



Lenhok'sin Trail Menu 2018 with Allergy and Calorie Information

	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 Calorie Target: 820	Turkey Bites Honey Stinger Waffles^* Honey Roasted Peanuts Dried Pineapple Calorie Target: 840	Beef Jerky Nature Valley Bar^* Fig Newtons^ Hot Chocolate Calorie Target: 710	Pancakes^ at Outposts Golden Rasins Summer Sausage Calorie Target: 750	<i>Continental Breakfast at LHA Basecamp</i> Pastries Cereal Fruit Donuts Coffee	Breakfast Calorie Target: 800
Lunch	<h2>Hit the TRAIL!</h2>	Cheese Pilot Crackers^ Beef Sticks Jumbo Raisins Gatorade Calorie Target: 945	Tuna Ritz Crackers^ Clif Bar^* Veggie Straws Kool-Aid Calorie Target: 960	Beef & Cheese Sticks GORP Gatorade Calorie Target: 930	Pita Chips^ and Hummus Chewy Bar^* Assorted Fruit Leather Lemonade Calorie Target: 910	Chicken Saltine Crackers^ Oriental Trail Mix# Pudding Cup Gatorade Calorie Target: 990		Lunch Calorie Target: 950
Dinner	<i>Hearty Dinner at LHA Basecamp</i> Taco Night	MH Mexican Rice and Chicken^* Tortillas^ Pretzel Sticks^ Calorie Target: 505	MH Spaghetti & Meatsauce^* Dried Edamame Cup of Chicken Noodle Soup^ Calorie Target: 520	MH Chicken Fried Rice^*~ Oreos^* Calorie Target: 630	MH Chili Mac^* Mashed Potatoes Calorie Target: 400	<i>Dinner at LHA Basecamp</i> Chef's Choice!		Dinner Calorie Target: 500
Please make all dietary restrictions known to the Camp Director				Contains Peanuts and/or Treenuts (2B3L)		Edited 7-3-18		Total: 2250
Subject to Change				May contain traces of Peanuts and/or Treenuts (2B4L1D)				
MH = Mountain House				Contains Dairy (1D6L3D, includes Green)				
^ Contains Gluten				Contains Dairy and Meat				
* Contains Soy				Contains Meat (Chicken, Turkey, Beef) (3B3L5D, includes Green)				
# Contains Sesame				Contains Pork (1B)				
				Contains Fish (1L)				