



## Backpack Menu Ideas

### **Breakfast:**

1. Cereal. In a zip lock bag add  $\frac{1}{2}$  cup of cereal and  $\frac{1}{4}$  cup of powdered milk. However, a lot of scouts like it dry. Eat out of plastic bag for no clean-up.
2. Oatmeal. 1-2 packets. Add granola if you like a little crunch. Make in and eat out of the oatmeal packet.
3. Breakfast burrito/pita. Prepare hard-boiled eggs at home, add to pita or tortilla with cheese. Add seasoning like Tabasco, mayonnaise packet, or ranch dressing. Burrito can be heated if folded flat in a frying pan.
4. Breakfast bars.

Notes: We try to keep breakfast easy and fast on the trail so the scouts can get an early start.

### **Lunch:**

1. Tuna/chicken pita (or on crackers/tortillas). Add tuna or chicken pouch (not cans!) to pita with cheese. Add seasoning like mayonnaise packet, mustard packet, or ranch dressing. Sturdy fruit like apples go well with this and the following meal ideas.
2. Salami (or other meat) burrito. Dry salami cut into chunks. Roll in tortilla with cheese.
3. Peanut butter and Jelly Pita/burrito. Add peanut butter and jelly to squeeze tubes in the quantity necessary for the patrol.
4. Freeze dried backpack salads like tuna or chicken are a little lighter for extended trips and make good lunches.

### **Dinner:**

1. Crème of Broccoli Casserole. Serves 6 (can be upsized). Dry Crème of Broccoli Soup in foil packet. 3 cups of instant rice (makes 6 cooked). Chicken packet. Fresh broccoli and onion. At home. Brown onion & broccoli. In field, make soup, simmer, add rice, chicken and broccoli/onion mix. Let stand for 10 minutes. Many combinations using rice, chicken, and soup. Can also use instant couscous.
2. Chicken Quesadillas. Best if there is a flat bar-b-que type fireplace at the campsite. However, this can work on backpacking stoves, it just takes a long time and burns lots of fuel. Place foil on BBQ. Heat tortilla, chicken (from packets), and cheese. Add salsa.



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3. Pizzadilla. Same as above, but with tomato sauce, mozzarella, and with or without chicken.
4. Dehydrated backpack food. Important for scouts to get used to this prior to a long-term. It is NOT as bad as it sounds. There is usually extra in the bin that can be purchased from the Troop. Please keep the inventory accurate. The inventory has the prices that have already been paid in advance by the troop and are to be reimbursed. AlpineAire and Richmoor give a 25% discount to scouts.

### **Trail Energy:**

1. Food bar (Cliff, Lara, etc.)
2. GORP
3. Beef Jerky
4. Dried Fruit

### **Drinks:**

1. Crystal Lite/ Gatorade/ or Poweraide packets

### **Special Treat:**

1. Pie
2. Baked apples

These are just a few simple and proven meals ideas. There are endless possibilities based on the skill and desire of the scouts. Feel free to add suggestions to this list.