

# Menu Planning Worksheet

## TROOP 997

Menu to Serve: \_\_\_\_\_

# of people

Patrol: \_\_\_\_\_

Grubmaster: \_\_\_\_\_

Dates of Campout: \_\_\_\_\_

Location: \_\_\_\_\_

|  |  |
|--|--|
| <b>Saturday Breakfast</b>                          | Special Equipment Needs? <input type="checkbox"/> Box Oven <input type="checkbox"/> Dutch Oven <input type="checkbox"/> Griddles |
| <b>Saturday Lunch</b>                              | Special Equipment Needs? <input type="checkbox"/> Box Oven <input type="checkbox"/> Dutch Oven <input type="checkbox"/> Griddles |
| <b>Saturday Supper</b>                             | Special Equipment Needs? <input type="checkbox"/> Box Oven <input type="checkbox"/> Dutch Oven <input type="checkbox"/> Griddles |
| <b>Saturday—<br/>Cracker Barrel<br/>(optional)</b> | Special Equipment Needs? <input type="checkbox"/> Box Oven <input type="checkbox"/> Dutch Oven <input type="checkbox"/> Griddles |
| <b>Sunday Breakfast</b>                            | Special Equipment Needs? <input type="checkbox"/> Box Oven <input type="checkbox"/> Dutch Oven <input type="checkbox"/> Griddles |

This menu must be signed off by a responsible adult leader for suitability: \_\_\_\_\_

Planner continues on back.

## Food Groups

| Group | Items   | Servings/Day |
|-------|---|--------------|
| 1     | Breads, cereals, rice and pasta group               | 6-11         |
| 2     | Fruit group   | 2-4          |
| 3     | Vegetable group                                     | 3-5          |
| 4     | Milk, yogurt and cheese group                       | 2-3          |
| 5     | Meat, poultry, fish, dry beans, eggs and nuts group | 2-3          |
| 6     | Fats, oils and sweets (use sparingly)               | Sparingly    |
| *     | Special item (if budget allows)                     | Sparingly    |

## Food Group Summary by Meal

| Sat Breakfast | Sat Lunch | Sat Dinner | Sun Breakfast |
|---------------|-----------|------------|---------------|
|               |           |            |               |
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**Items to Remember:**

“Good Steward of Creation”/Tread Lightly should have a strong impact on all meal planning

- 1) All patrol members should be using mess kits, with their own eating utensils.
- 2) No paper or plastic goods should be purchased. Paper towels are already included in each patrol box.
- 3) Avoid pre-packaged food/drinks. They are more expensive and cause extra trash.
- 4) Purchasing in bulk or purchasing store brands will help your dollars go further.

## Shopping List

| Item | Qty | Price | <input checked="" type="checkbox"/> |
|------|-----|-------|-------------------------------------|
|      |     |       |                                     |
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|      |     |       |                                     |

As you plan your menu, check with your patrol to see if there are any food allergies.