



Troop 118 Backpacking Menus

The following are pre-made menus to help you plan and purchase meals for the troop's weekend backpacking trip. Meals are based on the actual menu items from the 2016 Philmont Scout Reservation. Most meal items are designed to last on the trail, require no cooking and can be eaten while moving.

These menus are only a guide so feel free to substitute any items you can't find or do not care for with similar items found in your local grocery store. Where expensive freeze-dried foods are listed, you can often substitute something from the grocery - it just may require more water and more time to prepare vs. backpacking specific meals.

Most meal items require not cooking. Cooked meals should require only heat and water.

The scout who is assigned a meal purchases the food then divides items into single serving meals for each scout and places each into a ziploc bag. Cooked meals often have a single entree prepared for a group, so these portions are not divided.

Remember to bring extra spices or hot sauce to make everything taste better!



Directions:

For the Troops weekend backpacking trip, choose the following:

- 1 no-cook breakfast for Saturday - we'll eat this as we hike.
- 1 no-cook lunch for Saturday
- 1 cooked supper for Saturday
- 1 cooked or no-cook breakfast for Sunday

For each meal, choose one item from EACH of the categories below. Most of the items listed are from the actual Philmont menus for 2016. If you find something similar, but more nutritious or tastier in your local grocery store; go for it!

Breakfast Menu

Choose one item from each of the categories or substitute your favorite similar ingredient.

#1 Choose a Breakfast Meat

1. Peppered Beef Jerky—Jack Link's, (1 package per camper)
2. Honey Pepper Turkey Deli Bites—American Premium Dist., (1 package shared between 2 campers)
3. Honey Peppered Beef Sticks—Highland Beef Farms, (1 package per camper)
4. Pepperoni Stick—Country Meats, (1 package per camper)
5. Maple Flavored Turkey Sausage Breakfast Links—Highland Beef Farms, (1 package shared between 2 campers) - These are pre-cooked and shelf stable (no refrigeration needed)

#2 Choose 3-4 Breakfast Carbs

1. Chocolate Chip Granola Bar—Quaker/Pepsico, (1 package per camper)
2. Nature Valley Oats 'n Honey Granola Bars—General Mills, (1 package per camper)
3. Peanut Butter and Jelly Larabar—Larabar/Small Planet Foods, (1 package per camper)
4. Frosted Cinnamon Pop Tarts—Kellogg's, (1 package per camper)
5. Mixed Berry Bite Bar—Pro Bar, (1 package per camper)
6. Chewy Maple Brown Sugar Granola Bar—Quaker, (1 package per camper)
7. Strawberry Bliss Meal Bar—ProBar, (1 package per camper) - K/DF/Vegan
8. Crunch Mania French Toast—Kellogg's, (1 package per camper)

9. Nature Valley Crunchy Peanut Butter Granola Bar—General Mills, (1 package per camper)
10. Maple and Brown Sugar Instant Oatmeal—Malt O Meal, (1 package per camper)
11. Peanut Butter Cookie Bar—Larabar/Small Planet Foods
12. Frosted Strawberry Pop Tarts—Kellogg's, (1 package per camper)
13. Cinnamon Toast Crunch Cereal Bar-General Mills, (1 package per camper)
14. Fig Bar—Strawberry, Twin Pack, Nature's Bakery, (1 package per camper)
15. French Vanilla Granola—Katadyn North America Foods, (1 package per camper)
16. Oatmeal Raisin Breakfast Cookies—Quaker/Pepsico, (1 package per camper)
17. Goldfish Giant Cinnamon Grahams—Pepperidge Farm, Inc., (1 package per camper)
18. Caramel Apple Granola Bar—InHarvest Inc., (1 package per camper)

#3 Choose a Breakfast Fruit

1. Pineapple Chunks—AlpineAire Foods, (1 package per camper)
2. Banana Chips—Katadyn North American Foods, (1 package per camper)
3. Raisins—Bountiful Harvest, (1 package per camper)
4. Dried apples & apricots (1 package per camper)

#4 Choose a Breakfast Drink

1. Apples and Cinnamon Hydration Mix—Skratch Labs, (1 package per camper) - K/GF
2. Swiss Miss Hot Cocoa Mix— Con Agra Foods, (1 package per camper)
3. Country Time Lemonade On-The-Go—Kraft, (1 package per camper)
4. Cran-Raspberry Mountain Sport Drink Altitude-Energy-Hydration—Acli-Mate, (1 package per camper)
5. Spiced Apple Cider Mix—Continental Mills, (1 package per camper)
6. Cherry Kool Aid Singles—Kraft, (1 package per camper)

Optional: Replace Meat and 2 Carbs with A Hot Meal (These are single-pot, just-add-water meals.)

