**Example menu for a weekend trip (Friday dinner through Sunday lunch)**

**Friday Dinner**: Taco salads and s’mores

**Saturday Breakfast**: Oatmeal with various toppings plus almond and cow milk

**Saturday Lunch**: Sandwiches w/ chips

**Saturday Dinner**: BBQ Night; Grilled burgers (beef & veggie) with buns and various toppings, potato or pasta salad

**Sunday Breakfast**: Oatmeal with various toppings plus almond and cow milk **Sunday lunch** **(Optional):** Sandwiches that can be packed for the road (paper lunch bags and sandwich Ziplocs)

**Snacks**: Fruit, granola bars, nut packs, protein bars, chips & salsa

**Drinks**: Coffee, tea, hot chocolate, half-and-half, almond milk, O.J., canned drinks (LaCroix, sodas, etc.)

**Shopping list**

**Taco Salads**

Romaine lettuce

Ground turkey

Taco seasoning

Black beans

Shredded cheese

Frozen corn

Bell peppers

Pickled jalapeños

Avocados/Guacamole

Ranch/Cilantro lime dressing

Salsa

Tortilla chips

**Breakfast (for both mornings)**

Oatmeal

Blueberries

Raspberries

Bananas

Almonds

Milk/Creamer

Brown sugar

Honey

**Lunch (get enough for two days, if providing the optional departing-day lunch)**

Sliced bread and/or wraps

Sliced turkey/ham

Sliced cheese (cheddar, provolone, swiss)

Hummus

Lettuce

Tomatoes

Avocados

Purple onions

Cucumbers

Small bags of chips

Mayo

Mustard

**BBQ Night**

Hamburger buns

Frozen hamburger patties

Frozen veggie burger patties

Sliced cheddar cheese

Lettuce

Tomatoes

Onions

Avocados

Mustard

Mayo

Ketchup

Potato and/or pasta salad

**S’mores**

Graham crackers

Marshmallows

Chocolate bars

Skewers

**Snacks**

Granola bars

Apples

Oranges

Baby carrots

Potato chips

Paper lunch bags

Ziploc sandwich bags