

## FOOD PACKING EXAMPLE MENU

| Day      | Breakfast   | Lunch   | Dinner  |
|----------|---|---|---|
| <b>1</b> | <ul style="list-style-type: none"> <li>- Muffins</li> <li>- Yogurt</li> <li>- Granola</li> <li>- Fruit</li> </ul> | <ul style="list-style-type: none"> <li>- Chicken Salad Sandwiches</li> <li>- Chips</li> <li>- Cookies</li> <li>- Fruit</li> </ul>   | APP: Bruschetta<br><ul style="list-style-type: none"> <li>- BBQ Chicken</li> <li>- Coconut Rice</li> <li>- Coleslaw w/ Vinaigrette</li> <li>- Cornbread</li> </ul> Dessert: Strawberry Shortcake            |
| <b>2</b> | <ul style="list-style-type: none"> <li>- Biscuits &amp; Gravy</li> <li>- Eggs</li> <li>- Fruit</li> </ul>         | <ul style="list-style-type: none"> <li>- Club Sandwiches or BLT's</li> <li>- Chips</li> <li>- Cookies</li> <li>- Fruit</li> </ul>   | APP: Baked Brie<br><ul style="list-style-type: none"> <li>- Pork Tenderloin</li> <li>- Sweet Potato Mash</li> <li>- Green Beans</li> <li>- Irish Soda Bread</li> </ul> Dessert: S'mores Bars                |
| <b>3</b> | <ul style="list-style-type: none"> <li>- French Toast Links</li> <li>- Sausage Links</li> <li>- Fruit</li> </ul>  | <ul style="list-style-type: none"> <li>- Chicken Caesar Salad Wraps</li> <li>- Chips</li> <li>- Cookies</li> <li>- Fruit</li> </ul> | APP: Pepper Jelly, Cream Cheese & Crackers<br><ul style="list-style-type: none"> <li>- Grilled Salmon</li> <li>- Creamy Pesto Noodles</li> <li>- Green Salad</li> </ul> Dessert: Chocolate Zucchini Cake    |
| <b>4</b> | <ul style="list-style-type: none"> <li>- Huevos Rancheros</li> <li>- Eggs</li> <li>- Fruit</li> </ul>             | <ul style="list-style-type: none"> <li>- Cold Cut Sandwich Spread</li> <li>- Chips</li> <li>- Cookies</li> <li>- Fruit</li> </ul>   | APP: Spinach & Artichoke Dip<br><ul style="list-style-type: none"> <li>- Steak</li> <li>- Couscous</li> <li>- Apple, Walnut, Gorgonzola, Poppyseed Salad</li> <li>- Beer Bread</li> </ul> Dessert: Brownies |
| <b>5</b> | <ul style="list-style-type: none"> <li>- Pancakes</li> <li>- Bacon</li> <li>- Fruit</li> </ul>                    | <ul style="list-style-type: none"> <li>- Tuna Salad Sandwiches</li> <li>- Chips</li> <li>- Cookies</li> <li>- Fruit</li> </ul>      | APP: Chips & Salsa<br><ul style="list-style-type: none"> <li>- Enchiladas</li> <li>- Rice &amp; Beans</li> <li>- Green Salad</li> </ul> Dessert: Pineapple Upside-down Cake                                 |
| <b>6</b> | <ul style="list-style-type: none"> <li>- Egg Scramble w/ Veg &amp; Sausage</li> </ul>                             | <ul style="list-style-type: none"> <li>- Cold Cut Sandwich Spread</li> <li>- Chips</li> <li>- Cookies</li> <li>- Fruit</li> </ul>   | (Back in Civilization)  |

Advisory: Consuming raw or undercooked foods such as meat, poultry, fish, shellfish, and eggs may increase your risk of foodborne illness.