

CAMP WOLVERTON BACKCOUNTRY MENU

BREAKFASTS: (Monday, Breakfast in Camp)

- #1 - Granola, Milkman, Start, Hot Cocoa
- #2 - Instant Oatmeal (sweeten), Milkman, Raisins, Cocoa, Start
- #3 - Cream of Wheat (sweeten), Milkman, Banana Chips, Cocoa

LUNCHES:

- #1 - Chicken Spread, Rykrisp, Raisins, Lemonade, Orange
- #2 - Aplet Bar, Swiss Cheese Spread, Toast, Grape Drink (Rich-Mor #1)
- #3 - Pilot Biscuits, Peanut Butter, Blackberry Jelly, Ice Cream, Lemon-Lime Drink (Rich-Mor #2)
- #4 - Apple Slices, Cheddar Cheese, Crisp Toast, Orange Gatorade (Rich-Mor #4)

DINNERS:

- #1 - Chicken Rice Soup, Chili Mac w/beef, Chocolate pudding, Fruit Punch (Rich-Mor #1)
- #2 - Vegetable Beef Soup, Chicken Rice Dinner, French Apple Compote, Lemon-Lime Drink (Rich-Mor #2)
- #3 - Beef Soup, Lasagna with Meatballs, Lemon Pie, Orange Drink (Rich-Mor #3)

GENERAL INSTRUCTIONS

1. Allow two (2) hours of sunlight to cook and clean up dinner.
2. You will be cooking on Bleuett stoves. These stoves can be broken easily, so be careful, since you will be paying for any damage done to the stoves.
3. Anchor the stove securely on level ground by burying it part way into the ground and/or placing some small rocks on the feet of the stove. Have your packer show you how to do this. The stove can be tipped over very easily when it has a full pot of food on top of it. Be sure to follow the above directions. If you spill your dinner all over the ground you will be awfully hungry by breakfast time.