

The Eats!

1. Eat lots and eat often. It'll make the trip that much more enjoyable!
2. Stick to the cook and clean schedules so kids don't feel cheated!
3. Get water boiling for clean up as soon as a burner is available!

Here are some suggestions for meals, snacks, and deserts. These are suggestions for a group of 14. They are listed in order from the more basic meals, to a little more complex. Remember that some things, such as bacon, can take a longer time to cook, so plan accordingly if you need to make an activity at a certain time.

Breakfast: If you use powdered milk from the onset, it saves on having to refrigerate and is cheaper (kids most likely won't mind it if you kick things off that way).

***Cereal, Muffins/Coffee Cake, Fruit, Juice**

2 large boxes cereal, 2.5 dozen muffins or two coffee cakes, fruit, 1 gallon milk, 2 12 oz frozen juice

***Bagels, Mixed Fruit Bowl, Juice**

36 Bagels, 2 8-oz bars cream cheese, mixed leftover and new fruit chopped and slices, 2 12-oz frozen juice

***Oatmeal with Raisins, Cinnamon Toast, Juice**

42 oz container oatmeal, 1 container raisins (15 oz), 1 lb light brown sugar, cinnamon, 42 slices bread, frozen juice. Add granola, grape nuts, or fresh fruit.

***Scrambled Eggs & Bacon, Fruit, Granola Bars, Juice**

3 dozen eggs, ½ gallon milk, 3 lbs bacon (3-4 slices each), 14 granola bars, fruit, 2 12-oz cans frozen juice

***French Toast, Link Sausage, Fruit, Juice**

70 slices bread, 1 dozen eggs, ½ gallon milk, 1 syrup bottle, 1 tub margarine, 42 link sausages, fruit, 2 12-oz frozen juice.

***Pancakes, Bacon, Fruit, Juice**

1 box pancake mix, eggs & milk as required (some you just add water), 3 lbs. bacon (3-4 slices each), 1 tub margarine, 1 bottle syrup, fruit, 2 12-oz frozen juice. (spice up pancakes with fruit or chocolate chips)

***Egg Muffins**

28 English muffins, 1 pound Canadian bacon or thick sliced ham, 28 eggs, 28 slices American cheese, 1 tub margarine, fruit, 2 12-oz frozen juice.

***Caramelized bagels**

Fry bagels in margarine and brown sugar.

***Hash browns**

Boil potatoes in the evening for 45 min. – 1 hr. in the morning, slice and fry in butter and spices.

Other suggestions:

- Breakfast burritos: tortillas, eggs (scrambled), ham or turkey (cut in chunks or sliced sandwich meat), grated cheese, salsa
- Yogurt (with a twist): add cinnamon, honey, nutmeg, grape nuts, wheat germ, raisins, nuts, cut-up fruit (leftovers!). Mix all or a combination together.
- Donuts, PopTarts, Pillsbury Cinnamon Buns
- Couscous with brown sugar, cinnamon, and raisins
- Homemade donuts: roll biscuit mix into balls, fry and roll in brown sugar

Lunches: Powdered drinks are easier for lunch drinks. For sandwiches, assume 2 large sandwiches each.

***Ham & Cheese on Hard Rolls, Fruit, Graham Crackers**

2.5 lbs. ham, ¾ lb. cheese, 1 head lettuce, 3 tomatoes, 1 jar mayonnaise, 1 jar mustard, 28 deli rolls, fruit, 2 boxes graham crackers.

***Turkey & Cheese Sandwiches on Pita, Fruit, Cookies**

2.5 lbs. turkey, ¾ lbs. cheese, 1 head lettuce, 3 tomatoes, 1 jar mayonnaise, 28 pitas, fruit, 2 bags cookies

***Peanut Butter & Jelly, Fluff, or Banana Sandwiches, Chips, Fruit, Scooter Pies**

1 large jar peanut butter, 1 jar jelly, 1 container fluff, 7 bananas, 2 loaves bread, 2 big bags chips, fruit, 28 Scooter Pies (or Yodels, Devil Dogs, etc.).

***French Picnic: Bread, Cheese, Fruit, Yogurt, & Chocolate**

4-5 loaves crusty French bread, 3 lbs cheese (Swiss, American, etc.) or cottage cheese, fruit, 2 lbs. yogurt, 14 Hershey bars.

***Tuna Salad in Pita, Corn Chips, Fruit, Ice Cream Cones**

4 cans tuna, 1 bunch celery, 1 head lettuce, 1 jar mayonnaise, 1 jar sweet relish, 28 pitas, 2 bags corn chips, fruit, 14 cones, 2 gallons ice cream.

