

Trip Menu

Trip (Dates): _____ Meal Number (Servings): _____

Saturday Breakfast: _____

Carbohydrates: _____ Materials and Equipment:

Fruit and Vegetables:

Protein:

Beverage, Dessert, etc:

Saturday Lunch: _____

Carbohydrates: _____ Materials and Equipment:

Fruit and Vegetables

Protein:

Beverage, Dessert, etc.

Saturday Dinner: _____

Carbohydrates: _____ Materials and Equipment:

Fruit and Vegetables

Protein:

Beverage, Dessert, etc.

Sunday Breakfast: _____

Carbohydrates:

Materials and Equipment:

Fruit and Vegetables:

Protein:

Beverage, Dessert, etc.

Sunday Lunch: _____

Carbohydrates:

Materials and Equipment:

Fruit and Vegetables:

Protein:

Beverage, Dessert, etc:

Sunday Dinner: _____

Carbohydrates:

Materials and Equipment:

Fruit and Vegetables:

Protein:

Beverage, Dessert, etc.

Cost and Notes: