

## Detailed Menu for Trip: West Needle Mountains (Wed 06/16/2021 - Mon 06/21/2021)

**Wed 06/16/2021**

### Breakfast

☐ Sandwich, generic

Total Serving	1.0	Total Wt	7.9 oz (224 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	800	Servings/Person	1.0
Serving Size	1 sandwich			Wt/Serving	224	Kcal/Serving	800	Water-to-Boil/Serving (ml)		0	

<b>Totals for Meal:</b>	<b>Wt (oz)</b>	<b>7.9</b>	<b>Kcal/Person</b>	<b>800</b>	<b>Water To Boil (ml)</b>	<b>0</b>
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### Lunch

☐ Sandwich, generic

Total Serving	1.0	Total Wt	7.9 oz (224 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	800	Servings/Person	1.0
Serving Size	1 sandwich			Wt/Serving	224	Kcal/Serving	800	Water-to-Boil/Serving (ml)		0	

<b>Totals for Meal:</b>	<b>Wt (oz)</b>	<b>7.9</b>	<b>Kcal/Person</b>	<b>800</b>	<b>Water To Boil (ml)</b>	<b>0</b>
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### Snacks

☐ Chews, energy, Clif Bloks + 25 mg caffeine

Total Serving	8.0	Total Wt	9.0 oz (256 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	800	Servings/Person	8.0
Serving Size	1/2 package, 3 pieces			Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)		0	

☐ Chews, energy, Clif Bloks + 50 mg caffeine

Total Serving	2.0	Total Wt	2.3 oz (64 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	200	Servings/Person	2.0
Serving Size	1/2 package, 3 pieces			Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)		0	

<b>Totals for Meal:</b>	<b>Wt (oz)</b>	<b>11.3</b>	<b>Kcal/Person</b>	<b>1,000</b>	<b>Water To Boil (ml)</b>	<b>0</b>
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### Dinner

☐ FD Dinner, Mountain House Beef Stroganoff with Noodles - Pro-Pak

Total Serving	1.0	Total Wt	4.8 oz (135 gm)	Total Water to Boil (ml)	414	Person Count	1	Kcal/Person	520	Servings/Person	1.0
Serving Size	1 pkg (labelled as 2 servings)			Wt/Serving	135	Kcal/Serving	520	Water-to-Boil/Serving (ml)		414	

<b>Totals for Meal:</b>	<b>Wt (oz)</b>	<b>4.8</b>	<b>Kcal/Person</b>	<b>520</b>	<b>Water To Boil (ml)</b>	<b>414</b>
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<b>Totals for Day:</b>	<b>Wt</b>	<b>1 lbs 15.8 oz</b>	<b>Kcal/Person</b>	<b>3,120</b>	<b>Water To Boil (ml)</b>	<b>414</b>
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## Detailed Menu for Trip: West Needle Mountains (Wed 06/16/2021 - Mon 06/21/2021)

**Thu 06/17/2021**

### Breakfast

- ☐ Coffee, Folgers singles

Total Serving	1.0	Total Wt	? oz (? gm)	Total Water to Boil (ml)	237	Person Count	1	Kcal/Person	0	Servings/Person	1.0
Serving Size	1 packet			Wt/Serving		Kcal/Serving	0	Water-to-Boil/Serving (ml)		237	
<b>Totals for Meal:</b>		<b>Wt (oz)</b>		<b>Kcal/Person</b>	<b>0</b>		<b>Water To Boil (ml)</b>	<b>237</b>			

### Lunch

- ☐ Cheese, Emmenthaler Swiss

Total Serving	1.0	Total Wt	1.0 oz (28 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	106	Servings/Person	1.0
Serving Size	1 slice or 1 oz			Wt/Serving	28	Kcal/Serving	106	Water-to-Boil/Serving (ml)		0	

- ☐ Sausage, summer, Bridgford Beef Summer Sausage

Total Serving	1.0	Total Wt	2.2 oz (62 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	200	Servings/Person	1.0
Serving Size	2 ounces, 1/3 sausage of 6 ounces sausage			Wt/Serving	62	Kcal/Serving	200	Water-to-Boil/Serving (ml)		0	

- ☐ Tortillas, flour, Mission Foods Homestyle Fajita Four Tortilla, about 6"

Total Serving	2.0	Total Wt	3.0 oz (84 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	260	Servings/Person	2.0
Serving Size	1 tortilla			Wt/Serving	42	Kcal/Serving	130	Water-to-Boil/Serving (ml)		0	

<b>Totals for Meal:</b>		<b>Wt (oz)</b>	<b>6.1</b>	<b>Kcal/Person</b>	<b>566</b>		<b>Water To Boil (ml)</b>	<b>0</b>			
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### Dinner

