**Grade 8 Cross-Country Ski Menu Planning Worksheet**

As this is the second trip for Grade 8 students, there are higher expectations for the menu planning and cooking. Students (with SOME help from their parents) are responsible for planning and buying food, as well as cooking and eating with their group. Students are provided with a camp stove and one pot to cook in. Students will be cooking one breakfast and one dinner over a camp stove while winter camping. All their cold lunches will be prepared and eaten outside. The cabins we are staying in have fully functioning kitchens with a fridge, oven and stove. They will cook 1 dinner and 1 breakfast in the cabins. Please remind them to bring their own mug, bowl and cutlery.

**FOLLOW THE STEPS BELOW WHEN COMPLETING YOUR MENU PLAN:**

* Meet with your cook group. Make sure you have each other’s phone number.
* Make a list of tasty foods that appeal to your group for breakfast, lunch and dinner. Keep in mind that when you are in a cold winter environment your body requires more calories than it needed this fall when you were backpacking.
* Make note of any food allergies you or members of your group might have.
* Fill in the menu planning worksheet together. Choose foods that are easy to prepare and light to carry.
* When in the supermarket buy extra food so you can practice cooking your meals at home before the trip!
* Re-package food into zip-lock bags by removing all of the cardboard and extra packaging. Your food will be lighter,

waterproof and you will have less garbage to carry out.

* Label food and insert cooking instructions in with each bag.
* Gather all your food into 1 sports bag, keeping any refrigerated food in 1 cloth grocery bag.
* Bring ALL your food to school on the Tuesday of your trip to be checked by your teacher except refrigerated food.
* Remember, you will be evaluated on your level of preparedness and quality of planning!!

**PLEASE DO NOT BRING:**

* NUTS of any kind. This is a school wide policy.
* Pancakes when camping (they can be good for a cabin meal)
* Glass jars or large cans
* Raw meat/raw eggs
* Spits/Jiffy Pop/gum (for LNT reasons)

**SAMPLE MENU PLAN:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Breakfast** | **Lunch** | **Dinner** | **Snacks** |
| Instant Oatmeal (2 pkgs. each)Dried Fruit (1/2 cup)Hot Chocolate or Tea (1 pkg. each) | Bagels (2 each)Cream Cheese (1 container)Fruit Bar (1 each)Pepperoni Sticks (2 each)Juice Powder (1/4 C each) | Pasta (1 cup dry each)Sauce (1 pkg. dried)Parmesan Cheese (1/2 cup)Two-Bite Brownies (3 each)Hot Chocolate (1 pkg each) | Energy BarDried FruitTrail Mix (no nuts!) |

**MORE OPTIONS**

 **Breakfast**

Granola (no nuts)

Cream of wheat

Breakfast bars

Powdered Milk

Sugar/cinnamon

Dried fruit

**Lunch**

Crackers & Cheese Tortillas

Tuna/Beans/Cheese

Pita Bread & Hummus

Carrots and Dip

**Dinner**

Pasta meals

Dehydrated soups

Minute rice with

Dehydrated chili/beans

Couscous with dried veggies and spices

**Dessert**

Hot drinks

Cookies

Chocolate

**Snacks**

Rice Crackers

Sesame snacks

Pumpkin or sunflower seeds

**No Nuts**

Craisins/Raisins

Dried Apples

Yogurt covered raisin

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| --- | --- | --- | --- | --- |
| **Day** | **Breakfast** | **Lunch** | **Dinner** | **Snacks** |
| **Wednesday** | @ home | ***Bring Bag Lunch***   | ***Hot - Camping Dinner***Carb =Protein =Good Fats =Vegetable =Hot Drinks = Dessert =  |  |
| **Thursday** | ***Hot - Camping Breakfast***Carb =Protein =Good Fats =Vegetable/fruit =  | ***Bag Lunch***  Cold- TrailCarb =Protein =Good Fats = Vegetable/fruit =  | ***Hot – Cabin Dinner***Carb =Protein =Good Fats =Vegetable = Hot Drinks = Dessert =  |  |
| **Friday** | ***Hot - Cabin Breakfast***Carb =Protein =Good Fats = Vegetable/fruit =  | We stop at Triple O’s so bring $10-15 for lunch and extra snacks in case we don’t have time to stop | **Cook Group Contact Info:**1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Food preferences:Food restrictions: |

|  |
| --- |
| **Explore Superstar Meal Checklist** * **Nutritional specific to winter camping**
* **Include measurements i.e. 2 cups of rotini pasta**
* **No Packaging**
* **Fast meal prep & clean up**
* **Nut Free Zone!**
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***Grade 8 Winter Explore Menu Plan***

