

**T-26 Camping Menu
(Breakfast)**

Date: 3/4/2026

Breakfast #1 (for 4 persons)

- (8) Packages Instant Oat Meal - (2) Packages per person
- (4) Breakfast Bars - (1) Breakfast Bar per person
- (2) Cups Mixed Dried Fruits - (1/2) Cup per person
- (4) Packages Hot Chocolate - (1) Package per person

(For each person)

<i>1</i>	Breakfast	Calories	Fat (g)	Carb (g)	Protein (g)
<i>2</i>	Instant Oat Meal (2)pkgs./ person	260	0	52	6
<i>3</i>	Breakfast Bar - (1) Breakfast Bar per person	200	5	19	4
<i>4</i>	Mixed Dried Fruits (1/2) Cup per person	208	0	52	2
<i>5</i>	Hot Chocolate (1) Package per person	80	3	15	1
<i>6</i>					
<i>7</i>					
<i>8</i>	Breakfast Total	748	8	138	13

Breakfast #2 (for 4 persons)

- (4) Cups Granola - (1) Cup per person
- (1) Qt. Milk - (1) Cup Milk per person (Instant Powdered milk)
- (4) Breakfast Bars - (1) Breakfast Bar per person
- (2) Cups Mixed Dried Fruits - (1/2) Cup per person
- (4) Packages Hot Chocolate - (1) Package per person

(For each person)

<i>9</i>	Breakfast	Calories	Fat (g)	Carb (g)	Protein (g)
<i>10</i>	(1) Cup Granola per person	116	1	23	6
<i>11</i>	(1) Cup Milk per person	90	0	11	8
<i>12</i>	Breakfast Bar - (1) Breakfast Bar per person	200	5	19	4
<i>13</i>	Mixed Dried Fruits (1/2) Cup per person	208	0	52	2
<i>14</i>	Hot Chocolate (1) Package per person	80	3	15	1
<i>15</i>					
<i>16</i>	Breakfast Total	694	9	120	21

Breakfast #3 (for 4 persons)

- (8)Eggs - (2) Eggs per person
- (8) Strips Bacon - (2) Strips Bacon per person
- (4) Breakfast Bars - (1) Breakfast Bar per person
- (2) Cups Mixed Dried Fruits - (1/2) Cup per person
- (4) Packages Hot Chocolate - (1) Package per person

(For each person)

<i>17</i>	Breakfast	Calories	Fat (g)	Carb (g)	Protein (g)
<i>18</i>	(2) Scrambled Egg	204	14	2	14
<i>19</i>	(2) Strips Pan Fried Bacon	82	6	0	6
<i>20</i>	Breakfast Bar - (1) Breakfast Bar per person	200	5	19	4
<i>21</i>	Mixed Dried Fruits (1/2) Cup per person	208	0	52	2
<i>22</i>	Hot Chocolate (1) Package per person	80	3	15	1
<i>23</i>					
<i>24</i>	Breakfast Total	774	28	88	27

T-26 Camping Menu (Snack)

Date: 3/4/2026

Snack #1 (For 4 persons)

- (2) Cups Trail Mix with Chocolate chips & Nuts - (1/2) Cup per person
(4) Fruit Leather rolls - (1) Fruit Leather roll per person

(For each person)

<i>1</i>	Snack	Calories	Fat (g)	Carb (g)	Protein (g)
<i>2</i>	(1/2) Cup Trail Mix with chocolate chips & Nuts	354	5	33	11
<i>3</i>	(1) Fruit Leather roll per person	78	1	18	0
<i>4</i>					
<i>5</i>					
<i>6</i>	Snack Total	432	6	51	11

Snack #2 (For 4 persons)

- (4) Beef Sticks, Smoked - (1) Beef Stick per person
(8) Oz. Corn Nuts - (2) Oz. serving per person

(For each person)