1. Breakfast Skillet—Mountain House, (1 package shared between 2 campers) or substitute with your own grocery bought version: powdered eggs, pre-cooked/shelf-stable sausage crumbles or pre-cooked bacon, a fresh vegetable like a diced red pepper can be used as well.
2. Biscuits and Gravy—Mountain House, (1 package shared between 2 campers) or substitute with pre-made biscuits and instant gravy. Here's a trail-ready sausage gravy recipe: <http://blog.trailcooking.com/2014/01/15/new-recipe-spicy-sausage-gravy/>
3. Instant Oatmeal, Quick Grits or Cream of Wheat.

No Cook Lunch Menu

Choose one item from each of the categories or substitute your favorite similar ingredient.

#1 Choose a Cracker:

- Pilot Bread Crackers, Katadyn North American Foods (1 package per camper)
- Honey Maid Graham Cracker Lil' Squares—Mondelez, (2 packages per camper)
- Club Crackers—Kellogg's, (1 package shared between 2 campers)
- Saltines Crackers - Mondelez, (1 package shared between 2 campers)
- Bagel Chips, Simply Naked—Stacy's Brand, (1 package per camper)

#2 Choose a Protein to Eat with Crackers:

- Pouched Salmon - Bumblebee, (1 package shared between 2 campers)
- Pouched Tuna —Bumblebee, (1 package shared between 2 campers)
- Honey Peanut Butter Blend—Justin's, (1.5 packages per camper)
- Cheese - Original Cheese Wedges, Highland Beef Farms, Baby Bell—(1 packaged shared between two campers)
- Chicken Breast (3oz Pouch), Sweet Sue/Bumblebee Foods
- Chunked ham - Premium Chunk Ham—Bumblebee Foods, (1 package shared between 2 campers)
- Chocolate Hazelnut Butter Blend—Nutella or Justin's, (1.5 packages per camper)
- Pepper Jack Cheese Wedges —Old Fashioned Foods, (1 package shared between 2)
- Jif to Go peanut butter packets

#3 Choose A Jerky:

- All American Beef and Cheese Combo—Jack Link's, (1 package per camper)
- Teriyaki Beef Jerky—Jack Link's, (1 package per camper)
- Jalapeno Sizzle Beef and Cheese Combo-Jack Link's, (1 package per camper)
- Turkey Jerky—Jack Link's, (1 package per camper)
- Sweet & Hot Beef Jerky—Jack Link's, (1 package per camper)
- Spam Single Classic—Hormel, (1 package per camper)

#4 Choose an Energy Bar:

- Crunchy Peanut Butter Bar—Clif Bar, (1 package per camper)
- Berry Banana Buzz Energy Bar—En-R-G Foods, (1 package per camper)
- Organic Orange Blossom Energy Chews—EN R G Foods, (1 package per person)
- Blueberry Buzz Energy Bar—En-R-G Foods, (1 package per camper)
- Pink Lemonade Energy Chews—EN R G Foods, (1 package per camper)

#5 Choose A Nut or Cookie:

- Corn Nuts—Kraft Food Group, Inc., (1 package per person)

- Golden Deluxe Sunflower Trail Mix—Sun Gold Foods, (1 package per camper)
- Sunflower Seeds Roasted and Salted —SunGold Foods, (1 package per camper)
- Grandma's Peanut Butter Cookies—Frito Lay, (1 package per camper)
- Nutter Butter Cookies—Mondelez Global LLC, (1 package per camper)

#6 Choose a Drink: Gatorade or other energy drink mix.

Dinner Menus

Choose one item from each of the categories or substitute your favorites. All of these items are from the actual Philmont menus for 2016.

#1 Choose a Main Course:

These can be freeze dried backpacking meals or similar meals from the grocery store that only require water (check the directions on the packaging)

- Fettuccini Primavera - Katadyn North American Foods, (1 package shared between 2 campers)
- Chicken Fried Rice
- Chicken Jambalaya (McCormicks or Zatarains rice mix - from the grocery store) + Hickory smoked beef stick or pre-cooked chicken.
- Spaghetti and Sauce
- Beef Stroganoff
- 4 Cheese Potatoes (Idahoan from the grocery store) + Chicken (shelf stable pre-cooked from the grocery)

#2 Choose 1 or 2 Carbs/Sides:

- Pretzel Pieces
- Cream of Chicken Cup-a-Soup—Unilever Food Solutions, (1 package shared between 2 campers)
- Combos Baked Snacks Pepperoni Pizza Cracker —Mars Brand (1 package per camper)
- Dried Vegetables
- Instant Mashed Potatoes

#3 Choose a Nut:

- Honey Roasted Cashews—Planters/Kraft, (1 package per camper)
- Peanuts
- Trail Mix
- Gorp

#4 Choose a Dessert:

- Cookies, Soft Batch Chocolate Chip Cookies, Oreos, Sandies, Kettle Corn Sweet & Salty Popcorn, Chips Ahoy - you get the idea. (1 package per camper)
- Teddy Grahams
- Marshmallow Squares