- ☐ Entrée, Ramen Bomb; Recipe for 2 servings: Ramen noodle soup, Maruchan Chicken Flavor - 1 pkg; Potatoes, mashed, instant, Idahoan Butter & Herb Mashed Potatoes - 1 pouch, Summer sausage, Bridgford Beef Summer Sausage - 2 ounces; Swiss Cheese - 1 ounce

Total Serving	1.0	Total Wt	6.9 oz (195 gm)	Total Water to Boil (ml)	473	Person Count	1	Kcal/Person	1,026	Servings/Person	1.0
Serving Size	1 recipe			Wt/Serving	195	Kcal/Serving	1,026	Water-to-Boil/Serving (ml)		473	

<b>Totals for Meal:</b>		<b>Wt (oz)</b>	<b>6.9</b>	<b>Kcal/Person</b>	<b>1,026</b>		<b>Water To Boil (ml)</b>	<b>473</b>			
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<b>Totals for Day:</b>		<b>Wt</b>	<b>13.0 oz</b>	<b>Kcal/Person</b>	<b>1,592</b>		<b>Water To Boil (ml)</b>	<b>710</b>			
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## Detailed Menu for Trip: West Needle Mountains (Wed 06/16/2021 - Mon 06/21/2021)

**Fri 06/18/2021**

### Breakfast

- ☐ Coffee, Folgers singles

Total Serving	2.0	Total Wt	? oz (? gm)	Total Water to Boil (ml)	474	Person Count	1	Kcal/Person	0	Servings/Person	2.0
Serving Size	1 packet			Wt/Serving		Kcal/Serving	0	Water-to-Boil/Serving (ml)		237	

- ☐ FD Breakfast, Mountain House Granola with Milk and Blueberries

Total Serving	1.0	Total Wt	5.0 oz (141 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	500	Servings/Person	1.0
Serving Size	1 pkg (labelled as 2 servings)			Wt/Serving	141	Kcal/Serving	500	Water-to-Boil/Serving (ml)		0	

<b>Totals for Meal:</b>	<b>Wt (oz)</b>	<b>5.0</b>	<b>Kcal/Person</b>	<b>500</b>	<b>Water To Boil (ml)</b>	<b>474</b>
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### Lunch

- ☐ Cheese, Emmenthaler Swiss

Total Serving	1.0	Total Wt	1.0 oz (28 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	106	Servings/Person	1.0
Serving Size	1 slice or 1 oz			Wt/Serving	28	Kcal/Serving	106	Water-to-Boil/Serving (ml)		0	

- ☐ Sausage, summer, Bridgford Beef Summer Sausage

Total Serving	1.0	Total Wt	2.2 oz (62 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	200	Servings/Person	1.0
Serving Size	2 ounces, 1/3 sausage of 6 ounces sausage			Wt/Serving	62	Kcal/Serving	200	Water-to-Boil/Serving (ml)		0	

- ☐ Tortillas, flour, Mission Foods Homestyle Fajita Four Tortilla, about 6"

Total Serving	2.0	Total Wt	3.0 oz (84 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	260	Servings/Person	2.0
Serving Size	1 tortilla			Wt/Serving	42	Kcal/Serving	130	Water-to-Boil/Serving (ml)		0	

<b>Totals for Meal:</b>	<b>Wt (oz)</b>	<b>6.1</b>	<b>Kcal/Person</b>	<b>566</b>	<b>Water To Boil (ml)</b>	<b>0</b>
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### Snacks

- ☐ Chews, energy, Clif Bloks + 25 mg caffeine

Total Serving	8.0	Total Wt	9.0 oz (256 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	800	Servings/Person	8.0
Serving Size	1/2 package, 3 pieces			Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)		0	

- ☐ Chews, energy, Clif Bloks + 50 mg caffeine

Total Serving	2.0	Total Wt	2.3 oz (64 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	200	Servings/Person	2.0
Serving Size	1/2 package, 3 pieces			Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)		0	

<b>Totals for Meal:</b>	<b>Wt (oz)</b>	<b>11.3</b>	<b>Kcal/Person</b>	<b>1,000</b>	<b>Water To Boil (ml)</b>	<b>0</b>
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## Detailed Menu for Trip: West Needle Mountains (Wed 06/16/2021 - Mon 06/21/2021)

