

Expedition Menu Planner  
Lunch

Item	No. of Times	Preferred Day
<b>Sandwiches:</b>		
Peanut butter & jelly		
Cold cuts with cheese		
Corned Beef		
Ham		
Pastrami		
Roast Beef		
Turkey		
American		
Cheddar		
Monterey Jack		
Mozzarella		
Provolone		
Swiss		
Speciality Cheese:		
Chicken salad		
Egg salad		
Sloppy Joes		
Tuna salad		
<b>Salads:</b>		
Beef Taco Salad		
Black Bean Salad w/Gucamole & Tortillas		
Chicken Taco Salad		
Pasta Salad		
Oriental Chicken Salad		
Salami/Cheese/Fruit w/Crackers		
Unbeatable Bean Salad		
Vegetarian Pasta Salad		
Vegetarian Taco Salad		
<b>Wraps:</b>		
Tuna		
Meat (specify)		
Vegetarian		
<b>Side Items:</b>		
Breads:		
Bagels		
Rye		
Sour dough		
Sub-rolls		
Wheat		
White		
Pita		
Tortillas		

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Item	No. of Times	Preferred Day
<b>Snacks:</b>		
Bagel chips		
Canned fruit		
Chex snack mix		
Chips		
Cookies		
Crackers		
Fresh fruit		
Pita chips		
Pretzels		
Pretzel Chips		
Pringles		
Yogurt		
Candy		
Chewy Granola Bar		
Cookies		
Crunchy Granola Bar		
Dried fruit		
Gorp		
Pop tarts		
Raisins		
Trail mix		
<b>Condiments:</b>		
Dill Pickles		
Horseradish sauce		
Lettuce		
Mayonnaise - light		
Mayonnaise - olive oil		
Mayonnaise - regular		
Miracle Whip - light		
Miracle Whip - regular		
Mustard - Dijon		
Mustard - yellow		
Olives - black		
Olives - green		
Pepperoncini (yellow peppers)		
Red Onion		
Sweet Pickles		
Tomato		