<i>7</i>	Snack	Calories	Fat (g)	Carb (g)	Protein (g)
<i>8</i>	(1) Beef Stick per person	110	4	1	4
<i>9</i>	(2) oz. corn nuts serving per peson	250	8	41	5
<i>10</i>					
<i>11</i>					
<i>12</i>	Snack Total	360	12	42	9

Snack #3 (For 4 persons)

- (8) Sticks Beef Jerkey - (2) Sticks per person
(4) Nature Valley Sweet & Salty Nut - (1) per person

(For each person)

<i>11</i>	Snack	Calories	Fat (g)	Carb (g)	Protein (g)
<i>12</i>	(2) Beef Jerkey Sticks per person	164	10	4	14
<i>13</i>	(1) Nature Valley Sweet & Salty Nut bar	170	9	19	4
<i>14</i>					
<i>15</i>					
<i>16</i>	Snack Total	334	19	23	18

T-26 Camping Menu (Lunch)

Date: 3/4/2026

Lunch #1 (For 4 persons)

- (40) Ritz Crackers - (10) Crackers per person
- (4) 6-oz. Canned Tuna (packed in water) - (1) Canned tuna per person
- (4) Powerbars - (1) Powerbar per person
- (4) qt. Gatorade - (1) qt. per person
- (16) Oatmeal Cookies - (4) cookies per person
- (4) Fresh Bananas (medium) - (1) banana per person

(For each person)

<i>1</i>	Lunch	Calories	Fat (g)	Carb (g)	Protein (g)
<i>2</i>	Ritz Crackers (10-crackers)	160	8	10	5
<i>3</i>	Tuna-canned-packed in water (1-6 oz. can)	70	1	0	15
<i>4</i>	Powerbar (1-each)	230	2	45	10
<i>5</i>	Gatorade - (1 qt.)	126	0	30	0
<i>6</i>	Cookies (4-Oatmeal cookies)	126	5	19	2
<i>7</i>	Banana-Fresh, 1 medium	200	0	51	2
<i>8</i>					
<i>9</i>	Lunch Total	912	16	155	34

Lunch #2 (For 4 persons)

- (4) Bagels (3" dia.) - (1) Bagel per person
- (4) oz. Cream Cheese - (1) oz. per person
- (4) Nature Valley Sweet & Salty Nut - (1) per person
- (4) qt. Gatorade - (1) qt. per person
- (16) Chocolate Chip Cookies - (4) Cookies per person
- (4) Apples, Medium - (1) Apple per person

(For each person)

<i>10</i>	Lunch	Calories	Fat (g)	Carb (g)	Protein (g)
<i>11</i>	(1) Bagel per person	140	1	29	6
<i>12</i>	(1) oz. Cream Cheese spread	100	10	1	2
<i>13</i>	(1) Nature Valley Sweet & Salty Nut bar	170	9	19	4
<i>14</i>	Gatorade - (1 qt.)	126	0	30	0
<i>15</i>	(4) Chocolate Chip Cookies	240	12	32	4
<i>16</i>	(1) Apple (medium) per person	95	0	25	0
<i>17</i>					
<i>18</i>	Lunch Total	871	32	136	16

Lunch #3 (For 4 persons)

- (4) Bagels (3" dia.) - (1) Bagel per person
- (4) oz. Peanut Butter - (1) oz. per person
- (4) Granola Bars - (1) per person
- (4) qt. Gatorade - (1) qt. per person
- (16) Jolly Rancher Candies - (4) Candies per person
- (4) Fresh Bananas (medium) - (1) banana per person

(For each person)

<i>19</i>	Lunch	Calories	Fat (g)	Carb (g)	Protein (g)
<i>20</i>	(1) Bagel per person	140	1	29	6
<i>21</i>	(1) oz. Peanut Butter spread	190	16	7	8
<i>22</i>	(1) Granola Bar	134	6	18	3
<i>23</i>	Gatorade - (1 qt.)	126	0	30	0
<i>24</i>	(4) Jolly Rancher Candies	96	0	24	0
<i>25</i>	Banana-Fresh, 1 medium	200	0	51	2
<i>26</i>					
<i>27</i>					
<i>28</i>	Lunch Total	886	23	159	19

