

Canyon REO's Favorites

	DINNERS W/SIDE & DESSERT		BREAKFASTS	LUNCHES
Put-In	Marble Canyon Lodge on your own		Granola, Breakfast Bread, & Yogurt Fresh Fruit, Fresh Juice Coffee, Tea, Hot Cocoa	Deli Lunch Fresh Fruit, Frozen Juice Cookies
Camp 1	Fresh Asparagus Grilled Steak, Salmon, & Portabella Mushrooms w/ Baked Potatoes Strawberry Shortcake	Gr	Lox & Bagels w/ Smorgasbord Fresh Fruit, Frozen Juice Coffee, Tea, Hot Cocoa	Deli Lunch w/ Hummus Fresh Fruit, Frozen Juice Cookies
Camp 2	Hearty Garden Salad Chicken & Veggie Fajitas w/ Mexican Rice Carrot Cake (Pre-made)		Yogurt Fruit Salad & Granola Fresh Fruit, Frozen Juice Coffee, Tea, Hot Cocoa	Hummus Pockets w/ Turkey & Veggies Fresh Fruit, Frozen Juice Cookies
Camp 3	Green Salad & Romaine BBQ Chicken w/ Pre-Made Potato Salad S'Mores	Gr Fire	Cereal & English Muffins w/ Canadian Bacon Frozen Juice Coffee, Tea, Hot Cocoa	Deli Lunch Fresh Fruit, Frozen Juice Cookies
Camp 4	Steamed Veggies Chicken Curry & Rice w/ Veggies Cheesecake (Pre-made)		Eggs, Bacon, & Dehydrated Hashbrowns Fresh Fruit, Frozen Juice Coffee, Tea, Hot Cocoa	Trail Lunch w/ Summer Sausage Fresh Fruit, Frozen Juice Cookies
Camp 5	Green Salad Frozen Lasagna w/ Garlic Bread Chocolate Mints	2DO	Yogurt Fruit Salad & English Muffins Fresh Fruit, Frozen Juice Coffee, Tea, Hot Cocoa	Guacamole & Tortillas w/ Turkey Fresh Fruit, Frozen Juice Cookies
Camp 6	Asian Salad Chicken Teriyaki & Basmati Rice Fortune Cookies	Gr	Lox & Bagels Fresh Fruit, Frozen Juice Coffee, Tea, Hot Cocoa	Veggie, Turkey, & Cheese Pitas Frozen Juice Salty Snack Cookies
Camp 7	Hearty Garden Salad Tacos w/ Meat & Cheese Cheesecake Bites (Pre-made)		Breakfast Burritos w/ Potatoes Fresh Fruit, Frozen Juice Coffee, Tea, Hot Cocoa	Deli Salami & Turkey Sandwiches w/ Hummus Fresh Fruit, Frozen Juice Cookies
Camp 8	Coleslaw w/ Pineapple Burgers & Beans Pineapple Upside Down Cake	Gr DO	Cereal & English Muffins Fresh Fruit, Tang Coffee, Tea, Hot Cocoa	Burrito Bar Fresh Fruit Powdered Lunch Drink Cookies
Camp 9	Zippy Bean Salad Pineapple Poblano Tacos w/ Beef Chocolate Lover's Dessert Pie w/ Chocolate Chips (No-bake)		Jordy's Breakfast Smorgasbord Fresh Fruit, Tang Coffee, Tea, Hot Cocoa	Veggie, Cream Cheese, & Deli Meat Spread on Bagels Fresh Fruit Powdered Lunch Drink Cookies
Camp 10	Tomato Cucumber Salad Pesto Pasta & Italian Sausage Baked Brownies	DO	Quick Egg, Sausage, & Cheese Muffins Tang Coffee, Tea, Hot Cocoa	Hiking Lunch Powdered Lunch Drink Cookies

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Camp 11	Citrus Salad Chicken Stir-Fry & Rice Pepperidge Farm Cookies		French Toast w/ Bacon Breakfast Fruit, Tang Coffee, Tea, Hot Cocoa	Tabouli & Pita w/ Turkey Powdered Lunch Drink Salty Snack
Camp 12	Peas & Carrots (Canned) Creamy Quinoa Primavera w/ Chicken Breasts Lemon Bars	DO	Jordy's Breakfast Smorgasbord Tang Coffee, Tea, Hot Cocoa	Taco Salad Powdered Lunch Drink Cookies
Camp 13	Fiesta Salad Boil-in-a-Bag Stuffed Mexican Chicken & Tamales Calabacita w/ Mexican Rice Cheesecake (No-bake)		Mexican Home Fries w/ Sausage, Eggs, & Hashbrowns Canned Fruit, Tang Coffee, Tea, Hot Cocoa	Hiking Lunch Powdered Lunch Drink Cookies
Camp 14	Tomato Creole Black Bean & Rice Stew w/ Sourdough Bread Blueberry Cheesecake (No-bake)		Pancakes & Bacon Tang Coffee, Tea, Hot Cocoa	Ham & Swiss Sandwiches w/ Hummus Dried Fruit Powdered Lunch Drink
Camp 15	Coleslaw Boil-in-a-Bag Italian Sausage Lasagna & Artichoke Lasagna w/ Garlic Bread Apples & Smoked Gouda		Oatmeal, Raisins, & Nuts w/ Bagels Canned Fruit, Tang Coffee, Tea, Hot Cocoa	Asian Chicken Salad Powdered Lunch Drink Salty Snack
Camp 16	Garlic Green Beans Tamale Pot Pie w/ Cornbread Brownies (Ready-made)	2DO	Cereal & English Muffins Tang Coffee, Tea, Hot Cocoa	Salami & Cheese Sandwiches Powdered Lunch Drink Cookies
Camp 17	Mixed Vegetables (Non-perishable) Spaghetti & Italian Sausage w/ Garlic Bread Death by Chocolate		Oatmeal & Pop Tarts Canned Fruit, Tang Coffee, Tea, Hot Cocoa	Burrito Bar Powdered Lunch Drink Salty Snack Cookies
Camp 18	Lemon Herb Sweet Peas Tortellini Parma Rosa w/ Garlic Bread Yellow Cake	DO	Blueberry Pancakes w/ Pre- Cooked Bacon Tang Coffee, Tea, Hot Cocoa	Tuna Salad w/ PB&J Powdered Lunch Drink Cookies
Camp 19	Apricot Honey Glazed Carrots Mediterranean Chicken Penne w/ Garlic Bread Oreo Pudding Pie (No-bake)		Jordy's Breakfast Smorgasbord Canned Fruit, Tang Coffee, Tea, Hot Cocoa	Trail Lunch w/ Summer Sausage Powdered Lunch Drink Cookies
Camp 20	Corn Canned Chili w/ Fresh Baked Cornbread Chocolate Mints	DO	Yogurt Fruit Salad & Breakfast Bars Tang Coffee, Tea, Hot Cocoa	Take-Out Lunch— <i>choose Deli Sandwich Lunch or Cold Fried Chicken n' Fixin's.</i>

More days on the river?

**Let us know and we can suggest more REO Favorites
that are non-perishable and well-liked by past river trips.**

Just send us an email at food@canyonreo.com
or give us a call at 1-800-637-4604.