

# Canyon REO's Easy Eats

For groups that want to spend less time in the kitchen, we preset the "Easy Eats Menu." With mostly no-cook, grab and go breakfasts, minimal chopping, and no charcoal, this menu will help you get out of the kitchen and back to exploring the Canyon.

\*\* Some prep is unavoidable when cooking for large groups. For a "no prep" menu, consider going full Boil-in-a-Bag

	DINNERS W/SIDE & DESSERT	BREAKFASTS	LUNCHES
<b>Put-In</b>	<b>Marble Canyon Lodge on your own</b>	Granola, Breakfast Bread, & Yogurt Fresh Fruit Coffee, Tea, Hot Cocoa	Deli Lunch w/ Hummus Fresh Fruit, Cookies
<b>Camp 1</b>	Veggies and Dip Chicken Picante and Rice Cheesecake Bites, pre-made	Lox & Bagels Fruit Coffee, Tea, Hot Cocoa	Deli Lunch w/ Hummus Fresh Fruit Cookies
<b>Camp 2</b>	Cheese and Crackers Tomato Cucumber Salad Jambalaya with Fresh Shrimp	Scrambled Eggs and Bacon Fruit, Coffee, Tea, Hot Cocoa	Hummus Pockets w/ Turkey and Veggies Fresh Fruit Cookies
<b>Camp 3</b>	Hearty Garden Salad Chicken Stir-Fry and Rice Pound Cake with Fruit Topping	Yogurt Fruit Salad and Granola Coffee, Tea, Hot Cocoa	Roast Beef and Cheese Sandwiches Fresh Fruit Cookies
<b>Camp 4</b>	Veggies and Dip Black Beans and Corn Chicken and Veggie Fajitas with Mexican Rice	Cereal and English Muffins Fruit Coffee, Tea, Hot Cocoa	Chicken Craisin Salad Wraps Fresh Fruit Cookies
<b>Camp 5</b>	Smoked Salmon and Cream Cheese Coleslaw with Mandarin Oranges and Almonds Chicken Teriyaki with Rice (skillet)	Breakfast Burritos with Refried Beans Fruit Coffee, Tea, Hot Cocoa	Hiking Lunch Powdered Drink Mix Cookies
<b>Camp 6</b>	Green Salad Black Bean Turkey Chili Cheesecake, pre-made	Oatmeal, Raisins, Apricots and Nuts Fruit Coffee, Tea, Hot Cocoa	Guacamole and Tortillas with Turkey Fresh Fruit Cookies
<b>Camp 7</b>	Garden Salad Spaghetti and Italian Sausage with Garlic Bread Chocolate Mints	Mexican Home Fries with Dehydrated Potatoes, Eggs, and Sausage Fruit Coffee, Tea, Hot Cocoa	Deli Lunch with Hummus Fresh Fruit Cookies
<b>Camp 8</b>	Chips and Salsa Zippy Bean Salad Tacos with Meat and Cheese	Jordy's Breakfast Smorgasbord Fruit Coffee, Tea, Hot Cocoa	Salami and Cheese Sandwiches Fresh Fruit Cookies
<b>Camp 9</b>	Tomatoes and Zucchini Pesto Pork Chops and Couscous Pepperidge Farm Cookies	Quick Egg, Sausage, and Cheese Muffins Fruit Coffee, Tea, Hot Cocoa	Turkey and Cheese Sandwiches Fresh Fruit Cookies

# Canyon REO's Easy Eats

	DINNERS W/SIDE & DESSERT		BREAKFASTS	LUNCHES
<b>Camp 10</b>	Steamed Carrots Boil-in-a-Bag Beef and Broccoli with Rice Fortune Cookies and Assorted Chocolates		Cereal and Bagels Fruit Coffee, Tea, Hot Cocoa	Hiking Lunch Powdered Lunch Drink Cookies
<b>Camp 11</b>	Apples and Smoked Gouda Coleslaw Sloppy Joes with Chips		Breakfast Burritos with Dehydrated Hashbrowns Coffee, Tea, Hot Cocoa	Taco Salad Powdered Lunch Drink Cookies
<b>Camp 12</b>	Onion Dip with Chips Garlic Green Beans Boil-in-a-Bag Italian Sausage Lasagna with Garlic Bread		Granola, Dried Fruit and English Muffins Coffee, Tea, Hot Cocoa	Hiking Lunch Powdered Lunch Drink Cookies
<b>Camp 13</b>	Corn Salad Red Beans and Rice with Kielbasa Pumpkin Whip Pie, no bake		Quick Egg, Sausage, and Cheese Muffins Coffee, Tea, Hot Cocoa	Salmon-Veggie Pita Powdered Lunch Drink Cookies
<b>Camp 14</b>	Veggies and Dip for Late Camps Au Gratin Potatoes Grilled Ham and Cheese Sandwiches with Tomato Soup		Eggs, Bacon and Dehydrated Hashbrowns Coffee, Tea, Hot Cocoa	Chicken Yogurt Salad Wraps Powdered Lunch Drink Cookies
<b>Camp 15</b>	Tapenade Pesto Pasta and Italian Sausage Assorted Candy Bars		Cereal and Bagels Coffee, Tea, Hot Cocoa	Ham and Swiss Sandwiches Powdered Lunch Drink Cookies
<b>Camp 16</b>	Coleslaw with Pineapple BBQ Pulled Pork Sandwiches with Baked Beans Pudding with Vanilla Wafers		Oatmeal, Raisins, and Nuts Coffee, Tea, Hot Cocoa	Asian Chicken Salad Powdered Lunch Drink Cookies
<b>Camp 17</b>	Chips and Salsa Corn Salad Chicken and Black Bean Quesadillas		Granola and Bagels Dried Fruit Coffee, Tea, Hot Cocoa	Trail Lunch with Salami Powdered Lunch Drink Cookies
<b>Camp 18</b>	Easy Antipasto Mediterranean Chicken Penne with Garlic Bread Oreo Pudding Pie, no-bake		Scrambled Eggs and Pre-Cooked Bacon Coffee, Tea, Hot Cocoa,	Peanut Butter and Jelly Powdered Lunch Drink Cookies
<b>Camp 19</b>	Salami and Cheese Mixed Vegetables (Non-Perishable) Green Chili Burritos		Oatmeal, Raisins, Apricots, and Nuts Coffee, Tea, Hot Cocoa	Curried Chicken Salad with Apples Powdered Lunch Drink Cookies
<b>Camp 20</b>	Green Bean Almondine Spaghetti with Meat Sauce and Garlic Bread Pepperidge Farm Cookies	DO	Cereal and Bagels Coffee, Tea, Hot Cocoa	Take-Out Lunch— <i>choose Deli Sandwich Lunch or Cold Fried Chicken n' Fixin's.</i>