**T-26 Camping Menu
(Dinner)**

Date: 3/4/2026

Dinner #1 (For 4 persons)

Curry a'la Sam (Main Course)

- (3) Cups Minute Rice
- (2) 10-oz. canned chicken breast (skinless in water)
- (1) large potato - cut in cubes
- (1) large yellow or sweet onion - sliced
- (2) medium carrots - cut in cubes
- (1) Tablespoons cooking oil (or butter or margarine)
- (1) box S & B Golden Curry Mix (5-oz.) Available in "Mild", "Medium", or "Hot"

1. Cook Minute Rice. Bring 3-cups of water to boil, add Minute Rice and cover. Remove pot from heat and set aside for 10 mintes.
2. If you are cooking raw meat, (beef, pork, or chicken) brown in a large cook pot with small amount of cooking oil.
Cut potatoe and carrots in 1/2 inch cubes and add to the cooking pot with meat. Slice onion and add to the cooking pot. Add water to the cooking pot just to cover meat and vegetables and bring to a boil.
After vegetables are cooked, (taste it) add canned meat (if you are not using raw meat) and curry mix. If curry gets too thick, add some water to desired consistency.
3. Serve with cooked rice.

- (4) Packages Cup-a-Soup (Chicken Noodle)
- (4) Packages Hot Chocolate
- (20) Chocolate Cookies

(For each person)

<i>1</i>	Dinner (Curry a'la Sam)	Calories	Fat (g)	Carb (g)	Protein (g)
<i>2</i>	Cup-a-Soup (Chicken Noodle)	50	1	8	2
<i>3</i>	Minute Rice (1-cup each person)	200	1	47	5
<i>4</i>	Canned Chicken (5-oz. serving)	25	0.5	0	4.5
<i>5</i>	Carrots (1/4-cup)	13	0	3	0
<i>6</i>	Onions (1/4-cup)	13	0	3	0
<i>7</i>	Potatoes (1/4-cup)	34	0	8	1
<i>8</i>	Butter (1-Tablespoon)	101	7	0	0
<i>9</i>	Curry Mix (per person)	165	11	14	2
<i>10</i>	Hot Chocolate (1-envelop)	80	3	15	1
<i>11</i>	Cookies (5-chocolate chip cookies)	300	15	40	5
<i>12</i>					
<i>13</i>					
<i>14</i>					
<i>15</i>					
<i>16</i>	Dinner Total	981	38.5	138	20.5

T-26 Camping Menu (Dinner)

Date: 3/4/2026

Dinner #2 (For 4 persons)

Chicken Rice Almandine

- (2) 10-oz. canned chicken breast (skinless in water)
- (4) cups water
- (4) cups Minute Rice
- (1/2) teaspoon onion salt
- (1/2) teaspoon celery salt
- (2) teaspoon onion flakes
- (3) oz. slivered almonds
- (2) packages Cream of Chicken Soup Mix (instant)
- (1/2) cup raisins (optional)

Bring water to a boil. Add chicken, rice and other ingredients and bring to a boil. Cover, remove from heat. Let stand for 10 minutes and serve.

- (4) Packages Cup-a-Soup (Tomato)
- (4) Packages Hot Chocolate
- (20) Fig Bars (Fig Newton)

(For each person)

<i>1</i>	Dinner	Calories	Fat (g)	Carb (g)	Protein (g)
<i>2</i>	Cup-a-Soup (Tomato Soup)	53	1	10	2
<i>3</i>	Minute Rice (1-cup each person)	200	1	47	5
<i>4</i>	Canned Chicken (5-oz. serving)	25	0.5	0	4.5
<i>5</i>	Cream of Chicken Soup Mix	54	3	7	1
<i>6</i>	Onion Flakes	17	0	4	0
<i>7</i>	Slivered Almond	122	11	3	6
<i>8</i>	Raisins	62	0	16	1
<i>9</i>	Fig Bars (5-Fig Newtons)	280	5	55	5
<i>10</i>	Hot Chocolate (1-envelop)	80	3	15	1
<i>11</i>					
<i>12</i>	Dinner Total	893	24.5	157	25.5

