

SESSION MENU

	Day #1	Day #2	Day #3	Day #4	Day #5	Day #6	Day #7
Breakfast				Granola, Dried Fruit, Milk, TS: Bars	C.O.W. Dried Fruit, Milk, TS: Dried Fruit	Grape Nuts, Dried Fruit, Milk, TS: Hard Candy	Gritz, Dried Fruit, Milk: TS: Aprictos
Lunch			Hummus, Tortilla, Cheese, Cucumber, Tomato TS: GORP, Zing	Chub, Cheese, Crackers, Baby Carrot, VT Sub, TS:GORP	Tuna, Cheese, Crackers, VT Sub, TS: GORP, Zing	Chub, Cheese, Crackers, Baby Carrots, VT Sub, TS: GORP	Kippers Cheese, Crackers, VT Sub, TS: GORP
Dinner			Beans, Rice, Ramen, Com Tortilla, Tomato Paste, Onion, Garlic, Cheese, Dried Veggies, Cookies	Mashed potatoes, Com Chowder, Ramen, Cheese, Dried Veggies, Cookies	Mac & Cheese, Cheese, dried Veggies, Veggie Soup, Cookies	Beans, Rice, Ramen, Com Tortilla, Tomato Paste, Onion, Garlic, Cheese, Dried Veggies, Cookies	Cashew Curry Mix, Rice, Ramen, Cocoa
	Day #8	Day #9	Day #10	Day #11	Day #12	Day #13	Day #14
Breakfast	Swiss Hikers, Dried Fruit, Milk, TS: Bars	Oatmeal, Dried Fruit, Milk, TS: Dried Fruit	Granola, Dried Fruit, Milk, TS: Dried Fruit	C.O.W. Dried Fruit, Milk, TS: Hard Candy	Grape Nutz, Dried Fruit, Milk, TS: Bars	Oatmeal, Dried Fruit, Milk, TS: Dried Fruit	
Lunch	Tuna, Dry Jack Cheese, Crackers, VT Sub, TS:GORP	Chub, Dry Jack Cheese, Crackers,VT Sub, TS: GORP	Kippers, Hummus, Crackers, VT sub, TS: GORP, Zing	Tuna, peanut butter, Crackers, VT Sub, TS:GORP	Chicken, Nuts, Crackers,VT Sub, TS: GORP	Tuna, peanut butter, Crackers, VT Sub, TS:GORP	
Dinner	Clam Spag Parmesean, Onion, Garlic, dried Veggies, Veggie Soup, Cookies	Beans, Rice, Ramen, Com Tortilla, Tomato Paste, Onion, Garlic, Parmesean Cheese, Dried Veggies, Cookies	Quinoa,Chicken, Dried Veggies, onion, Garlic, Ramen Cookies	Curry Lentils, Rice, Onion, Garlic, Dried Veggies, Veggie Soup Cookies	Beans, Rice, Ramen, Com Tortilla, Tomato Paste, Onion, Garlic,Parmesean, Dried Veggies, Cookies		