

Lenhok'sin High Adventure Trek Menu 2023

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 "Lenhok'sin Menu Nutritional Guide."

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|---|---|---|---|
| Breakfast | <i>Breakfast at Basecamp</i> (Chef's Choice) | Beef Stick Breakfast Chewy Bar Pumpkin Seeds Dried Fruit Oatmeal Electrolyte Drink Mix | BP Cinnamon Apple Oats Baked Breakfast Bar Sunflower Seeds Raisins Electrolyte Drink Mix | Pepperoni Sausage Bites Bagel and Jelly Seed and Fruit Mix Fruit Cup Oatmeal Electrolyte Drink Mix | Beef Jerky Instant Oatmeal Craisins Fig Newton Oatmeal Electrolyte Drink Mix |
| Lunch | Farmhouse Cheese Wedges Ritz Crackers Salami Slices Seed and Fruit Mix Electrolyte Drink Mix | Tuna Saltine Crackers Apple Sauce Sunflower Seeds Fruit Chips Electrolyte Drink Mix | BBQ Chicken and Cheddar Stick Combo Chex Mix Fruit Leather Roasted Chickpeas Electrolyte Drink Mix | Chunk Chicken Ritz Crackers Pumpkin Seeds Chewy Bar Fruit Chips Electrolyte Drink Mix | Turkey and Swiss Stick Combo Roasted Chickpeas Teddy Grahams Dried Fruit Electrolyte Drink Mix |
| Dinner | BP Santa Fe Style Rice and Beans Flour Tortilla Pretzels Carrot Sticks | BP Wild West Chili and Beans Mashed Potatoes | BP Stroganoff Sauce Pudding Veggie Crisps | BP Chicken Lasagna Oreo Minis | <i>Dinner at Basecamp</i> (Chef's Choice) |

*Fresh fruit will be provided twice a week upon arrival at outpost

BP = Backpacker's Pantry



Lenhok'sin High Adventure Vegetarian Menu 2023

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| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|--|---|--|--|
| Breakfast | <i>Breakfast at Basecamp</i> (Chef's Choice) | Primal Spirit Jerky Oatmeal Breakfast Bar Pumpkin Seeds Fruit Cup Oatmeal Electrolyte Drink Mix | BP Cinnamon Apple Oats Baked Breakfast Bar Sunflower Seeds Raisins Oatmeal Electrolyte Drink Mix | Primal Spirit Jerky Bagel and Jelly Seed and Fruit Mix Fruit Cup Oatmeal Electrolyte Drink Mix | Fruit Jerky Unfrosted Poptart Craisins Fig Newton Oatmeal Electrolyte Drink Mix |
| Lunch | Farmhouse Cheese Wedges Ritz Crackers Sun Butter Fruit Bar Seed and Fruit Mix Electrolyte Drink Mix | Chia Squeeze Pouch Saltine Crackers Apple Sauce Sunflower Seeds Fruit Chips Electrolyte Drink Mix | Pita Chips Hummus Go-go Squeeze Pouch Fruit Leather Roasted Chickpeas Electrolyte Drink Mix | Farmhouse Cheese Wedges Ritz Crackers Pumpkin Seeds Chewy Bar Fruit Chips Electrolyte Drink Mix | Chia Squeeze Pouch Saltine Crackers Roasted Chickpeas Teddy Grahams Dried Fruit Electrolyte Drink Mix |
| Dinner | BP Three Amigos Veggie Stew Flour Tortilla Pretzels Carrot Sticks | BP Chana Masala Mashed Potatoes | BP Three Sister's Stew Pudding Veggie Crisps | BP Kathmandu Curry Oreo Minis | <i>Dinner at Basecamp</i> (Chef's Choice) |

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