***Bagels, Cream Cheese, Fruit, Trail mix**

36 bagels, 2 blocks cream cheese, 1 jar jelly, 1 tomato, 1 cucumber or 2 jars olives, fruit, Trail mix (1lb. raisins, 1 lb. peanuts, 1 box Cherrios/Crispex, etc.).

***Make-your-own-Subs, Fruit, Cookies**

28 sub rolls, 1 & ¼ lb. ham or turkey, 1 lb. bologna, ½ lb. salami, 1 lb. cheese, 1 head lettuce, 3 tomatoes, 1 jar mayonnaise, 1 jar mustard, fruit, 2 bags cookies.

***Wraps, Hummus, Veggies, Chips**

28 tortilla wraps, 2 containers hummus, 2 peppers, 1 head lettuce, 1 small container mushrooms, 2 bags chips.

***Tortillas, cheese, salsa, pepperoni**

14 tortillas, block of cheese, lots of salsa

Dinners

***Spaghetti & Meat Sauce, Tossed Salad, French Bread, Sherbet/Ice Cream**

4 lbs. spaghetti, 2 large jars sauce, 2lbs ground beef (or sausage) 1 container Parmesan, 1 head lettuce, 2 cucumbers, 2 carrots, 2 green peppers, cherry tomatoes, 2 12-16 oz jars salad dressing, 2 loaves French bread, 1 lb. margarine, 1 container garlic powder or salt), 1 ½ gallons sherbet or ice cream.

***Hamburgers, Potato Chips, Fruit Salad**

6 ½ lbs. burger meat (approximately 2 or 3 3 oz burgers each), 36 buns, catsup, mustard, 1 large red onion & 2 large tomatoes sliced for burgers, 28 slices cheese, 2-3 bags chips, fresh fruits for fruit salad

***Baked Potato Bar**

28 potatoes, 2 jars salsa, 1 lb. sour cream, 1 can bacon bits, 1 lb. grated cheese, broccoli, peppers, onions

***Pizza, Greek Salad, Fruit (oven required)**

5-6 pizza shells, 3 jars tomato sauce, 1 stick pepperoni, ½ lb. mushrooms, 2 green peppers, 2 heads lettuce, 3 tomatoes, 2 cucumbers, ½ lb. Feta cheese, Greek salad dressing, fruit.

*variation, no oven require: 36 English muffins or 14 large pitas, make your pizza on the English muffins or the pita bread; mix spinach into the tomato sauce before placing it on the pizza

***Western Omelet, Toast (or tortillas)**

3 doz. eggs, ½ gallon milk, 2 green peppers & 2 tomatoes chopped, ½ lb. grated cheddar cheese, 1 jar salsa (optional), 2 loaves bread, 1 tub margarine.

Taco Bar, Chips & Salsa, Fruit

42 taco shells, 2-3 cans refried beans, 3 lbs. ground beef, 1 onion, 2 tomatoes, 1 green pepper, 1 head lettuce shredded, 1 lb. sour cream, 1 lb. grated cheddar, 2 jars salsa, 2 large bags tortilla chips, fruit.

(Note: you could also do Wraps, using big burrito tortillas.)

***Macaroni & Cheese, Tomato, Cucumber & Feta Salad, Green Beans with Lemon Butter**

5-6 boxes macaroni & cheese, butter & milk per directions, 7 tomatoes, 7 cucumbers, 1 lb. Feta, 2 12-oz jars Greek or Italian salad dressing, 3-4 lbs. green beans, 1 stick butter melted, 1 lemon squeezed.

(Variation: Add tuna and/or broccoli into your macaroni and cheese).

***Chef Salad, French Bread**

1 ¼ lbs. turkey & 1 ¼ lbs. ham diced, 1 ¾ lbs. cheese cubed, 3 heads lettuce, 2-3 jars salad dressing, 2 loaves French bread, 1 lb. margarine

***Chicken & Vegetable Stir Fry, Rice**

4 lbs. chicken cutlets, 4 onions, 12 zucchinis/yellow squash sliced, 6 very thinly sliced carrots, 2 green and/or red peppers, 1 jar Italian salad dressing, 2 boxes rice.

***Grilled Cheese & Tomato Soup, Fruit**

3 loaves bread, 1 lb. soft tub margarine, 56 slices American cheese, 7 regular size or 3 large cans tomato soup, 1 gallon milk, fruit.

