



2019 Lenhok'sin High Adventure Trek Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<i>Breakfast at Basecamp</i> Scrambled Eggs Hash browns Potatoes	Beef Stick Nutri-Grain Bars Dried Banana Chips	Turkey Bites Honey Stinger Waffles Pumpkin Seeds Dried Pineapple	Beef Jerky Fig Newtons Sunflower Seeds	Oatmeal Gold Raisins Beef Sticks Hot Chocolate
Lunch	Cheese Wedges Pilot Crackers Beef Sticks Jumbo Raisins Propel Drink Mix	Tuna Ritz Crackers Clif Bar Veggie Straws Propel Drink Mix	Beef & Cheese Sticks Gorp Dried Apple Chips Propel Drink Mix	Pita Chips and Hummus Chewy Bar Assorted Fruit Leather Propel Drink Mix	Chicken Saltine Crackers Oriental Trail Mix Oreos
Dinner	MH Mexican Rice and Chicken Tortillas Pretzel Sticks	MH Spaghetti & Meatsauce Dried Edamame Cup of Chicken Noodle Soup	MH Chicken Fried Rice Pudding	MH Chili Mac Mashed Potatoes	<i>Dinner at Base Camp</i> Chef's Choice