

## Sample Food Menu & Kitchen Supplies

This food menu is just a starting place, please modify where appropriate for your group. Before buying kitchen items and food for your group, we recommend checking out the current stock in the kitchen pantry where you'll be staying. Many groups leave behind items that you can use. For example, a few years ago we had thousands of plastic spoons accumulating in the pantry 😊

### Kitchen Items

- Trash bags
- Dish soap
- Sponges
- Lighters
- Cleaning supplies
- Disposable plates, bowls, cups (for hot and cold drinks), and utensils
- Paper towels and/or napkins
- Brown paper bags
- Coffee machine filters
- Ziploc bags of various sizes
- Sugar, oil, seasonings, spices, flour, etc.
- Toilet paper

### Breakfast Ideas

- Eggs (hardboiled and/or scrambled)
- Sausage links, bacon, and/or ham
- Cereal
- Milk
- Granola
- Yogurt
- Juice (orange, grapefruit, apple, cranberry, etc.)
- Coffee and tea options
- Toast, English muffins, croissants, and/or rolls
- Assorted large muffins (poppyseed, blueberry, etc.)
- Butter
- Jam (strawberry, blackberry, etc.)
- Bagels and cream cheese
- Eggo waffles and/or pancakes (either buy pre-made or make from scratch)
- Syrup
- Fruit (bananas, oranges, apples, strawberries, blueberries, cantaloupe, honeydew melon, tangerines, blackberries, raspberries, kiwi, grapefruit, etc.)
- Cheese (shredded or sliced)
- Breakfast sandwiches (made from various ingredients on this list)

### Lunch Ideas

- Sliced bread (assorted varieties)
- Peanut butter & jam (strawberry, blackberry, etc.)
- Sliced cheese (assorted kinds)

- Sliced meats (i.e. turkey, ham)
- Condiments (mayo, mustard, etc.)
- Chips and cookies (assorted individual size packs)
- Juice boxes
- Apples, oranges, and/or tangerines
- Bars (i.e. protein bar, fruit/nut bar, kind bar, nutri grain, kashi)
- Snack Ideas
  - Baby carrots or other assorted vegetables
  - Ranch dressing and hummus
  - Chips (tortilla, pita, Doritos, etc.)
  - Salsa and guacamole
  - Frozen popsicles
  - Trail mix
  - Popcorn
  - Assorted dried fruits and jerky
- Dinner Ideas
  - Fruit salad (assorted fruit cut into bite-size pieces)
  - Salad
    - Buy salad ingredients in a bag
    - Croutons
    - Ranch and other dressings
  - Pizza, lasagna, taquitos, and/or chicken enchiladas
    - Buy in large package (frozen section of store) or make from scratch.
  - Dinner rolls
  - Pasta and sauce (with or without meatballs)
  - Quesadillas
    - Tortillas (flour and/or corn)
    - Ground meat (hamburger and/or turkey)
    - Shredded cheese
    - Assorted chopped vegetables (onion, bell pepper, jalapeño, cilantro, etc.)
    - Salsa, guacamole, and sour cream
  - Taco bar
    - Ground meat (hamburger and/or turkey)
    - Taco seasoning
    - Cheddar cheese (shredded)
    - Lettuce, tomatoes (diced), and olives
    - Salsa, guacamole, and sour cream
- Dessert Ideas
  - Brownies (buy in large pre-mixed package and add eggs, oil, and water)
  - Cookies (buy pre-mixed dough or make from scratch)
  - Rice Krispy treats (follow recipe on cereal package)
  - Ice cream
  - Cake
  - Fruit cobbler