

GRADE 8 BACKPACKING - Menu Planning Worksheet

What you need to know: *GOOD FOOD = HAPPY CAMPERS*

- Tent groups plan meals together so you all like it. Practice cooking your meals at home.
- **We will cook dinner together the first night so everyone should make the perfect pasta meal- choose your own sauce with shell/macaroni style noodles (see sample menu plan on reverse side)**

Following the steps below when planning your menu:

- Make a list of foods that appeal to you for breakfast, lunch, snacks and dinner.
- Make note of any food allergies you might have.
- Telephone or set up a meeting with your menu group.
- Fill in the menu planning worksheet together. Choose a variety of light, tasty foods that are easy to prepare and light to carry.
- Go to the supermarket and buy your food (buy extra so that you can practice cooking your meals at home before the trip!).
- You will **PACK OUT** all of your garbage so plan to bring as little food garbage as possible: Re-package food into zip-lock bags by removing all the cardboard and extra package. Not only will your food be lighter, but it will be waterproof and you will have less garbage to carry out.
- Label food and insert cooking instructions in with each bag.
- Keep your food in a small stuff sac; keep fresh food in the refrigerator until the last minute.
- Bring **ALL** your food to your Explore prep. day on Tuesday to be checked by your teacher.
- Remember, you will be evaluated on your level of preparedness and quality of planning!!

SAMPLE MENU PLAN:

Breakfast	Lunch	Dinner	Snacks
<p><i>Hot</i></p> <p>Carb = Instant Oatmeal (2 pkgs. each)</p> <p>Protein = Hot Chocolate (1 pkg. each)</p> <p>Fruit = Dried Fruit (1/2 cup)</p>	<p><i>Trail Lunch</i></p> <p>Carb = Bagels (2 each)</p> <p>Protein = Pepperoni Sticks (2 each)</p> <p>Good Fats = Cream Cheese (1 container)</p> <p>Fruit Bar (1 each)</p> <p>Juice Powder (1/4 C each)</p>	<p><i>Hot with Hot Drinks</i></p> <p>Carb = Rice Noodles (1/2 -3/4 cup/person)</p> <p>Protein = Canned Salmon (1 can)</p> <p>Good Fats = Dried coconut milk, curry sauce (1 package)</p> <p>Vegetable = broccoli, mushrooms, red pepper</p> <p>Hot Drinks = Rooibos tea Dessert = Dark mint chocolate</p>	<p>Energy Bar</p> <p>Dried Fruit</p> <p>Trail Mix (no nuts!)</p>

GRADE 8 FALL MENU PLAN 2014

Day	Breakfast	Lunch	Dinner	Snacks
Wednesday	<p>Explore Superstar Meal Checklist</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nutrition specific to expedition camping <input type="checkbox"/> Include measurements i.e. 2 cups of rotini pasta <input type="checkbox"/> Efficient meal prep & clean up <input type="checkbox"/> Fresh veggies are okay for 2 nights <input type="checkbox"/> No Packaging <input type="checkbox"/> No Nut Zone! <input type="checkbox"/> No Raw Meat or Eggs <input type="checkbox"/> No Jars or Cans of Soup <input type="checkbox"/> No Gum, Candy or Spitz <p>(breakfast is eaten at home on this day)</p>	<p align="center">Bag Lunch</p> <p>Carb =</p> <p>Protein =</p> <p>Vegetable =</p> <p>Good Fats =</p>	<p align="center">Hot Perfect Pasta Recipe- Pack your own food but we will all eat the same meal on this night</p> <p>Carb = Pasta (1/2 -3/4 cup of dry pasta each)</p> <p>Protein = Pre-cooked or canned chicken (or other meat), or tofu, or pumpkin/sunflower seeds</p> <p>Good Fats = Parmesan Cheese (1/4 cup)</p> <p>Vegetable =Pre-cut veggies of your choice, TOMATO SAUCE (or other sauce)</p> <p>Hot Drinks = Hot coco, tea</p> <p>Dessert = Chocolate, cookies, brownies....</p>	<p>(Plan for a variety of snacks that you will be happy to eat for 3 days)</p>
Day	Breakfast	Lunch	Dinner	Snacks
Thursday	<p align="center">Hot</p> <p>Carb =</p> <p>Protein =</p> <p>Fruit =</p>	<p align="center">Trail Lunch</p> <p>Carb =</p> <p>Vegetable =</p> <p>Protein =</p> <p>Good Fats =</p>	<p align="center">Hot with Hot Drinks</p> <p>Carb =</p> <p>Protein =</p> <p>Good Fats =</p> <p>Vegetable =</p> <p>Hot Drinks =</p> <p>Dessert =</p>	
Day	Breakfast	Lunch	Dinner	Snacks
Friday	<p align="center">Cold Breakfast</p> <p>(We will not use our stoves on this last morning due to an early wake-up. Pack a cold breakfast bar, bagels, granola with powder milk etc.)</p>	<p align="center">\$15 for Lunch on the way home</p>	<p align="center">Dinner can be eaten at Home</p>	

Explore Menu Options

Please feel free to build your meals based on the following charts.
Don't be afraid to experiment beyond these choices!

