## Troop 77 Patrol/Troop Meal Planning Worksheet

PATROL/TROOP:		CAMPOUT DATE:		
GRUBMASTER:		SCOUTMASTER APPROVAL:		
Scoutmaste	r MUST approve and si	ge/ice/cooler. Attach food receipt(s) to this form and return to the Scoutmas gn all menus prior to buying food.  Illowance= 1night \$8/p scout; 2 nights \$12/p scout	iter.	
ATTENDANCE Use as a stand alone Patrol Meal Planner or as a Troop Meal Planner.  Dietary Co		STAPLES COMMON ITEMS SHOPPING LIST NEED		
PL:		Charcoal/Fluid/Fuel		
APL:		Paper Towels		
3:		Aluminum Foil		
4:		Garbage Bags		
5:		Ziploc Bags Ig sm Ig sm		
6:		Seasonings		
7:		Sugar/Condiments		
8:		Bio Dish Soap/Bleach		
9:				
	•			
SATURDAY BREAKFAST	DIETARY NEEDS	GROCERY LIST Allowance= 1 night \$8/p; 2 nights \$12/p	PRICE	
Main Course:				
Side(s):				
Drink:				
SATURDAY LUNCH				
Main Course:				
Side(s):				
Drink:				
SATURDAY DINNER				
Main Course:				
Side(s):				
Drink:				
SUNDAY BREAKFAST				
Main Course:				
Side(s):				
Drink:				

Troop 77 --- Patrol Menu Planning Worksheet --- Meal Suggestions

use "Choose My Plate". If it is not being cut, diced, sliced, cubed, boiled, baked, fried, or grilled, then it probably won't be approved. All meals must require some degree of preparation, and dinners must require cooking (must contain raw ingredients such as meat, vegetables, fruit, etc. or consist of three or more different ingredients that require preparation).

Breakfast	Lunch	Dinner	Snack/Cracker Barrel
Bacon, Eggs & Toast	Chili Cheese Dogs	Spaghetti & Meatballs	Peanut Butter
Bacon	Hot dogs	Spaghetti noodles	• Jelly
• Eggs	Hot dog buns	Spaghetti sauce	• Bread
• Bread	Canned chili	Ground beef	
Butter	Shredded cheese	Choice of Vegetable	
	Choice of vegetable		
Pancakes & Fruit	Sandwiches	Soft Tacos	Bananas
Instant Pancake mix	• Bread	Flour tortillas	Apples
• Syrup	Mustard/mayo	Ground beef	Cantaloupe
• Butter	Sliced cheese	Taco seasoning	Watermelon
Choice of fruit	• Lettuce	• Lettuce	Others
	Tomatoes	Tomatoes	
	Variety of lunch meats	Shredded cheese	
Breakfast Skillet	Chicken Quesadillas	Sloppy Joes	Granola bars
• Eggs	Flour tortillas	Ground beef	Cereal bars
Sausage	Canned chicken	Sloppy Joe seasoning	Trail mix
• Bacon	Shredded cheese	Hamburger buns	
Shredded cheese	Mild salsa	Choice of vegetable	
Hash browns (cubed)	Choice of fruit		
Denver Omelet	Pizza Grilled Cheese	Cheeseburgers	Beef Jerky
• Eggs	• Bread	Ground beef	Slim Jims
• Cheese	Sliced provolone cheese	• Buns	• Cheeses
Bell peppers	Pepperoni	• Lettuce	Crackers
• Ham	• Butter	Tomato	
Tomatoes	Choice of fruit	• Cheese	
		Condiments	
Muffins & Fruit	Beef stew	Canned chicken soup with	• Cup o' Soup
(last breakfast only)	Canned beef stew with	vegetables	Hot Cocoa
	vegetables	Dinner rolls	
	Dinner rolls		

ALWAYS PLAN FOR WATER WITH YOUR MEALS AND HEALTHY, NON-SUGARY BEVERAGES ONLY!

NO SODA OR OTHER PRESSURIZED CONTAINERS.