



Grand Canyon Challenge – Standard Menu

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Camp	Day 1 - START	Day 2	Day 3	Day 4 - OUT	
Breakfast	<ul style="list-style-type: none"> • Blueberry muffins • Yogurt • Mandarins or bananas 	<ul style="list-style-type: none"> • English muffins (1.5 per) • Eggs • Cheese • Canadian bacon • Butter 	<ul style="list-style-type: none"> • Oatmeal (1.2x) • Raisins • Brown sugar • Sausage (2-3 links per) • Powdered milk 	<ul style="list-style-type: none"> • Granola • Powdered milk ~snack~ <ul style="list-style-type: none"> • Jerky • Dried mango or cranberries • Leftovers 	
Lunch	<ul style="list-style-type: none"> • Tortilla • Asian salad (1 per 6) • Cashews • Green apple (1 per 6) • Dried cranberries • Fried chicken (2 per 3) 	<ul style="list-style-type: none"> • Jerky • Club crackers • Cheese sticks (2 per) • Almonds • Dried mango 	<ul style="list-style-type: none"> • Tortilla (2 per) • Peanut Buter (1.5x) • Strawberry jam • Corn chips • Carrots 		<i>Alternate</i> <ul style="list-style-type: none"> • Tuna • Mayo • Pickle • Sharp cheddar • Sliced tomato • Peta bread
Dinner	<ul style="list-style-type: none"> • Penna pasta (1.5x) • Cherry tomatoes • Chicken • Butter • Pesto • Salt & Pepper 	<ul style="list-style-type: none"> • Tortillas (2 per) • Rice • Onion (1 per 5) • Avocado (1 per 2) • Tomatoes (1 per 4) • Dehydrated beans • Cheese (Mexican) • Butter 	<ul style="list-style-type: none"> • Mashed potatoes (2x) • Gravy packets (1 per 3) • Broccoli • Beef can (1 per 4) 		<i>Substitute</i> <ul style="list-style-type: none"> • Zataran’s Jambalaya (1.75x) • Dried salami [Leftover onions/peppers/carrots etc.]
Vegan Sub	Butter->Olive Oil	Breakfast->Oatmeal/Granola Butter->Olive Oil	Swap dinner for substitute	NA	
Drink	Punch + [Wine optional]	Punch + [Beer optional]	Punch		
Dessert	Chocolate covered raisins	Chocolate bar	Biscoff		
Other	Via Coffee (3 per person) Tea (1.5 per person) Snacks (8 – 10 x person)		<u>Optional</u> Sriracha or Tapatio hot sauce Lipton Noodle Soup if cold Hot Coco if cold	<u>Other</u> Quart size zip-lock bags Gallon size zip-lock bags	

Note: Use suggested serving size as default quantity unless multiplier noted. Adjust based on experience or participant makeup. Round up.