### Dinner

☐ FD Dinner, Mountain House Chili Mac with Beef - Pro-Pak

Total Serving	1.0	Total Wt	5.0 oz (142 gm)	Total Water to Boil (ml)	414	Person Count	1	Kcal/Person	460	Servings/Person	1.0
Serving Size	1 pkg (labelled as 2 servings)			Wt/Serving	142	Kcal/Serving	460	Water-to-Boil/Serving (ml)	414		
<b>Totals for Meal:</b>		<b>Wt (oz)</b>	<b>5.0</b>	<b>Kcal/Person</b>	<b>460</b>	<b>Water To Boil (ml)</b>	<b>414</b>				
<b>Totals for Day:</b>		<b>Wt</b>	<b>1 lbs 11.4 oz</b>	<b>Kcal/Person</b>	<b>2,526</b>	<b>Water To Boil (ml)</b>	<b>888</b>				

**Sat 06/19/2021**

### Breakfast

☐ Coffee, Folgers singles

Total Serving	1.0	Total Wt	? oz (? gm)	Total Water to Boil (ml)	237	Person Count	1	Kcal/Person	0	Servings/Person	1.0
Serving Size	1 packet			Wt/Serving		Kcal/Serving	0	Water-to-Boil/Serving (ml)	237		
<b>Totals for Meal:</b>		<b>Wt (oz)</b>		<b>Kcal/Person</b>	<b>0</b>	<b>Water To Boil (ml)</b>	<b>237</b>				

### Lunch

☐ Peanut butter, Jif to Go Creamy

Total Serving	1.0	Total Wt	1.8 oz (50 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	250	Servings/Person	1.0
Serving Size	1.5 ounces (single serve cup)			Wt/Serving	50	Kcal/Serving	250	Water-to-Boil/Serving (ml)	0		

☐ Tortillas, flour, Mission Foods Homestyle Fajita Four Tortilla, about 6"

Total Serving	2.0	Total Wt	3.0 oz (84 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	260	Servings/Person	2.0
Serving Size	1 tortilla			Wt/Serving	42	Kcal/Serving	130	Water-to-Boil/Serving (ml)	0		
<b>Totals for Meal:</b>		<b>Wt (oz)</b>	<b>4.7</b>	<b>Kcal/Person</b>	<b>510</b>	<b>Water To Boil (ml)</b>	<b>0</b>				

### Dinner

☐ FD Dinner, Mountain House Pro-Pak Rice & Chicken - Pro-Pak

Total Serving	1.0	Total Wt	5.2 oz (148 gm)	Total Water to Boil (ml)	414	Person Count	1	Kcal/Person	560	Servings/Person	1.0
Serving Size	1 pkg (labelled as 2 servings)			Wt/Serving	148	Kcal/Serving	560	Water-to-Boil/Serving (ml)	414		
<b>Totals for Meal:</b>		<b>Wt (oz)</b>	<b>5.2</b>	<b>Kcal/Person</b>	<b>560</b>	<b>Water To Boil (ml)</b>	<b>414</b>				
<b>Totals for Day:</b>		<b>Wt</b>	<b>9.9 oz</b>	<b>Kcal/Person</b>	<b>1,070</b>	<b>Water To Boil (ml)</b>	<b>651</b>				

## Detailed Menu for Trip: West Needle Mountains (Wed 06/16/2021 - Mon 06/21/2021)

**Sun 06/20/2021**

### Breakfast

- ☐ FD Breakfast, Mountain House Granola with Milk and Blueberries

Total Serving	1.0	Total Wt	5.0 oz (141 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	500	Servings/Person	1.0
Serving Size	1 pkg (labelled as 2 servings)			Wt/Serving	141	Kcal/Serving	500	Water-to-Boil/Serving (ml)		0	
<b>Totals for Meal:</b>		<b>Wt (oz)</b>	<b>5.0</b>	<b>Kcal/Person</b>	<b>500</b>	<b>Water To Boil (ml)</b>		<b>0</b>			

### Lunch

- ☐ Peanut butter, Jif to Go Creamy

Total Serving	1.0	Total Wt	1.8 oz (50 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	250	Servings/Person	1.0
Serving Size	1.5 ounces (single serve cup)			Wt/Serving	50	Kcal/Serving	250	Water-to-Boil/Serving (ml)	0		

- ☐ Tortillas, flour, Mission Foods Homestyle Fajita Four Tortilla, about 6"

Total Serving	2.0	Total Wt	3.0 oz (84 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	260	Servings/Person	2.0
Serving Size	1 tortilla			Wt/Serving	42	Kcal/Serving	130	Water-to-Boil/Serving (ml)	0		

<b>Totals for Meal:</b>	<b>Wt (oz)</b>	<b>4.7</b>	<b>Kcal/Person</b>	<b>510</b>	<b>Water To Boil (ml)</b>	<b>0</b>					
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### Snacks

- ☐ Chews, energy, Clif Bloks + 25 mg caffeine

Total Serving	8.0	Total Wt	9.0 oz (256 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	800	Servings/Person	8.0
Serving Size	1/2 package, 3 pieces			Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)	0		

