

**Build Your Own Menu Form**

**Trip Name: Rig Date: Launch Date:**

Using the Moenkopi River Menu, build your own menu from scratch in the table below. If you include your own recipes, include a detailed ingredients list or recipe at the bottom. Day boxes are packed breakfast, lunch, dinner in that order. You can include 2 Pre-Made meals (boil-in-bag) at no charge; additional pre-mades cost just $8/person/day. You are allotted 1 fish dinner and one steak night with no extra charge.

All breakfasts include ½ pound to one pound of coffee per day as described on your compiled food form, as well as juice, and apples/oranges, unless otherwise noted. Dinners include an assortment of hot teas and cocoa. Snacks will be provided each day (1 per person per day) and will include an assortment of sweet and salty items.

Please complete and return your compiled Food Planning Form along with your menu template to customize menu options and accommodate any special needs or food allergies. To moefood@moenkopiriverworks.com

****Grill item, cooked over fire pan charcoals

****Dutch Oven meal

****Pre-made entrees are prepared by a local chef using the highest quality ingredients. The food is then vacuum-sealed and frozen so that you need only to boil water and re-heat the food. All premade meals can be GF as requested

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| **Date Box** | **Breakfast** | **Lunch** | **Appetizer** | **Dinner** | **Dessert** |
| Rig day | Bring Your Own FoodCan eat Dinner at Lodge  |
| (Launch day)Day 1 |  |  |  |  |  |
| Day 2 |  |  |  |  |  |
| Day 3 |  |  |  |  |  |
| Day4 |  |  |  |  |  |
| Day5 |  |  |  |  |  |
| Day 6 |  |  |  |  |  |
| Day 7 |  |  |  |  |  |
| Day 8 |  |  |  |  |  |
| Leafy Greens Cut Off date Summer time |
| Day 9 |  |  |  |  |  |
| Day 10 |  |  |  |  |  |
| Day 11 |  |  |  |  |  |
| Day 12 |  |  |  |  |  |
| Day 13 |  |  |  |  |  |
| Winter Leafy Green Cut Off |
| Day 14 |  |  |  |  |  |
| Day 15 |  |  |  |  |  |
| Day 16 |  |  |  |  |  |
| Day 17 |  |  |  |  |  |
| Day 18 |  |  |  |  |  |
| Day 19 |  |  |  |  |  |
| Day 20 |  |  |  |  |  |
| Day 21 |  |  |  |  |  |
| Day 22 |  |  |  |  |  |
| Day 23 |  |  |  |  |  |
| Day 24 |  |  |  |  |  |
| Day 25 |  |  |  |  |  |
| Day 26 |  |  |  |  |  |
| Day 27 |  |  |  |  |  |
| Day 28 |  |  |  |  |  |
| Day 29 |  |  |  |  |  |
| Day 30 |  |  |  |  |  |