



# Hot & Hearty

\$48/person/day

The Hot & Hearty menu is for early season or colder trips with all hot breakfasts, standard lunches, and hearty dinners.

	Breakfast	Lunch	Dinner
<b>Day 1</b>	Breakfast Burritos (premade to be heated in dutch) Fruit	Cold Cuts & Cheeses Sandwiches Pringles Fruit Cookies	App: Chips and Salsa Beef and Veggie Fajitas Rice Refried Beans Ceasar Salad Dessert: Strawberry Shortcake
<b>Day 2</b>	French Toast Bacon Yogurt Granola Fruit	Taco Salad Pringles Fruit Cookies	App: Crackers, Salami & Goat Cheese Grilled Salmon Caprese Salad Pesto Pasta Bread Dessert: Lemon Bars
<b>Day 3</b>	Scrambled Eggs Hash Browns Sausage Fruit	Salami, Provalone, and Avocado Sandwiches Pringles Fruit Oreos	App: Crackers and Cocktail Dip Spaghetti Green Salad Bread Dessert: Brownies
<b>Day 4</b>	Huevos Rancheros (with beans, rice, eggs, salsa, and tortillas) Fruit	Cold Cuts & Cheeses Sandwiches Pringles Fruit Chocolate Chip Cookies	App: Hummus and Pita Chips Marinated Chicken Breasts Veggies and Cous Cous Coleslaw Bread Dessert: Pineapple Upside-down Cake
<b>Day 5</b>	Egg Sandwich Yogurt Granola Fruit	Chicken Salad Cranberry wraps Pringles Fruit Pirouline Cookies	App: Cheese and Crackers Flank Steak and Bernaise Sauce Sweet Potato Mash with Fixings Green Salad Bread Dessert: Chocolate Cake
<b>Day 6</b>	Breakfast Burrito Fruit	Tuna Salad Sandwiches Pringles Fruit Cookies	Back in Civilizaiton

Advisory: Consuming raw or undercooked foods such as meat, poultry, fish, shellfish, and eggs may increase your risk of food borne illness.

### 2025 River Season

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