- ☐ Chews, energy, Clif Bloks + 50 mg caffeine

Total Serving	2.0	Total Wt	2.3 oz (64 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	200	Servings/Person	2.0
Serving Size	1/2 package, 3 pieces			Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)	0		

<b>Totals for Meal:</b>	<b>Wt (oz)</b>	<b>11.3</b>	<b>Kcal/Person</b>	<b>1,000</b>	<b>Water To Boil (ml)</b>	<b>0</b>					
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### Dinner

- ☐ FD Dinner, Mountain House Beef Stroganoff with Noodles - Pro-Pak

Total Serving	1.0	Total Wt	4.8 oz (135 gm)	Total Water to Boil (ml)	414	Person Count	1	Kcal/Person	520	Servings/Person	1.0
Serving Size	1 pkg (labelled as 2 servings)			Wt/Serving	135	Kcal/Serving	520	Water-to-Boil/Serving (ml)	414		

<b>Totals for Meal:</b>	<b>Wt (oz)</b>	<b>4.8</b>	<b>Kcal/Person</b>	<b>520</b>	<b>Water To Boil (ml)</b>	<b>414</b>					
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<b>Totals for Day:</b>	<b>Wt</b>	<b>1 lbs 9.7 oz</b>	<b>Kcal/Person</b>	<b>2,530</b>	<b>Water To Boil (ml)</b>	<b>414</b>					
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## Detailed Menu for Trip: West Needle Mountains (Wed 06/16/2021 - Mon 06/21/2021)

### Mon 06/21/2021

#### Breakfast

- ☐ Coffee, Folgers singles

Total Serving	2.0	Total Wt	? oz (? gm)	Total Water to Boil (ml)	474	Person Count	1	Kcal/Person	0	Servings/Person	2.0
Serving Size	1 packet			Wt/Serving		Kcal/Serving	0	Water-to-Boil/Serving (ml)		237	

- ☐ FD Breakfast, Mountain House Granola with Milk and Blueberries

Total Serving	1.0	Total Wt	5.0 oz (141 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	500	Servings/Person	1.0
Serving Size	1 pkg (labelled as 2 servings)			Wt/Serving	141	Kcal/Serving	500	Water-to-Boil/Serving (ml)		0	

<b>Totals for Meal:</b>	<b>Wt (oz)</b>	<b>5.0</b>	<b>Kcal/Person</b>	<b>500</b>	<b>Water To Boil (ml)</b>	<b>474</b>					
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#### Extra Food

- ☐ Potatoes, mashed, instant, Idahoan Butter & Herb Mashsed Potatoes

Total Serving	4.0	Total Wt	4.4 oz (125 gm)	Total Water to Boil (ml)	472	Person Count	1	Kcal/Person	440	Servings/Person	4.0
Serving Size	1/4 cup dry, 1/4 of pouch			Wt/Serving	31	Kcal/Serving	110	Water-to-Boil/Serving (ml)		118	

- ☐ Bar, Clif, any flavor

Total Serving	3.0	Total Wt	7.5 oz (213 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	720	Servings/Person	3.0
Serving Size	1 bar			Wt/Serving	71	Kcal/Serving	240	Water-to-Boil/Serving (ml)		0	

- ☐ Pastry, Pop Tarts, Brown Sugar Cinnamon

Total Serving	2.0	Total Wt	3.5 oz (100 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	420	Servings/Person	2.0
Serving Size	1 pastry			Wt/Serving	50	Kcal/Serving	210	Water-to-Boil/Serving (ml)		0	

- ☐ Soup, ramen noodle, Maruchan, chicken flavor

Total Serving	2.0	Total Wt	3.2 oz (90 gm)	Total Water to Boil (ml)	474	Person Count	1	Kcal/Person	380	Servings/Person	2.0
Serving Size	1/2 package			Wt/Serving	45	Kcal/Serving	190	Water-to-Boil/Serving (ml)		237	

<b>Totals for Meal:</b>	<b>Wt (oz)</b>	<b>18.6</b>	<b>Kcal/Person</b>	<b>1,960</b>	<b>Water To Boil (ml)</b>	<b>946</b>					
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<b>Totals for Day:</b>	<b>Wt</b>	<b>1 lbs 7.5 oz</b>	<b>Kcal/Person</b>	<b>2,460</b>	<b>Water To Boil (ml)</b>	<b>1,420</b>					
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## Detailed Menu for Trip: West Needle Mountains (Wed 06/16/2021 - Mon 06/21/2021)

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### Trip Totals

Wt 8 lbs 3.3 oz

Water to Boil (L) 4

Average Kcal/Person-Day (excluding extra food) 1,890

Extra Food Total Kcal/Person 1960

Extra Food Kcal/Person-Day 326.6667