

MENU

See page 261 in Scout Handbook for more info on portions

PATROL:

OUTING:

DATES:

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	Meal	Supplies Needed	Cook Time	Menu Buying List
DAY 1				
Dinner				** younger boys eat different portions than older boys Items are shown in Servings /boy/meal
DAY 2				
Brkfast				Bread 2 slices cookies 2 oz rice, dry 2 oz spaghetti 2 oz
Lunch				canned soup 5 oz jam/jelly 1 oz peanut butter 1 oz pork chops 1/3 lb.
Dinner				hamburger 1/3 lb. steak 6-8 oz minute steak 1/3 lb. bacon 2 oz
DAY 3				
Brkfast				meat, canned 1/4 lb. fish, fresh 1/2 lb. tuna, canned 3-4 oz lunch meat 3 oz sausage 4 oz
Lunch				chicken legs 12 oz chicken breasts 12 oz eggs, fresh 2 eggs, dried 1.2 oz
Dinner				milk, fresh 16 oz milk, dried 1 1/2 oz hot chocolate 2 pkgs. juice, dry 5 oz
DAY 4				
Brkfast				fruit, canned 5oz fruit, dried 2 oz fruit, fresh 1-5 oz potatoes, fresh 1 1/2 oz potatoes, instant 1 med.
Lunch				vegetables, canned 4 oz celery fresh 2 lngths tomatoes, fresh 1 carrots, fresh 3 oz