

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 (Chef's Choice)</i>	Beef Stick Bkf Chewy Bar Pumpkin Seeds Fresh Fruit* Oatmeal Electrolyte Drink Mix	MH Bkf Skillet Baked Bkf Bar Sunflower Seeds Raisins Electrolyte Drink Mix	Pepperoni Bites Bagel and Jelly Seed and Fruit Mix Fresh Fruit* Oatmeal Electrolyte Drink Mix	Beef Jerky Instant Oatmeal Craisins Fig Newton Electrolyte Drink Mix
Lunch	Cheese Ritz Crackers Salami Slices Seed and Fruit Mix Electrolyte Drink Mix	Tuna Ritz 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 Pita Chips Pumpkin Seeds Chewy Bar Fruit Chips Electrolyte Drink Mix	Turkey and Swiss Stick Combo Roasted Chickpeas Teddy Grahams Fruit Cup Electrolyte Drink Mix
Dinner	Mountain House Mexican Adobo Rice and Chicken Flour Tortilla Pretzels	MH Beef Stroganoff Mashed Potatoes Hot Chocolate	MH Chicken Fried Rice Pudding Veggie Crisps	MH Spaghetti and Meat Sauce Oreo Minis Hot Chocolate	<i>Dinner at Basecamp (Chef's Choice)</i>



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

Lenhok'sin High Adventure Vegetarian 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 (Chef's Choice)</i>	Primal Spirit Jerky Bkf Chewy Bar Pumpkin Seeds Fresh Fruit Oatmeal Electrolyte Drink Mix	BP Cinn. Apple Oats Baked Bkf Bar Sunflower Seeds Raisins Electrolyte Drink Mix	Primal Spirit Jerky Bagel and Jelly Seed and Fruit Fresh Fruit Oatmeal Electrolyte Drink Mix	Fruit Jerky Unfrosted Poptart Craisins Fig Newton Oatmeal Electrolyte Drink Mix
Lunch	Cheese Ritz Crackers Sun Butter Fruit Bar Seed and Fruit Mix Drink Mix	Fish Free Tuna Ritz Crackers Apple Sauce Sunflower Seeds Fruit Chips Electrolyte Drink Mix	Cheese Chex mix Go-go Squeeze Pouch Fruit Leather Roasted Chickpeas Electrolyte Drink Mix	Pita Chips Hummus Pumpkin Seeds Chewy Bar Fruit Chips Electrolyte Drink Mix	Chia Squeeze Roasted Chickpeas Teddy Grahams Fruit Cup Electrolyte Drink Mix
Dinner	BP 3 Amigos Stew Flour Tortilla Pretzels	BP Chana Masala Mashed Potatoes Hot Chocolate	BP Three Sister's Stew Pudding Veggie Crisps	BP Kathmandu Curry, Oreo Minis, Hot Chocolate	<i>Dinner at Basecamp (Chef's Choice)</i>

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

BP =Backpackers Pantry

Bkf = 'Breakfast'