T-26 Camping Menu (Dinner)

Date: 3/4/2026

Dinner #3 (For 4 persons)

Italian Chicken & Rice with Vegetables

- (2) 10-oz. canned chicken breast (skinless in water)
- (1) Tablespoon oil
- (4) cups Minute Rice
- (3) cups cut-up fresh vegetables (broccoli, carrots, and red pepper)
- (2) cups water
- (1) can (14-1/2 oz.) chicken broth
- (1/4) cup Italian Salad Dressing

Heat oil in large pot. Add vegetables, cook 5 minutes or until crisp-tender. Stir in broth, water and bring to a boil. Add chicken, rice and dressing, cover. Reduce heat and cook for 5 minutes or until liquid is absorbed.

- (4) Packages Cup-a-Soup (Tomato)
- (4) Packages Hot Chocolate
- (20) Fig Bars (Fig Newton)

(For each person)

	Dinner	Calories	Fat (g)	Carb (g)	Protein (g)
1					
2	Cup-a-Soup (Tomato Soup)	53	1	10	2
3	Minute Rice (1-cup each person)	200	1	47	5
4	Canned Chicken (5-oz. serving)	25	0.5	0	4.5
5	Cooking Oil	31	3.5	0	0
6	Broccoli (cooked)	14	0	3	1
7	Carrots (cooked)	14	0	3	0.5
8	Red Pepper (cooked)	10	0	2.3	0
9	Italian Salad Dressing	31	3.5	1.5	0
10	Fig Bars (5-Fig Newtons)	280	5	55	5
11	Hot Chocolate (1-envelop)	80	3	15	1
12	Dinner Total	738	17.5	136.8	19

T-26 Camping Menu (Dinner)

Date: 3/4/2026

Dinner #4 (For 4 persons)

Pigg's Ass Chili (Art Marcilla, South San Juan Wilderness Ranger, Colorado)

- (1) pound diced pork (cut up pork chop)
- (1) medium onion, diced
- (1) 4 oz. canned diced green chilies
- (1/2) cup cheddar cheese (shreaded)
- (1) tablespoons flour
- (2) 15 oz. canned stewed tomato
- (2) cloves garlic, chopped
- (1/3) cup water
- Salt and pepper to taste

Cube and brown the meat in a pot. Add onion and brown lightly. Add flour and brown. Add water, stewed tomato, green chili, garlic, salt and pepper.

Simmer for 10 minutes. Spread cheese over top. Let melt and serve.

Serve with French bread or Sourdough bread.

(4) Packages Cup-a-Soup (Chicken Noodle)

(4) Packages Hot Chocolate

(20) Chocolate Cookies

(For each person)

<i>1</i>	Dinner	Calories	Fat (g)	Carb (g)	Protein (g)
<i>2</i>	Cup-a-Soup (Chicken Noodle)	50	1	8	2
<i>3</i>	Diced pork	243	15	0	29
<i>4</i>	Onion	46	0	10	1.5
<i>5</i>	Green chilies	6	0	1	0
<i>6</i>	Cheddar cheese	57	5	0	3.5
<i>7</i>	Flour	6	0	1	0
<i>8</i>	Stewed tomato	66	0	16	2
<i>9</i>	Garlic	2	0	0	0
<i>10</i>	Hot Chocolate (1-envelop)	80	3	15	1
<i>11</i>	Cookies (5-chocolate chip cookies)	300	15	40	5
<i>12</i>	French or Sourdough bread (2-large slices)	560	4	110	22
<i>13</i>					
<i>14</i>					
<i>15</i>					
<i>16</i>	Dinner Total	1416	43	201	66