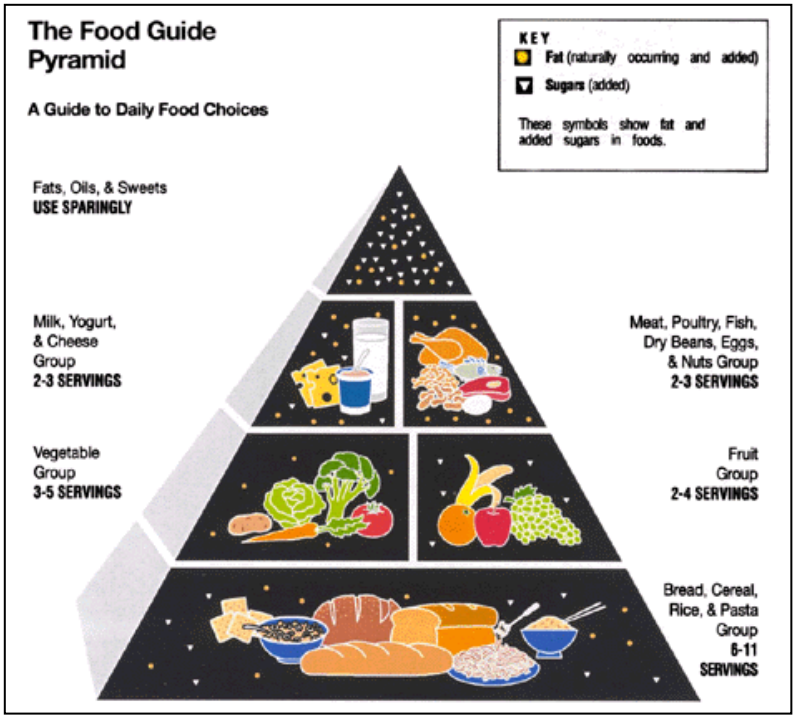
Troop 477 Patrol Menu Planner

Meal		Day 1	Day 2	Day 3
Breakfast	Main course			
	Fruit			
	Drink			
	Other			
Lunch	Main course			
	Snack			
	Vegetable			
	Drink			
	Other			
Dinner	Main Course			
	Bread			
	Vegetables			
	Dairy			
	Drink			
	Dessert			
	Other			
Crackerbarrel				



What's a Serving of Bread, Cereal, Rice or Pasta? One slice of bread, 1 ounce of ready-to-eat cereal, or 1/2 cup of cooked cereal, rice or pasta
What's a Vegetable Serving? 1 cup of raw, leafy vegetables, 1/2 cup of other vegetables
What's a Fruit Serving? 1 medium apple, orange or banana, 1/2 cup of chopped, cooked or canned fruit, 3/4 cup of fruit juice
What's a Serving of Milk, Yogurt and Cheese? 1 cup of milk or yogurt , 1 1/2 ounce of natural cheese, 1 ounce of process cheese

# of Scouts going =
Budget per scout =
Total Food Budget =

Ingredient List	
Ingredient	Amount