

Lenhok'sin Trail Menu 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		<i>Breakfast at LHA Basecamp</i> Scrambled Eggs Hasbrowns Bacon	Pop Tarts Nutri-Grain Bars Dried Banana Chips	Turkey Bites Honey Stinger Organic Waffles Honey Roasted Peanuts Dried Pineapple	Beef Jerky Nature Valley Bar Fig Newtons Hot Chocolate	Pancakes at Outposts Golden Rasins Summer Sausage	<i>Continental Breakfast at LHA Basecamp</i> Pastries Cereal Fruit Donuts Coffee
Lunch		Hit the TRAIL!	Original Cheese Wedges Pilot Crackers Beef Sticks Jumbo Raisins Gatorade	Tuna Ritz Crackers Clif Bar Veggie Straws Kool-Aid	Beef & Cheese Sticks GORP Gatorade	Pita Chips and Hummus Chewy Bar Assorted Fruit Leather Lemonade	Chicken Saltine Crackers Oriental Trail Mix Pudding Cup Gatorade
Dinner	<i>Hearty Dinner at LHA Basecamp</i> Taco Night	MH Mexican Rice and Chicken Tortillas Pretzel Sticks	MH Spaghetti & Meatsauce Dried Edamame Cup of Chicken Noodle Soup	MH Chicken Fried Rice Oreos	MH Chili Mac Mashed Potatoes	<i>Dinner at LHA Basecamp</i> Chef's Choice!	
	*Please make all dietary restrictions known to the Camp Director				MH = Mountain House		
	**Subject to Change						