***Shepard's Pie, Fruit, Pudding**

Instant mashed potatoes (check box for number of servings), 2 ½ lbs. ground turkey or beef, 4 cans corn, 1 bottle of ketchup, 1 lb. grated cheddar, butter or margarine, salt and pepper. Serve a bed of mashed potatoes (with butter), top with meat and corn, add ketchup and cheese as desired.

***Curried rice with dried apricots, raisins, onions**

Hydrate with curry powder chopped onions, apricots, raisins, etc. add tofu burger mix to that sauce. That makes a nice, thick curry sauce to add to cooked rice. Sautee fresh vegetables as well.

***Chili**

Chili mix packet, kidney beans, garbanzo beans, corn, peppers, onions, tomato sauce... rice.

***Pita Calzones**

Carefully slice pita and insert cheese, meats, veggies.

***Hobo Bags/Tin Foil Surprise**

In a piece of foil, everybody puts ground beef, thinly sliced potatoes, carrots, onions, peppers, squash, zucchini, etc. Cook over grill.

***Fried Rice**

Scramble 5-6 eggs. Mix with cooked rice, peas, carrots, soy sauce, etc.

In addition to the menu above, the following meals have been successful:

- Breakfast for dinner (pancakes, eggs, bacon)
- Chicken Caesar salad
- Soup and Italian bread with butter or hard cheese
- Ramen noodles
- Hot dogs and beans
- Cheesy cous cous with peas
- Cous cous or pasta with vegetable soup and parmesan

- Black beans and cous cous
- Pasta salad with corn, kidney beans, garbanzos and Italian dressing
- Sloppy Joes; chicken soup and rice
- Pasta, rice, or potatoes with soup mix flavorings
- Italian sausage subs with tomato sauce
- Hamburger helper
- Ravioli
- Frozen pirogues
- Spanish rice and beans (cooked rice plus tomatoes, chunks of chicken & cheese)
- Indian rice (cooked rice plus peanuts or cashews or almonds, kidney beans, raisins, soy sauce, curry powder, oil)
- Fajitas with chicken and veggies
- Fettuccini Alfredo
- Pasta with pesto (there are lots of fun, easy sauce packets you can buy)
- Falafel balls and rice
- Burritos
- Quesadillas with black beans, corn, cheese, tomatoes, sour cream, and salsa
- Frozen chicken nuggets, frozen fries
- Chicken and veggies sautéed in olive oil, served with marinara over spaghetti
- Powdered mashed potatoes with cheese and spices
- Cheese steaks: beef, American cheese, sautéed peppers and onions, hot dog rolls
- French bread pizza
- Chicken and veggie kebobs

*When a grill is available: Chicken (ranch dressing, lettuce, tomato), burgers, dogs, shish-ke-bobs, steaks, fish, etc.

Desserts

- Make your own sundaes: 2 gallons ice cream, chocolate sauce, 2x whipped cream or cool whip, 1 jar cherries
- Chocolate Pudding & Whipped Cream: 5 boxes instant chocolate pudding, 1 gallon milk, 2 Cool Whips.
- Blueberry and Apple Pie
- Ice Cream Sandwiches
- Brownies (need oven):
- Trash: 1 box Rice Chex, 1 12oz. bag chocolate chips, ½ jar peanut butter, powdered sugar. (melt chocolate, and pour chocolate, Rice Chex and peanut butter into a zip lock bag. Shake it all around, and then add the powdered sugar).
- Mud: 4/5 boxes instant chocolate pudding, 1 gallon milk, 2/3 bags gummy worms, 1 box of crushed Oreo cookies, 1 bag M&M's. (mix all ingredients together for a chocolate delight, feel free to vary what you put into the pudding).

- Jell-O No Bake Desserts
- Brownie Sundaes
- Chocolate Chipwich's: chocolate chip cookies, 1 gallon vanilla ice cream
- Graham crackers and apple butter
- Pretzels and icing
- Crumb cake
- Pudding in a can
- Nutella and strawberries
- Graham cracker pie crusts with yogurt, fruit, and cool whip.

Snacks: Having snacks on hand at all times saves the grumpiness caused by low blood sugar!

- Gorp (raising, peanuts, chocolate chips or M&Ms, cereal—Cheerios, Crispex, Oat Squares
- Fig Newtons,
- Graham crackers
- Cookies
- Fruit
- Bananas (with peanut butter)
- Dried fruit (raisins, dates, apricots, etc.)
- Bagels with butter or with cream cheese and jelly
- Peanut butter with carrots, celery, crackers, or apples
- Hard cheese and crackers or tortillas
- Anything left over from breakfast or lunch
- Nilla wafers
- Nutella on bread, fruit, crackers
- Carrots
- Pretzels