Sweet Potato		
Dutch Oven Fried Potato		
Dutch Oven Scalloped Potato		
Green Chili Potatoes		
Roasted Potato		
Squash Medley		
Canned Beans		
Canned Corn		
Canned Peas		
Foil Medley of Vegetables		
Rice-A-Roni		
Spanish Rice		
Stovetop Stuffing		

Expedition Menu
Appetizer/Dessert Items

E = Easy
M = Moderately Difficult
D = Difficult

Item	No of Times	Preferred Day	Difficulty
Appetizers:			
Antipasto			E
Chips and Salsa			E
Crackers w/Dip			E
Cream Cheese and Salsa Dip w/Chips			E
Easy Cheese Bean Dip			E
Egg Rolls			M
Fruit & Cheese Tray w/Dip			E
Hummus with Vegetables			M
Meat & Cheese w/Crackers			E
Shrimp Cocktail			M
Vegetable Tray w/Dip			M
Desserts:			
Apple Cobbler			M
Assorted Cookies			E
Banana Boats			E
Brownie Bites			E
Cherry Cobbler			M
Chewy Granola Bar			E
Crunchy Granola Bar			E
Dutch Oven Brownies			D
Instant Pudding Cups (Flavor)			E
Peach Cobbler			M
Pepperidge Farms Cookies			E
Pineapple Upside-Down Cake			M
Raspberry Cobbler			M
River Trip Dump Cake			D
S'Mores			E
Sara Lee Pound Cake w/Canned Fruit			E

Expedition Menu
Miscellaneous Items

Item	No of Times	Preferred Day
Beverages:		
Apple Juice		
Caffinated Coffee		
Caffinated Tea		
Clamato Juice		
Crystal Light		
Decaffinated Coffee		
Decaffinated Tea		
Gatorade		
Grape Juice		
Hansen's Soda		
Hot Chocolate		
Ice Tea		
Lemonade		
Milk (Specify fat content)		
Orange Juice		
Powdered Milk		
Rice Milk		
Soda Pop (Specify flavor)		
Soy Milk		
Tomato Juice		
V-8 Juice		
Snacks:		
Assorted Candy		
Bagel Chips		
Cereal Bars		
Chewy Granola Bars		
Chex Snack Mix		
Chips		
Crunchy Granola Bars		
Dried Fruit		
GORP		
Mixed Nuts		
Peanuts		
Pita Chips		
Pop Tarts		
Pretzels		
Pringles		
Raisins		
Trail Mix		

Expedition Menu
Miscellaneous Items

Item	No of Times	Preferred Day
Condiments: (Check all that apply)		
BBQ Sauce		
Berry Syrup		
Black Olives		
Brown Sugar		
Buttter		
Cocktail Sauce		
Cucumber Chips		
Dijon Mustard		
Dill Pickles		
Green Olives		
Half & Half		
Honey		
Horseradish Sauce		
Imitation Maple Syrup		
Jelly/Jam		
Ketchup		
Margarine		
Mayonnaise		
Miracle Whip		
Olive Oil		
Powdered Creamer		
Real Maple Syrup		
Salad Dressing (flavor)		
Salsa		
Sour Cream		
Steak Sauce		
Sugar Supplement		
Sweet Pickles		
Tabasco Sauce		
Tartar Sauce		
Vegetable Oil		
White Sugar		
Yellow Mustard		