Scout Patrol Menu Planner

Meal		Day 1	Day 2	Day 3
Breakfast	Main Course			
	Fruit			
	Drink			
	Other			
Lunch	Main Course			
	Fruit			
	Drink			
	Other			
Dinner	Main Course			
	Bread			
	Vegetables			
	Dairy			
	Drink			
	Dessert			
	Other			
Cracker Barrel				

What's a Serving of Bread, Cereal, Rice or Pasta? One slice of bread, 1 ounce of ready-to-eat cereal, or ½ cup of cooked cereal, rice or pasta.
What's a Vegetable Serving? 1 cup of raw, leafy vegetables, ½ cup of other vegetables.
What's a Fruit Serving? 1 medium apple, orange or banana, ½ cup of chopped, cooked or canned fruit, ¾ cup of fruit juice
What's a Serving of Milk, Yogurt and Cheese? 1 cup of milk or yogurt, 1 ½ ounce of natural cheese, 1 ounce of processed cheese.

# of Scouting Going =
Budget per Scout =
Total Food Budget =

Ingredient List	
Ingredient	Amount