

8 Breakfasts

B1 Peanut Butter/Banana Sandwiches
Graham Crackers
Peanut Butter/Jelly Sleeves
Dried Fruit - Banana Chips
Fruit Cereal Bar(similar to nutrigrain) #1
Fruit and Nut Bar
Electrolyte Drink
Meat Stick/Jerky #1

B2 Ely Maple Granola
GRANOLA - maple almond
Meat Stick/Jerky #2
oz package)
Trail Mix #1
POWDERED MILK
Electrolyte Drink

B3 Maple Brown Sugar Oatmeal
OATMEAL- Maple Brown Sugar
Dried Fruit - Powersnacks Raisins
Meat Stick/Jerky #3
Applesauce - GoGo Squeeze - Apple Apple
Nature Valley Protein Bar - #1
Trail Mix #2
Electrolyte Drink

9 Lunches

L1 Fresh Lunch (must use on Day 1)
BREAD
LUNCH MEAT
CHEESE SLICES
Mustard Packets
Mayo Packets
Fresh apple or orange
Animal Crackers
Electrolyte Drink

L2 Bagels (must use on Day 2 or Day 3)
Bagel
Peanut Butter and Jelly Pouches
Fruit Snacks/strips/rollups #1
Veggie Crisp Crackers
Lay's Stacks or Pringles
Cuties (mini oranges)

L3 Chicken Salad Pitas
Pita Bread
Chicken Pouch
Mustard Pouch
Mayo Pouch
Relish Pouch
Peanut Butter Crackers
SALTED NUT ROLL
Fruit Snacks/strips/rollups #2
Electrolyte Drink

L4 Summer Sausage Crackers A
Wheat Thins Veggie Toasted Chips
Highland Beef Farms - Cheese Wedge
Summer Sausage
Applesauce Pouch - cinnamon
Fruit Snacks/strips/rollups #3
Zee Zee's Grahamz
Granola Bar #1
Electrolyte Drink

8 Dinners

D1 Voyageur Fajitas
Tortilla
Spanish Rice
Pre-Cooked Chicken
Green Pepper
Onion
Fajita or Taco Seasoning
Salsa or Taco Sauce in Plastic Jar
16 oz cheddar cheese block
Chocolate Pudding Powder

D2 Northwoods Spaghetti A
Rotini Pasta
Freeze Dried Hamburger Crumbles
Tomato Powder
Spaghetti Seasoning Packet
Green Pepper
Onion
Bagel
Brownie Mix

D3 Kekakabic Supreme
Scalloped potato
Freeze Dried Sausage Crumbles
Freeze Dried Corn
Biscuit Mix
Blueberry Muffin Mix

D4 Poo Bah Burgoo
Freezed Dried Chicken
Wild Rice Soup Mix
Rice
Freeze Dried Peas
Pita Bread
Graham Crackers
Marshmallows
Hershey's Chocolate Bars

B4 Pop Tarts

Pop Tart - Strawberry
 Trail Mix #10
 Dried Fruit #1
 Nature Valley Protein Bar - #3
 Trail Mix #9
 Meat Stick/Jerky #4
 ELECTROLYTE DRINK

B5 Pancakes

Pancake
 SYRUP
 SPAM SINGLE
 Fruit and nut Bar
 Dried Fruit #2
 Dried Fruit #3
 Electrolyte Drink

B6 Cinnamon Raisin Granola

GRANOLA - #2 Cinnamon Raisin
 Dried Fruit - Zee Zee's Mixies
 Protein Bar #1
 Trail Mix #4
 Meat Stick/Jerky #5
 POWDERED MILK
 Electrolyte Drink

B7 Protein Bars A

Meal Replacement Protein Bar #1
 Highland Beef Farms - Original Beef Deli stick
 Dried Fruit #4
 Zee Zee's Honey Roasted Sunflower Kernal
 Ocean Spray Yogurt Covered Cranberries
 Electrolyte Drink

B8 Peanut Butter/Banana Sandwiches B

Scooby Snack Graham Crackers
 Peanut Butter/Jelly Sleeves
 Dried Fruit - Banana Chips
 Fruit Cereal Bar(similar to nutrigrain) #2
 Zee Zees Strawberry Crisp Bar
 Meatstick/ Jerky #9
 Electrolyte Drink

L5 Hudson Bay Bread A

Hudson Bay Bread
 Peanut Butter and Jelly Pouches
 Dried Fruit #8
 Veggie Straws or Similar product
 Meat Stick/Jerky #8
 Electrolyte Drink

L6 Pepperoni Pizza

TORTILLA
 Highland Beef Farm - Mozzarella Cheese Brick
 Hormel Pepperoni Slices
 SQUEEZABLE PIZZA SAUCE
 Dried Fruit #9
 Twizzlers
 Electrolyte Drink

L7 Bagel Chips & Hummus

Garlic
 Hummus - Zee Zee's Original hummus cup
 Meat Stick/Jerky #9
 Trail Mix #7
 Apple sauce - cinnamon
 Rice Krispy Treat
 Electrolyte Drink

L8 Chicken Salad & Crackers

Club Crackers
 CHICKEN (POUCH)
 MUSTARD
 MAYO
 RELISH PACKET
 Zee Zee Honey Sunflower Seeds
 Good Sense Yogurt Pretzels
 Fruit Snacks/strips/rollups #4
 Electrolyte Drink

L9 Hudson Bay Bread B

Hudson Bay Bread
 Hazlenut Spead
 Dried Fruit - Zee Zee's Mixies
 Undercover Quinoa Crisp
 Meat Stick/Jerky #10
 Electrolyte Drink

D5 Charlie's Kraft Bacon Mac

Macaroni Noodles
 Bacon Crumbles
 Cheese Sauce Powder
 Freeze Dried Green Beans
 Freeze Dried Carrots
 Chocolate Cake Mix
 Croutons
 Hazlenut Spread

D6 Chili Mac

Macaroni Noodles
 Dried Chili Mix with Beans
 Cheese Sauce Powder
 Freeze Dried Hamburger Crumbles
 Freeze Dried Corn
 Corn Bread Muffin Mix
 Chocolate Chip Muffin Mix

D7 Pesto Pasta

Egg Noodles
 Dried Sausage Crumbles
 Stroganoff Mix
 Kraft Parmesan Cheese
 Freeze Dried Carrots
 Biscuit Mix
 Oreos

D8 Red Beans & Rice

Zatarains Red Beans and Rice Mix
 Freeze Dried Corn
 Freeze Dried Sausage
 Tortilla
 No-Bake Cheese Cake Mix
 Graham Crackers

Commissary Cupboard Items and Essentials

Spice Wheel

Condiments

Ketchup
Mustard
Relish
BBQ Sauce

Mayo
Soy Sauce
Taco Sauce

Baking Items

Brown Sugar
Sugar
Powdered Sugar
Bannock

Baking Powder
Parkay
Vegetable Oil

Additional Items

Popcorn
Coffee - Regular
Coffee - Decaf
Tea - Regular
Tea - Decaf
Sugar Packets

Creamer Packets
Sweet n' Low
Toilet Paper
Hot Chocolate
Apple Cider