

# Menu Selections

Please reproduce this form as necessary (one for each travel group) and return with your Roster(s) and reservation request.

**ORGANIZATION:** \_\_\_\_\_ (If multiple travel groups, give an ID Number: \_\_\_\_\_) **ENTRY POINT IF KNOWN** \_\_\_\_\_  
**STARTING DATE** \_\_\_\_\_

Each selection is for the entire group for that particular meal. **Menu Contains:** Corn, Wheat, Milk, Egg, Garlic, and Peanut products. Allowing for food allergies belongs to the travel group leaders and the individual. We can do only a few substitutions - additional food supplied by the individual is not deductible from the cost of the trip package.

## BREAKFASTS (Select one less breakfast than the number of DAYS you are on the canoe trails) *Check out the double-sized breakfasts!*

- \* \_\_\_\_\_ **First Morning In Camp (AM Day 2)** If you would like fresh food this morning, you may have fresh eggs any way you like them, toast & jelly, Tang, an additional hot beverage, and Sliced Slab Bacon.  
 Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Hot Choccoalte \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_
- \_\_\_\_\_ **Stacks of Old Fashion Buttermilk Pancakes, Maple Syrup & Butter, and an additional hot beverage.**  
 Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Hot Choccoalte \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_
- \_\_\_\_\_ **A Double Sized Order of Western Omelet: A mix of eggs, onion, and green bell peppers. Tang, and an additional hot beverage.**  
 Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Hot Choccoalte \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_
- \_\_\_\_\_ **A Double Sized Order of Scrambled Eggs. Tang, and an additional hot beverage.**  
 Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Hot Choccoalte \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_
- \_\_\_\_\_ **A North Country Double Sized Bowl of Hot Cereal: Flavored Oatmeal \_\_\_\_\_, Cream of Wheat \_\_\_\_\_**  
 Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Hot Choccoalte \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_
- \_\_\_\_\_ **"No Cook" Mornin': A big bowl of granola & milk. Ideal for a fast start on a long travel day, or your last day in the woods.**  
 Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Hot Choccoalte \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_

This travel group will have
_____ <b>ADULTS</b>
_____ <b>YOUTH</b>
on the water for
_____ <b>DAYS</b>

## LUNCHES (Select the same number of lunches as the number of DAYS you are on the canoe trails)

- \_\_\_\_\_ **Two Peanut Butter & Jelly Sandwiches, and lemonade.**  
 Dessert for this lunch should be: Sandwich Cookies \_\_\_\_\_, Raisins \_\_\_\_\_, Hard Candy \_\_\_\_\_.
- \_\_\_\_\_ **Two Sliced Cheese Sandwiches, Your choice of cheese: American \_\_\_\_\_, or Mild Swiss \_\_\_\_\_, and lemonade**  
 Dessert for this lunch should be: Sandwich Cookies \_\_\_\_\_, Raisins \_\_\_\_\_, Hard Candy \_\_\_\_\_.
- \_\_\_\_\_ **Two Hard Salami (Hormel) Sandwiches, and lemonade.**  
 Dessert for this lunch should be: Sandwich Cookies \_\_\_\_\_, Raisins \_\_\_\_\_, Hard Candy \_\_\_\_\_.
- \_\_\_\_\_ **Hot Instant Soup, (requires a cooking fire), bread & butter, and lemonade.**  
 Dessert for this lunch should be: Sandwich Cookies \_\_\_\_\_, Raisins \_\_\_\_\_, Hard Candy \_\_\_\_\_.
- \_\_\_\_\_ **Quick, Lite, Trail Lunch, (No Clean-Up) Trail bars, a Beef Jerky stick, Trail Mix, and lemonade.**



*That's correct! You each choose between a 1/2 pound angus steak or two 1/3 pound angus burgers for the first night out!*

**Meatless meals available at an extra charge**

## DINNERS (Select one less dinner than the number of DAYS you are on the canoe trails)

- \* \_\_\_\_\_ **First Night out in the wilderness area (PM Day 1): Our fresh meat dinner features an 8-ounce cut of CERTIFIED ANGUS BEEF® fillet of sirloin steak, or two 5-ounce angus beef burgers with fresh frozen hash browns, corn, and pudding. \_\_\_\_\_ people want Steaks, and \_\_\_\_\_ people are Burger eaters.**  
 Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Fruit Drink \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_
- \* \_\_\_\_\_ **Bratworst on buns. (People wanting ketchup \_\_\_\_\_ mustard \_\_\_\_\_) Buttered Mashed potatoes, green beans, and chocolate peanut pie.**  
 Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Fruit Drink \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_
- \_\_\_\_\_ **Rich Beef Stroganoff over egg noodles in a sour cream sauce. Buttered Green Peas. Lemon Pie tops off this meal.**  
 Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Fruit Drink \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_
- \_\_\_\_\_ **Spaghetti with Meat Sauce, a hearty mix of tomatoes, mushrooms, and ground beef. Green Beans. Strawberry Cheesecake.**  
 Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Fruit Drink \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_
- \_\_\_\_\_ **A Brawny Beef Stew with carrots, peas, onions, Buttered Mashed potatoes, and Chocolate Mocha Mouse Pie.**  
 Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Fruit Drink \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_
- \_\_\_\_\_ **Chicken & Rice with celery, onions, red & green bell peppers, parsley, with chicken gravy. Peas & Carrots. Apple D'Lite.**  
 Number of people wanting: Instant Coffee: (Reg) \_\_\_\_\_ (Decaf) \_\_\_\_\_, Fruit Drink \_\_\_\_\_, Tea: (Brew) \_\_\_\_\_ (Inst) \_\_\_\_\_



**EXCLUSIVELY**

**AFTERNOON SNACK PREFERENCES:** Cookies \_\_\_\_\_, Raisins \_\_\_\_\_, Hard Candy \_\_\_\_\_.

### BREAD SELECTION:

We pack bread on the following schedule:

- 1 slice per person for breakfast
- 4 slices per person for lunch if having sandwiches
- 1 slice per person for dinner, unless buns are served

### STAPLES PACKED ON REQUEST: Number of people using:

- |                     |                   |                     |
|---------------------|-------------------|---------------------|
| _____ Salt & Pepper | _____ Fruit Jelly | _____ Tarter Sauce  |
| _____ Mustard       | _____ Sugar       | _____ Lemon Juice   |
| _____ Ketchup       | _____ Creamer     | _____ Shortening    |
| _____ Mayonnaise    | _____ Sweetener   | _____ Fish Breeding |

\* Fresh & frozen foods in these meals, as well as bread for sandwiches, adds significant weight or bulk to your food packs!

**THIS FORM MUST BE RETURNED TO NORTH COUNTRY AS SOON AS POSSIBLE AFTER RESERVING**