

Educate Wild! Sample Menu

Omnivore (no allergies) – with access to coolers, water, and stoves

	Coffee	Breakfast	Lunch	Snacks	Dinner
Day 1	Ground Coffee, Creamer, Sugar, & Herbal / Black Tea	Granola And Fruit with Yogurt	Turkey Sandwiches with Potato Chips, Apples, Oreo Cookies	Sesame Sticks	Chicken Burritos with Refried Beans, Chips & Salsa
Day 2		Bagels with Cream Cheese, Jam, Peanut Butter & Applesauce	Tuna Salad With Mayo, Pickles, Tomatoes, And Onions Mixed with Shredded Cabbage	GORP – Cheerios, Raisins, Peanuts, M&Ms	Spaghetti with Marinara Sauce, Frozen Meatballs, Green Salad, & French Bread
Day 3		Breakfast Sandwiches with Egg, Ham, Cheese, Tomato & Fresh Fruit	Ham and Swiss Sandwiches with Chips, sliced Oranges, Keebler Cookies	Apples & Peanut Butter	Hamburgers with Apple-Cabbage Coleslaw, & Brownies
Day 4		Breakfast Burritos with Scrambled Eggs, Sausage, Cheese, And Salsa	Chicken Cesar Salad with Pre-Cooked Grilled Chicken, Parmesan, Croutons over Lettuce	Mixed Nuts	Pasta Salad with Rotini, Pepperoni, Tomatoes, Cucumbers, Cheese, Broccoli, and Walnuts
Day 5		Oatmeal with Raisins, Dried Cranberries, Walnuts, Brown Sugar, and Milk	Egg Salad Sandwiches with Baby Carrots, Hummus, Pita Chips, and Chocolate Chip Cookies	Granola Bars	Baked Potatoes over campfire coals with Sour Cream, Cheddar, Broccoli, Bacon, and Chives