

FIREHOUSE MEAL ROTATION

20 paired 48-hour tours • 40 core dinners • repeating cycle

Five-firefighter estimate. Day 2 meals are Tex-Mex leaning. Food-used cost is the estimated value consumed, not full Costco package checkout.

Tour	Primary protein	Day 1 dinner	Day 2 dinner	Tour total	Per firefighter
1	Chicken breast	Lemon-garlic chicken with roasted potatoes	BBQ chicken sandwiches with slaw	\$35.05	\$7.01
2	Chicken breast	Chicken fajita tacos with black beans	Chicken enchilada rice bake	\$41.94	\$8.39
3	Chicken thigh	Sheet-pan chicken, peppers and rice	Teriyaki chicken rice bowls	\$34.71	\$6.94
4	Chicken breast	Chicken quesadillas with beans	Southwest chicken burrito bowls	\$38.82	\$7.76
5	Chicken breast	Chicken Alfredo spaghetti with broccoli	Italian chicken spaghetti with kale salad	\$38.65	\$7.73
6	Chicken thigh	Chicken taco nacho platters	Southwest loaded chicken potatoes	\$46.40	\$9.28
7	Ground beef	Meatloaf with mashed potatoes and vegetables	Grilled cheeseburgers with potato wedges	\$52.86	\$10.57
8	Ground beef	Ground-beef taco bar	Beef burrito bowls	\$56.26	\$11.25
9	Ground beef	Meat-sauce spaghetti with broccoli	Beef and broccoli stir-fry rice bowls	\$52.18	\$10.44
10	Ground beef	Beef enchilada skillet	Crispy beef quesadillas	\$56.76	\$11.35

Tour	Primary protein	Day 1 dinner	Day 2 dinner	Tour total	Per firefighter
11	Ground beef	Sloppy Joes with potatoes and slaw	Mexican stuffed peppers	\$56.67	\$11.33
12	Ground turkey	Turkey chili over rice	Turkey loaded nachos	\$46.92	\$9.38
13	Pulled pork	Slow-cooker pulled pork sandwiches	Pulled-pork carnitas tacos with rice	\$39.33	\$7.87
14	Pulled pork	Smoky pulled-pork rice plates	Teriyaki pulled-pork rice bowls	\$33.87	\$6.77
15	Pulled pork	Pulled-pork burrito bowls	Pulled-pork taco rice bowls	\$35.80	\$7.16
16	Pulled pork	Pulled-pork vegetable stew	Pulled-pork loaded potatoes with broccoli	\$32.62	\$6.52
17	Pulled pork	Pulled-pork fajita quesadillas	Pulled-pork enchilada casserole	\$42.31	\$8.46
18	Italian sausage	Sausage and pepper pizza with salad	Sausage marinara spaghetti	\$38.91	\$7.78
19	Italian sausage	Sausage and black-bean quesadillas	Sausage and potato tacos	\$39.93	\$7.99
20	Smoked sausage	Kielbasa potato-vegetable skillet	Southwest sausage burrito bowls	\$43.54	\$8.71

Rotation balance

The cycle centers on chicken, beef, pork and sausage, with turkey as an occasional alternative. Keep the cycle flexible: move a tour when shifts share pantry supplies, a large meat pack needs to be used, or a crew has already had a similar dinner.

Cost notes

Costs use package fractions from the published reference price book and planning estimates for pantry oil/seasoning. Checked October 30, 2026. Costco Same-Day prices can exceed local shelf prices; no Boise/Meridian checkout price is represented as verified. Update the workbook with current shelf tags.