

18 day Hiker's Menu "I wanna hike not cook!"

Date	Rig day	Launch day									
EACH DAY BOX BEGINS AT THE THE DINNER FOR THAT DAY & THE BKST/LUNCH IS FOR THE FOLLOWING DAY.											
day box #	put-in/rig	DAY BOX 1	DAY BOX 2	DAY BOX 3	DAY BOX 4	DAY BOX 5	DAY BOX 6	DAY BOX 7	DAY BOX 8	DAY BOX 9	DAY BOX 10
hors		chips & dip	chips & salsa	veggies & dip	cheese, salami, crackers	pesto cream cheese & pita	veggies & dip	hummus, crackers, carrots	chips & dip	smoked oysters, cheese, crackers	nuts & pretzels
dinner		salmon, broccoli, rice	Burritos fajita style w/ chicken, rice & beans	steaks, potatoes, salad	stirfry w/ chicken, rice	spaghetti w/ italian sausage, salad, bread	stroganoff, egg noodles, green beans, veggie salad	grilled chicken, orzo, veggie salad	burgers, blue cheese slaw & baked beans	thai chicken, coucous, asian slaw	chili w/ ground beef, salad, cornbread
bkst	Put in breakfast/ Launch day	eggs to order, english muffins, sausage	cold cereal, bagels	french toast w/ bacon	hot cereal, muffins	breakfast burritos w/ chorizo	eggs to order, english muffins, sausage	granola & bagels	pancakes w/ breakfast ham	eggs, homefries, bacon	cold cereal, bagels
lunch	1st on river Lunch deli style	deli lunch	chicken caesar wraps	taco salad	deli lunch	snack style	PB & J	deli lunch	veggie wraps	deli lunch	hardboiled eggs, cheese, crackers & jerky
Date day box #											
Date day box #											
DAY BOX 11	DAY BOX 12	DAY BOX 13	DAY BOX 14	DAY BOX 15	DAY BOX 16	DAY BOX 17					
hors	bruschetta& crackers	hummus, crackers, carrots	chips & dip	nuts & pretzels	antipasto	hummus, crackers, carrots	cream cheese w/ salsa & crackers	Breakfast fruit available -10 mornings worth, mix & match, eat what's ripe! Grapefruit, melons, oranges, pineapple			
dinner	pork chops, stuffing, green beans	pasta alfredo & salad	chicken brats, coleslaw & beans	posole w/ rice, quesadillas	pesto pasta w/ 3-bean salad	veggie curry w/ tofu, & quinoa	grilled cheese & tomato soup,				
bkst	eggs, english muffins, canadian bacon	granola & bagels	pancakes w/ breakfast ham	hot cereal w/ english muffins	breakfast burritos w/ chorizo	eggwiches w/ canadian bacon	TAKEOUT MORNING DAY 18 cold cereal	Your choice of dessert when you like! 12 total: 2 no bake cheesecake, 2 fruit salad, 2 cookies, 4 chocolates, 2 pound cake w/ strawberries			
lunch	deli lunch	PB & J	deli lunch	snack style	tuna salad wraps	deli lunch					