

## 2010 Pack Trip to the Frank Church, July 17-24

### Saturday

Breakfast: Home

Lunch: On the trail: Argos, Trek bars, jerky, string cheese

Dinner: Beef Medallions wrapped in bacon, fresh veggies, and twice baked spuds

### Sunday

Breakfast: Biscuits and gravy

Lunch: Tortilla roll ups, ham or turkey

Dinner: Spaghetti, green salad

### Monday

Breakfast: Instant oatmeal

Lunch: on the trail

Dinner: Elk steak bites, green salad, mashed potatoes

### Tuesday

Breakfast: Bacon and eggs MtMuffins

Lunch: Tortilla Roll ups, ham or turkey

Dinner: Sweet and Sour Meatballs with pasta

### Wednesday

Breakfast: Smokie egg burritos

Lunch: Tortilla Roll ups, ham or turkey

Dinner: Chicken Verde, tortillas, Spanish rice

### Thursday

Breakfast: Instant Oatmeal

Lunch: on the trail

Dinner: Red Curry Beef Stew with noodles

### Friday

Breakfast: Instant oatmeal

Lunch: on the trail

Dinner: at trailhead, Steak and twice baked potatoes

### Saturday

Breakfast: Trailhead pancakes

*"The trail is the thing, not the end of the trail. Travel too fast and you miss all you are traveling for." ~Louis L'Amour*