

Menu for Trip (Simple List): CDT Weminuche 2016, 1st leg, Stony Pass to Weminuche Pass

Friday, July 1, 2016

Lunch

Bread, bagel, plain	Bread, bagel, plain
Cheese, Emmenthaler Swiss	Emmenthaler Swiss Cheese
Sausage, Summer	Summer sausage

Snacks

Bar, Cliff, any flavor	Bar, Cliff, any flavor
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Dinner

Cocoa Mix, Swiss Miss milk Chocolate	Swith Miss Milk Chocolate Hot Cocoa Mix
FD Dinner, Mountain House Pro-Pak Beef Stroganoff with Noodles	FD Dinner, Mountain House Pro-Pak Beef Stroganoff with Noodles

Saturday, July 2, 2016

Breakfast

Coffee, coarsely ground for French press	Coffee, coarsely ground for French press
FD Breakfast, Mountain House Biscuits and Gravy	FD Breakfast, Mountain House Biscuits and Gravy

Lunch

Peanut butter, Jif to Go Creamy	Peanut butter, Jif to Go Creamy
Tortillas, flour, 8", Mission Foods	Tortillas, flour, 8", Mission Foods

Snacks

GORP, homemade, MacPecanM&Mraisins	Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 6 servings
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Dinner

FD Dinner, Mountain House Pro-Pak Lasagna with Meat Sauce	FD Dinner, Mountain House Pro-Pak Lasagna with Meat Sauce
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Sunday, July 3, 2016

Breakfast

Coffee, coarsely ground for French press	Coffee, coarsely ground for French press
Pastry, Pop Tarts, Brown Sugar Cinnamon	Kellog's Pop Tarts Brown Sugar Cinnamon

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Lunch

Bread, bagel, plain	Bread, bagel, plain
Cheese, Emmenthaler Swiss	Emmenthaler Swiss Cheese
Sausage, Summer	Summer sausage

Snacks

Bar, Cliff, any flavor	Bar, Cliff, any flavor
Beef, jerky, Bridgford, original natural style	Beef, jerky, Bridgford, original natural style
Cocoa Mix, Swiss Miss milk Chocolate	Swith Miss Milk Chocolate Hot Cocoa Mix

Dinner

FD Dinner, Mountain House Pro-Pak Chili Mac with Beef	FD Dinner, Mountain House Pro-Pak Chili Mac with Beef
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Monday, July 4, 2016

Breakfast

Cereal, Mountain House Granola with Milk and Blueberries	Cereal, Mountain House Granola with Milk and Blueberries
Coffee, coarsely ground for French press	Coffee, coarsely ground for French press

Lunch

Peanut butter, Jif to Go Creamy	Peanut butter, Jif to Go Creamy
Tortillas, flour, 8", Mission Foods	Tortillas, flour, 8", Mission Foods

Snacks

Candy, Snickers Minis	Candy, Snickers Minis
GORP, homemade, MacPecanM&Mraisins	Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 6 servings

Dinner

FD Dinner, Mountain House Pro-Pak Chicken Teriyaki with Rice	FD Dinner, Mountain House Pro-Pak Chicken Teriyaki with Rice
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Tuesday, July 5, 2016

Breakfast

Cereal, Instant Oatmeal, Quaker, Maple & Brw Sugar	Quaker Instant Oatmeal, Maple and brown sugar
Coffee, coarsely ground for French press	Coffee, coarsely ground for French press

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Lunch

Cheese, Emmenthaler Swiss	Emmenthaler Swiss Cheese
Sausage, Summer	Summer sausage
Tortillas, flour, 8", Mission Foods	Tortillas, flour, 8", Mission Foods

Snacks

Bar, Cliff, any flavor	Bar, Cliff, any flavor
Beef, jerky, Bridgford, original natural style	Beef, jerky, Bridgford, original natural style
Candy, Snickers Minis	Candy, Snickers Minis
Cocoa Mix, Swiss Miss milk Chocolate	Swith Miss Milk Chocolate Hot Cocoa Mix

Dinner

FD Dinner, Mountain House Pro-Pak Beef Stew	FD Dinner, Mountain House Pro-Pak Beef Stew
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Wednesday, July 6, 2016

Breakfast

Coffee, coarsely ground for French press	Coffee, coarsely ground for French press
FD Breakfast, Mountain House Scrambled Eggs with Ham	FD Breakfast, Mountain House Scrambled Eggs with Ham

Lunch

Peanut butter, Jif to Go Creamy	Peanut butter, Jif to Go Creamy
Tortillas, flour, 8", Mission Foods	Tortillas, flour, 8", Mission Foods

Snacks

Cookies, Fig Newtons	Cookies, Fig Newtons
GORP, homemade, MacPecanM&Mraisins	Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 6 servings

Dinner

FD Dinner, Mountain House Pro-Pak Pasta Primavera	FD Dinner, Mountain House Pro-Pak Pasta Primavera
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Thursday, July 7, 2016

Breakfast

Cereal, Mountain House Granola with Milk and Blueberries	Cereal, Mountain House Granola with Milk and Blueberries
Coffee, coarsely ground for French press	Coffee, coarsely ground for French press

Lunch

Cheese, Emmenthaler Swiss	Emmenthaler Swiss Cheese
Sausage, Summer	Summer sausage
Tortillas, flour, 8", Mission Foods	Tortillas, flour, 8", Mission Foods

Snacks

Bar, Cliff, any flavor	Bar, Cliff, any flavor
Cocoa Mix, Swiss Miss milk Chocolate	Swith Miss Milk Chocolate Hot Cocoa Mix

Dinner

FD Dinner, Mountain House Pro-Pak Rice & Chicken	FD Dinner, Mountain House Pro-Pak Rice & Chicken
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Friday, July 8, 2016

Breakfast

Coffee, coarsely ground for French press	Coffee, coarsely ground for French press
Soup, ramen noodle, Maruchan, chicken flavor	Soup, ramen noodle, Maruchan, chicken flavor

Lunch

Peanut butter, Jif to Go Creamy	Peanut butter, Jif to Go Creamy
Tortillas, flour, 8", Mission Foods	Tortillas, flour, 8", Mission Foods

Snacks

Bar, Cliff, any flavor	Bar, Cliff, any flavor
GORP, homemade, MacPecanM&Mraisins	Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 6 servings

Dinner

FD Dinner, Mountain House Pro-Pak Spaghetti with Meat Sauce	FD Dinner, Mountain House Pro-Pak Spaghetti with Meat Sauce
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