Cold Lunch

Carbohydrate	Fat/Protein	Vegetable
Bagel	Hummus	Cucumber
Wrap	Cream Cheese	Lettuce
Rice cakes	Cheddar Cheese	Basil
Crackers	Havarti Cheese	Red pepper
Pita Bread	Mozzarella Cheese	Avocado
	Guacamole	Onion
	Canned Tuna	Celery
	Canned Salmon	Carrots
	Salami	Capers
	Smoked Salmon	Snap Peas
	Candied Salmon	
	Ham	
	Turkey	
	Bacon	

Hot Dinner

Carbohydrate	Main Fat/Protein	Vegetable	Sauce	Toppers
Rice (1/2 cup per person)	Chicken	Carrots	Pesto	Sunflower Seeds
Pasta (1 cup per person)	Tofu	Artichoke Hearts	Tomato Sauce	Pumpkin Seeds
Quinoa (1/2 cup per person)	Beef	Sun Dried Tomatoes	Alfredo Sauce	Feta Cheese
Rice Noodles	Canned Tuna	Basil	Caesar Dressing	Parmesan Cheese
Wrap	Canned Salmon	Red Pepper	Chipotle	Goat Cheese
Gnocchi	Smoked Salmon	Avocado	Salsa	Green onion
Pita Bread	Candied Salmon	Onion	Curry	Bacon Bits
Egg Noodles	Beans	Zucchini	Butter Chicken	
Pierogies	Ground Beef	Lettuce		
Soup	Ham	Celery		
Chilli	Turkey	Broccoli		
	Bacon	mushrooms		
		Corn		

Hot Breakfast

Carbohydrate	Fruit	Extras
Oatmeal (2 packages each)	Strawberries	Cinnamon
Pancakes	Berries	Syrup
French Toast	Apples	Oil
Waffles	Dried Fruit	Butter
Crepes		Bacon
		Ham
		Sausage
		Powdered milk

Cold Breakfast

Carbohydrate	Fat/Protein	Fruit
Bagel	Cream Cheese	Apples
Wrap	Salami	Dried Fruit
Pita Bread	Cheese	Berries
Cereal	Powdered Milk	Strawberries
Muffin	Ham	
Granola Bar		

Snacks/Desserts

Snacks	Desserts
Dried Fruit	Cookies
Trail Mix: sunflower seeds, pumpkin seeds, coconut (no nuts)	Brownies
Crackers	Chocolate
Peperoni Sticks	Muffins
Chocolate	
Pretzels	
Fruit leathers	
Rice Crackers	
Yogurt covered raisins	
Granola Bars (Nut free)	
Real Fruit Gummies	
Cliff Bars (Only chocolate chip, Chocolate mint, and coconut)	
Beef Jerky	
Sesame snaps	

*Meat options need to be **precooked and frozen** prior to the trip

Potential menu ideas from the list above (note item & amount can be adjusted to suit your group)

Please experiment and mix and match to make your own!

Breakfast	Lunch	Dinner
Instant Oatmeal (2 pkgs. each) Dried Fruit (1/4 cup each) Hot Chocolate or Tea (1 pkg. each)	Bagels (2 each) Cream Cheese (1 container) Salami (1/3 pkg. each) Sundried Tomatoes (10 each) Juice Powder (1/4 cup each)	Tortellini Pasta (1 cup dry each) Pesto Sauce (1 pkg.) Parmesan Cheese (1/2 cup) Carrots (1/2 cup each) Pepper (1/2 cup each) Pumpkin Seeds (3 Tbsp) Two-Bite Brownies (1 bag)
Bagels (1 each) Cream Cheese (1 container) Jam (Small container) Dried fruit (1/5 cup each) Hot Chocolate or Tea (1 pkg. each)	Rice Cakes (4 each) Cream cheese (1 container) Jam (small container) Salmon (1 can) Capers Snap Peas (1/2 cup each)	Curry (1 package) Rice Noodles (1/2 cup each) Tofu (1 package) Zucchini (1 cup) Onion (1/2 cup) Corn (1/2 cup) Cookies (1 each)
Pancakes (precooked) (3 each) Syrup (1 cup) Berries (1.5 cups) Hot Chocolate or Tea (1 pkg. each)	Wasa Crackers (4 each) Havarti Cheese (3 slices each) Guacamole (1 container) Ham (3 slices each) Sliced red pepper (1/2 each)	Alfredo Sauce (1 package) Penne Pasta (1 cup each) Salami (1/2 cup each) Mushrooms (1 cup) Brownies (1 each)
Crepes (precooked) (2 each) Berries (1/2 cup each) Syrup (1 cup) Sugar (1 tbsp.) Cinnamon (1 tbsp.)	Pita Bread (2 each) Mozzarella cheese (4 slices each) Tuna (1 can) Broccoli (1/2 cup each) Hummus (1 container) Celery (1/2 cup each)	Tomato Sauce (1 package) Bowtie Pasta (1 cup each) Broccoli (1/2 cup each) Carrots (1/2 cup each) Ground Beef (1/2 cup each) (precooked) Rice Crispy Squares (1 each)
Granola (1 cup each) Powdered Milk (1 tbsp. each) Dried fruit (1/4 cup each)	Wraps (2 each) Cheddar Cheese (4 slices each) Hummus (1 container) Mini carrot sticks (1 bag) Spinach (2 cups)	Minute Rice (1/2 cup each) Butter Chicken Sauce (1 package) Chicken (1/2 cup each) (precooked) Dehydrated veggies (1 cup) Chocolate (1 each)