

Menu Ideas

Breakfast

Breakfast Burritos: hash browns, eggs, sausage or bacon, cheese, beans, peppers, salsa, onions
Egg McMuffin (w/ ham or sausage)
Pancakes (apple, blueberry, granola, sausage or fruit roll-ups)
Scrambled Eggs w/ potatoes, pepper, onion, cheese, ham, bacon
Omelet – lots of variations
French Toast, Stuffed French Toast
Bread or Biscuits and Gravy
Steamed Bagels
Hot cereal (w/ raisins, dried fruit)
Instant Breakfast: drink or bars
Cold Cereal or granola for a quick breakfast
Fruit shake

Lunch

Sandwich variations:
Bagels/Tortillas/Pita/Breads/Rolls
Cheese, Sprouts, Lettuce/Spinach
Deli Meats, Spreads, Egg salad, Tuna salad
Butter, Mayo, Catsup, Mustard, Pickles, pesto
Tabouli, hummus; pizza sauce,
Grilled cheese, ham & cheese, or PBJ
Rueben (pastrami, Swiss, sauerkraut, 1000 Island)
Hamburgers
Instant soups – many varieties, add instant rice, veggies, etc
Mac & Cheese
Trail foods: backpack bars, granola, Gorp, Corn Nuts, fruit
Canned fish/meats, crackers, Cheese, Jerky

Dinner

Stew, Chowder, Chili, Chicken & Noodles
Burritos, Tacos, Enchilada, Quesidillas, Taco Salad
Pasta: Spaghetti, Fettuccini, shells, noodles or couscous
Sauces: tomato, cheese, Alfredo, pesto, mushroom,
Burger, sausage, chicken, salami, ham
Vegetables: broccoli, sun-dried tomatoes, mushroom, peas
Stir Fry, sweet & sour, curry, Thai, etc w/ rice or noodles
Stroganoff, goulash, chili macaroni
Pizza, Tortilla pizza
Chicken Ramen Goulash
Italian sausage or meatball sandwiches
Hobo Dinner
Dutch oven casseroles
Tamale Pie
Scalloped potatoes
Sweet potatoes
Burger/Onions/Potatoes
w/ mushroom soup
Fresh fish
Jambalaya, Gumbo, Red beans & rice
Turkey Dinner
Instant mashed potatoes
Mexi-corn
Green beans w/ bacon
Broccoli w/ cheese sauce
Biscuits, Cornbread, pan-baked or fried breads
Desserts
Pudding
Brownies
Instant Cheese cake
Baked Beans
Pot Roast
Rice Pudding
Baked apple or banana
Upside-down cake