2024 Lenhok'sin High Adventure Trek Menu Sunday Monday Tuesday Wednesday Thursday Friday Saturday **Turkey Deli Stick Breakfast** Breakfast at MH Breakfast **Buffalo Chicken** Beef Deli Stick Continental Skillet Breakfast Deli Bites Basecamp Belvita Craisins Nutri-Grain (Chef's Choice) Bagel and Jelly Breakfast Bar Pop-Tarts Danishes Bar Yogurt Trail Mix (Nut Free) **Pumpkin Seeds** Fig Newton Milk / Juice Raisins Fresh Fruit* Fresh Fruit* **Electrolyte Drink** Fruit Electrolyte Drink Mix Mix Cereal Electrolyte Drink Mix Electrolyte Drink Mix Turkey and Swiss Cheese **Chunk Chicken** BBQ Beef and Starkist Tuna Lunch Stick Combo Wedges Cheddar Stick Pita Chips Ritz Crackers Combo Chex **Ritz Crackers** Roasted Apple Sauce Pumpkin Seeds Chickpeas Mix Salami Slices Sunflower Seeds Chewy Bar Teddy Grahams Fruit Leather Trail Mix (Nut Free) Fruit Chips Fruit Chips Fruit Cup Roasted Chickpeas Electrolyte Electrolyte Drink Mix Electrolyte Drink Mix Electrolyte Drink Electrolyte Drink Mix Drink Mix Mix Dinner Dinner at MH Mexican MH Beef MH Chicken MH Spaghetti Dinner at Adobo Rice and Stroganoff Fried Rice and Meat Basecamp Basecamp Chicken Mashed Potatoes (Chef's Puddina Sauce (Chef's Flour Tortilla Grandma's Cookies **Oreo Cookies** Choice) Choice) Veggie Chips Pretzels

Menu subject to change due to supply chain and availability

Updated 03/19/2024

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

NOTE: Please report dietary restrictions and allergies as a part of your summer camp registration.

Although this menu follows a recommended 2,000+ calories a day, campers are encouraged to bring supplemental food/snacks on the trail (remember to put it in your bear bag!)

2024 Lenhok'sin High Adventure Trek Vegetarian Menu							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	LEMH DHASIN HICH ADVENTURE	Breakfast at Basecamp (Chef's Choice)	Primal Spirit Jerky Belvita Breakfast Bar Pumpkin Seeds Fresh Fruit* Electrolyte Drink Mix	MH Veggie Chorizo Breakfast Scramble Nutri-Grain Bar Raisins Electrolyte Drink Mix	Primal Spirit Jerky Bagel and Jelly Trail Mix _(Nut Free) Fresh Fruit* Electrolyte Drink Mix	Fruit Bar Craisins Unfrosted Pop-Tarts Fig Newton Electrolyte Drink Mix	Continental Breakfast Danishes Yogurt Milk / Juice Fruit Cereal
Lunch	G	Cheese Wedges Ritz Crackers Sunbutter Trail Mix (Nut Free) Fruit Bar Electrolyte Drink Mix	Fish Free Tuna Pita Chips Apple Sauce Sunflower Seeds Fruit Chips Electrolyte Drink Mix	Fruit and Vegie Squeeze Pouch Combo Chex Mix Fruit Leather Roasted Chickpeas Electrolyte Drink Mix	Hummus Ritz Crackers Pumpkin Seeds Chewy Bar Fruit Chips Electrolyte Drink Mix	Chia Squeeze Roasted Chickpeas Teddy Grahams Fruit Cup Electrolyte Drink Mix	
Dinner	Dinner at Basecamp (Chef's Choice)	BP Three Bean Veggie Stew Flour Tortilla Pretzels	BP Chana Masala Grandma's Cookies	BP Three Sister's Stew Pudding Veggie Chips	BP Kathmandu Curry Oreo Cookies	<i>Dinner at Basecamp</i> (Chef's Choice)	N G

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