

TROOP 96 MENU PLANNING SHEET

_____ PATROL CAMPING TRIP: _____

PATROL LEADER: _____ (responsible for bringing menu on trip!)

NOTE: Be creative with this menu-- try something different for at least ONE of your meals!
 REMEMBER: Meals need to be food you prepare-- not just out of a can or container.
 Each meal needs AT LEAST ONE fruit or veggie. Think Healthy, Cheap, Good!
 No Pop Tarts or Soda!

For each meal, consider: Will we be cooking a hot meal? How much time will we have to prepare and clean up? How much energy (calories) do we need? What (healthy) snacks should we include? Where will be at meal-time?

MEAL	IDEAS:
FRIDAY CRACKERBARREL:	
SATURDAY BREAKFAST:	<u>Carbs:</u> Pancakes; French Toast; Biscuits; Cereal; Oatmeal; Bagels; Tortillas; Rice <u>Proteins:</u> Bacon; Eggs; Sausage; Beans; Jerky <u>Fruits:</u> Bananas; Oranges; Grapefruit <u>Drinks:</u> Juice; Milk; Tang Cook it up in a Dutch Oven!
SATURDAY LUNCH:	<u>Carbs:</u> Tortillas; Sandwich; Chips <u>Proteins:</u> Peanut Butter; Burgers; Sandwich Meat; Cheese; Tuna; Jerky <u>Fruit/Veg:</u> Apples; Baby Carrots <u>Drinks:</u> KoolAde <u>Snacks:</u> GORP
SATURDAY DINNER:	<u>Carbs:</u> Potatoes; Rice; Pasta; Cornbread <u>Protein:</u> Beans; Beef; Chili; Chicken; Fish <u>Veggies:</u> Salads; Soups; Stir-fry; Carrots; Sweet potato; Peas; Corn; Green Beans <u>Combos:</u> Hoboes, Stir-fry, Kabobs, Pizza <u>Drinks:</u> KoolAde; Milk <u>Dessert:</u> Cobbler; Camp cooked cakes and cookies
SUNDAY BREAKFAST	<u>(See above list)</u>

TROOP 96 SHOPPING LIST _____ Patrol

Camping Trip: _____ Food Shopper: _____

Budget: \$15 X _____ Scouts = \$ _____

Think about ALL the ingredients necessary for a given meal. For instance, if it says “sandwich” you should include bread (2 slices per sandwich), meat (1-2 slices/sandwich), maybe cheese, lettuce, tomato, mayonnaise, etc.! Extra \$\$ is returned to the patrol members.

MEAL:	SHOPPING LIST
	Item: Quantity: Est. Cost
FRIDAY CRACKERBARREL	
SAT. BREAKFAST:	
SAT. LUNCH:	
SAT. DINNER:	
SUN. BREAKFAST:	

DO YOU NEED NON-FOOD ITEMS LIKE ALUMINUM FOIL, OIL, DETERGENT, ETC.?

SHOPPER IS RESPONSIBLE FOR PROVIDING ICE CHEST FOR PERISHABLES.