

summer classic #1 menu

This is a pretty classic set of meals for the Grand Canyon with plenty of pack lunch options, and a few more cold, easy breakfasts for the hot summer trips.

Date	Rig day	Launch day									
EACH DAY BOX BEGINS AT 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	cheese, salami & crackers	veggies & dip	guacamole & chips	pesto cream cheese & pita	cheese, smoked oysters & crackers	chips & salsa	hummus, carrots & pita	cheese, salami & crackers	chips & dip
dinner	Marble Canyon Lodge or @ Lee's Ferry	salmon, broccoli, wild rice	stir fry w/ chicken & rice	steaks, potatoes, salad	fish tacos, rice, refried beans	jambalaya w/ sausage, shrimp, rice & salad	thai chicken, couscous, asian slaw	burritos fajita style w/ beef, rice, black beans & fixings	grilled chicken, orzo, veggie salad	spaghetti, w/ italian sausage, salad, bread	burgers, baked beans, blue cheese coleslaw
bkst	Launch Morning Continental Bkst	eggs, muffins, sausage	cold cereal, bagels, yogurt	french toast, bacon	cold cereal, bagels, yogurt	eggwiches, canadian bacon	cold cereal, bagels, yogurt	blueberry pancakes, w/ turkey sausage	cold cereal, bagels, yogurt	breakfast burritos w/ chorizo	bagels cream cheese, lox & tomatoes
lunch	1st on river Lunch deli style	chicken ceasar wraps	deli spread	deli spread	taco salad	deli spread	deli spread	hardboiled eggs, cheese, crackers & jerky	deli spread	deli spread	veggie wraps
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	salsa, cream cheese & crackers	nuts & pretzels	guacamole & chips	cheese & apples	tapenade, crackers, feta	veggies & dip	antipasto	Breakfast fruit available - mix & match, eat what's ripe! Grapefruit, melons, oranges, pineapple			
dinner	burritos fajita style w/ chicken, rice, refried beans & fixings	pork chops, mashed potatoes, green beans, applesauce	posole w/ pork, rice & cornbread	chicken brats w/ couscous salad, baked beans	veggie curry w/ quinoa & tofu	grilled cheese & tomato soup, jicama/apple salad	pesto pasta, garlic rolls, 3-bean salad				
bkst	rolled oats, muffins, fruit	eggs, muffins, bacon	cold cereal, bagels, yogurt	pancakes w/ turkey sausage	cold cereal, bagels, yogurt	eggs, homefries	TAKEOUT MORNING DAY 18 cold cereal	Your choice of dessert when you like! 12 Desserts - 1 cakes, 1 brownies, 1 cobbler, 1 gingerbread, 1 poundcake & berries, 1 cheesecake, 1 smores, 2 cookies, 3 dessert chocolates			
lunch	deli spread	deli spread	deli wraps	cashew chicken salad wraps	snack style	tuna salad wraps					