

Lenhok'sin High Adventure Trek Menu

All menu items at Lenhok'sin High Adventure are peanut and tree nut free. Although the menu follows a recommendation of 2,000+ calories a day, campers may bring supplemental food on the trail. Individual nutritional items can be found on the "Menu Nutritional Guide."

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<i>Breakfast at Basecamp</i> (Chef's Choice)	Beef Stick Oatmeal Breakfast Bar Pumpkin Seeds Dried Fruit Apple Cider	MH Breakfast Skillet Baked Breakfast Bar Sunflower Seeds Raisins Lemonade	Pepperoni Sausage Bits Bagel and Jelly Seed and Fruit Mix Dried Fruit Apple Cider	Beef Jerky Instant Oatmeal Craisins Fig Newton Lemonade
Lunch	Farmhouse Cheese Wedges Ritz Crackers Salami Slices Seed and Fruit Mix Propel Drink Mix	Tuna Rice Crackers Apple Sauce Sunflower Seeds Fruit Chips Propel Drink Mix	BBQ Chicken and Cheddar Stick Combo Chex Mix Fruit Leather Roasted Chickpeas Propel Drink Mix	Chunk Chicken Ritz Crackers Pumpkin Seeds Chewy Bar Fruit Chips Propel Drink Mix	Turkey and Swiss Stick Combo Roasted Chickpeas Mini Cookies Dried Fruit Propel Drink Mix
Dinner	MH Mexican Adobo Rice & Chicken Flour Tortilla Pretzels	MH Beef Stroganoff Mashed Potatoes Hot Chocolate	MH Chicken Fried Rice Pudding	MH Spaghetti with Meat Sauce Oreo Minis Hot Chocolate	<i>Dinner at Basecamp</i> (Chef's Choice)

MH = Mountain House



Lenhok'sin High Adventure Vegetarian Menu

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<i>Breakfast at Basecamp</i> (Chef's Choice)	Plant Based Jerky Oatmeal Breakfast Bar Pumpkin Seeds Dried Fruit Apple Cider	BP Cinnamon Apple Oats Baked Breakfast Bar Sunflower Seeds Raisins Lemonade	Plant Based Jerky Bagel and Jelly Seed and Fruit Mix Dried Fruit Apple Cider	Plant Based Jerky Instant Oatmeal Craisins Fig Newton Lemonade
Lunch	Farmhouse Cheese Wedges Ritz Crackers Sun Butter Fruit Bar Seed and Fruit Mix Propel Drink Mix	Fish Free Tuna Rice Crackers Apple Sauce Sunflower Seeds Fruit Chips Propel Drink Mix	Farmhouse Cheese Wedges Ritz Crackers Chex Mix Fruit Leather Roasted Chickpeas Propel Drink Mix	Pita Chips Hummus Pumpkin Seeds Chewy Bar Fruit Chips Propel Drink Mix	Fish Free Tuna Rice Crackers Roasted Chickpeas Mini Cookies Dried Fruit Propel Drink Mix
Dinner	BP Three Amigos Veggie Stew Flour Tortilla Pretzels	BP Chana Masala Mashed Potatoes Hot Chocolate	BP Three Sister's Stew Brownie	BP Kathmandu Curry Oreo Minis Hot Chocolate	<i>Dinner at Basecamp</i> (Chef's Choice)

BP = Backpackers Pantry

