

Troop 70
Daily Patrol Menu Planner for Week Long Campout

Patrol: _____ **Date:** _____ **# of Scouts:** _____

Breakfast Menu

Grain _____

Fresh Fruit _____

Protein _____

Beverage/Other _____

Protein: yogurt, cottage cheese, cheddar cheese, eggs, sausage, peanut butter, nuts, etc.

Lunch Menu

Grain _____

Fresh Fruit or Finger Veggies _____

Protein _____

Beverage/Other _____

Dinner Menu

Protein _____

Grain _____

Vegetable _____

Beverage/Other _____

Cracker-barrel Menu

Treat _____

Beverage _____

Refer to pg 260 of your Scout Handbook for Single Serving Sizes to help compute amounts needed.