

Meal Planning Ideas for Camping Trips

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Breakfast

Prepared

- Cold Cereal – healthy and sweet
- Oatmeal – assorted flavors
- Bagels – fresh or packaged, butter and cream cheese
- Muffins – assorted, buy in bulk at BJ’s
- Assorted Fruits – Bananas, Apples, Oranges
- Pancakes –prepare batter at home
- French Toast- prepare batter at home
- Egg Mc’ Muffins- eggs, ham, cheese, English muffin
- Omelets – prepare in bag and boil or fry
- Waffles – use the Richard’s and Burns camping toaster

Grab n’ Go

- Multigrain Bars
- Pop-Tarts
- Donuts
- Little Bites
- Juice Boxes
- Cereal

Beverages

- Water

- Tea
- Hot Chocolate
- OJ
- Milk
- Cranberry, Apple , Other Fruit Juice

Lunch

Lunch Meal

- Assorted Cold Cuts
- Premade Sandwiches
- Hot Dogs
- Burgers
- Peanut Butter and Jelly – be careful of allergies
- Grilled Cheese
- Cheese, Crackers, Pepperoni – Perfect for backpacking

Snacks

- Assorted Dried Fruits
- Carrot and Celery Sticks
- Assorted Chips
- Bars – of any kind
- Beef Jerky

Drinks

- Water
- Bug Juice
- Iced Tea
- Lemonade

Dinner

Appetizers/Side Dishes

- Chips & Salsa
- Cheese & Crackers with Pepperoni
- Assorted Veggies and Dip
- Hummus with Pita Bread

- Baked Stuff Potatoes
- Canned Beans
- Salad

Meal

- Beef Stew
- Chili
- Beef Stroganof
- Mac & Cheese
- Beefaroni
- Ramen Noodles – used as a dish
- Pasta – with meat balls
- Tacos- soft shell with chicken or beef
- Hamburgers or Cheeseburgers
- Hot Dogs
- Steak- London broil
- Grilled Pork – plain, marinated, or BBQ'd
- Sausage & Peppers
- Chicken Cutlets – plain or marinated
- Chicken on a stick – prepare at home
- BBQ'd Chicken on bone – boil at Home
- Macaroni and Cheese

Drinks

- Water
- Bug Juice
- Lemonade
- Iced Tea

Dessert

- Cookies
- Banana Bread
- Brownies
- Blondies
- Jello Cups
- Pudding Cups
- Little Bites
- Donuts
- Cupcakes