

## Simple Menu for Trip: Conejos, 2021 (Thu 09/09/2021 - Thu 09/16/2021)

### Thursday, September 9, 2021

#### **Breakfast**

Servings/Person

---

1.0 Sandwich, generic

#### **Lunch**

Servings/Person

---

1.0 Sandwich, generic

#### **Snacks**

Servings/Person

---

6.0 Chews, energy, Clif Bloks + 25 mg caffeine

---

2.0 Chews, energy, Clif Bloks + 50 mg caffeine

#### **Dinner**

Servings/Person

---

1.0 FD Dinner, Mountain House Chicken & Rice, Pro-Pak; with red bell peppers, carrots, and celery

### Friday, September 10, 2021

#### **Breakfast**

Servings/Person

---

1.0 FD Breakfast, Mountain House Granola with Milk and Blueberries

#### **Lunch**

Servings/Person

---

1.0 Peanut butter, Jif to Go Creamy

---

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

## Simple Menu for Trip: Conejos, 2021 (Thu 09/09/2021 - Thu 09/16/2021)

### **Snacks**

Servings/Person

---

3.0	Candy, Snickers Fun Size
6.0	Chews, energy, Clif Bloks + 25 mg caffeine
2.0	Chews, energy, Clif Bloks + 50 mg caffeine

---

### **Dinner**

Servings/Person

---

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

---

## Saturday, September 11, 2021

### **Breakfast**

Servings/Person

---

2.0	Pastry, Pop Tarts, Brown Sugar Cinnamon
-----	---

---

### **Lunch**

Servings/Person

---

1.0	Peanut butter, Jif to Go Creamy
2.0	Tortillas, flour, Mission Foods Homestyle Fajita Four Tortilla, about 6"

---

### **Snacks**

Servings/Person

---

1.0	Bar, Clif, any flavor
1.0	Chews, energy, Clif Bloks + 25 mg caffeine
1.0	Chews, energy, Clif Bloks + 50 mg caffeine

---

### **Dinner**

Servings/Person

---

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

---

## Simple Menu for Trip: Conejos, 2021 (Thu 09/09/2021 - Thu 09/16/2021)

### Sunday, September 12, 2021

#### **Breakfast**

Servings/Person

---

1.0 FD Breakfast, Mountain House Scrambled Eggs with Bacon, pouch

---

#### **Lunch**

Servings/Person

---

1.0 Peanut butter, Jif to Go Creamy

---

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

---

#### **Snacks**

Servings/Person

---

1.0 Bar, Clif, any flavor

---

4.0 Chews, energy, Clif Bloks + 25 mg caffeine

---

2.0 Chews, energy, Clif Bloks + 50 mg caffeine

---

#### **Dinner**

Servings/Person

---

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

---

### Monday, September 13, 2021

#### **Breakfast**

Servings/Person

---

1.0 FD Breakfast, Mountain House Granola with Milk and Blueberries

---

#### **Lunch**

Servings/Person

---

1.0 Peanut butter, Jif to Go Creamy

---

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

---

## Simple Menu for Trip: Conejos, 2021 (Thu 09/09/2021 - Thu 09/16/2021)

### **Snacks**

Servings/Person

- 
- |     |  |
|-----|--|
| 1.0 | Bar, Clif, any flavor                      |
| 1.0 | Chews, energy, Clif Bloks + 25 mg caffeine |
| 1.0 | Chews, energy, Clif Bloks + 50 mg caffeine |
- 

### **Dinner**

Servings/Person

- 
- |     |   |
|-----|---|
| 1.0 | FD Dinner, Mountain House Fusilli Pasta with Italian Sausage, pouch |
|-----|---|
- 

**Tuesday, September 14, 2021**

### **Breakfast**

Servings/Person

- 
- |     |  |
|-----|--|
| 1.0 | FD Breakfast, Mountain House Granola with Milk and Blueberries |
|-----|--|
- 

### **Lunch**

Servings/Person

- 
- |     |  |
|-----|--|
| 1.0 | Peanut butter, Jif to Go Creamy  |
| 2.0 | Tortillas, flour, Mission Foods Homestyle Fajita Four Tortilla, about 6" |
- 

### **Snacks**

Servings/Person

- 
- |     |  |
|-----|--|
| 3.0 | Candy, Snickers Fun Size                   |
| 6.0 | Chews, energy, Clif Bloks + 25 mg caffeine |
| 2.0 | Chews, energy, Clif Bloks + 50 mg caffeine |
- 

### **Dinner**

Servings/Person

- 
- |     |  |
|-----|--|
| 1.0 | FD Dinner, Mountain House Chicken & Dumplings, pouch |
|-----|--|
-

## Simple Menu for Trip: Conejos, 2021 (Thu 09/09/2021 - Thu 09/16/2021)

### Wednesday, September 15, 2021

#### **Breakfast**

Servings/Person

---

1.0 FD Breakfast, Mountain House Scrambled Eggs with Bacon, pouch

---

#### **Lunch**

Servings/Person

---

2.0 Pastry, Pop Tarts, Brown Sugar Cinnamon

---

#### **Snacks**

Servings/Person

---

1.0 Bar, Clif, any flavor

---

4.0 Candy, Snickers Fun Size

---

#### **Dinner**

Servings/Person

---

1.0 FD Dinner, Mountain House Beef Stew, pouch

---

### Thursday, September 16, 2021

#### **Breakfast**

Servings/Person

---

1.0 FD Breakfast, Mountain House Granola with Milk and Blueberries

---

#### **Lunch**

Servings/Person

---

1.0 Peanut butter, Jif to Go Creamy

---

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

---

#### **Snacks**

Servings/Person

---

1.0 Bar, Clif, any flavor

---

4.0 Candy, Snickers Fun Size

---