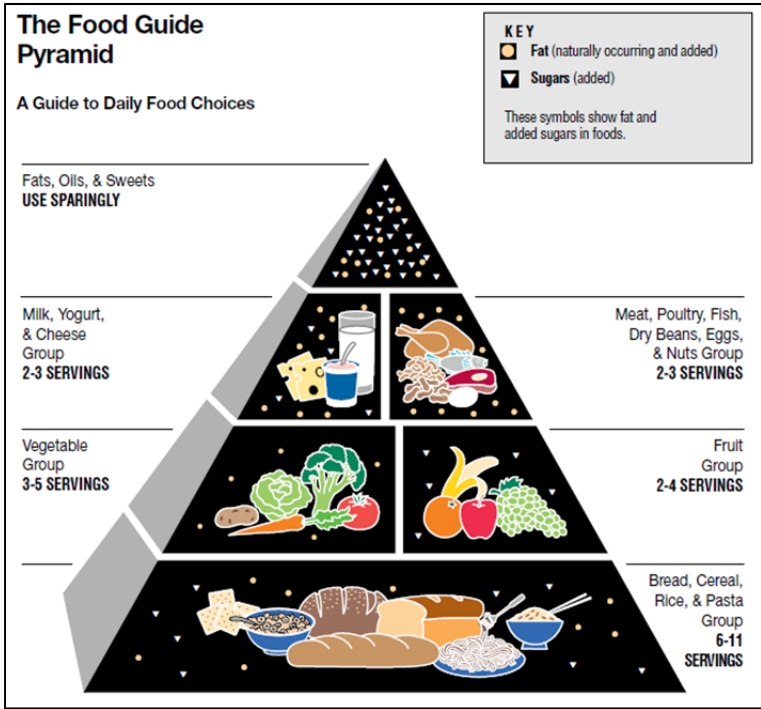


### Boy Scout Patrol Menu Planner

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				



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

Ingredient List	
Ingredient	Amount

**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.