**Troop 64 Menu Planner**

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| **ITEMS NEEDED TO PREPARE MEALS** |
| **Equipment** | **Provided** | **Need** |
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| **SHOPPING LIST** |
| **Item** | **Quantity** |
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| **Attendance** |
| **PL.** | **5.** |
| **2.** | **6.** |
| **3.** | **7.** |
| **4.** | **8.** |

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| **MenuS** |
| **Day:\_\_\_\_\_\_****Meal:\_\_\_\_\_\_** | **Main Dish:** |
| **Side 1:** |
| **Side 2:** |
| **Other:** |
| **Beverage:** |
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| **Day:\_\_\_\_\_\_****Meal:\_\_\_\_\_\_** | **Main Dish:** |
| **Side 1:** |
| **Side 2:** |
| **Other:** |
| **Beverage:** |
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| **Day:\_\_\_\_\_\_****Meal:\_\_\_\_\_\_** | **Main Dish:** |
| **Side 1:** |
| **Side 2:** |
| **Other:** |
| **Beverage:** |
|  |
| **Day:\_\_\_\_\_\_****Meal:\_\_\_\_\_\_** | **Main Dish:** |
| **Side 1:** |
| **Side 2:** |
| **Other:** |
| **Beverage:** |
|  |
| **Day:\_\_\_\_\_\_****Meal:\_\_\_\_\_\_** | **Main Dish:** |
| **Side 1:** |
| **Side 2:** |
| **Other:** |
| **Beverage:** |
|  |  |
| **Day:\_\_\_\_\_\_****Meal:\_\_\_\_\_\_** | **Main Dish:** |
| **Side 1:** |
| **Side 2:** |
| **Other:** |
| **Beverage:** |

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**APPROVALS**

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

Senior Patrol Leader: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Assistant Scoutmaster: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***Assistant Scoutmaster must approve all menus***

***prior to Grubmaster to purchasing any food.***

Attach receipts to this form. Return to Troop Scribe at next troop meeting following campout. Grubmaster will be reimbursed for $\_\_\_\_ per Scout (only if receipts are present).

**Budget**

**$\_\_\_\_\_ x \_\_\_\_\_ = $\_\_\_\_\_\_**

*$/Scout* ***x*** *# Scouts* ***=******Total***

 ***Budget***

**Total Spent** **$**\_\_\_\_\_\_\_\_\_\_

**Change Due $**\_\_\_\_\_\_\_\_\_

At a minimum, your daily selections should include:

* 2 proteins;
* 2 vegetables or fruits;
* 2 grains; and
* 2 dairy products.

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

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

**Campout:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Dates:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Grubmaster is responsible for:**

* Purchasing patrol food;
* Packing food in issued bin/cooler;
* Food/ice/cooler during campout; and
* Cleanup of bin/cooler after campout.

**Consider the five basic food groups when planning your meals:**

**Protein** *(meat, fish poultry, lentils, beans, dried peas);*

**Vegetables** *(leafy green, yellow and other vegetables);*

**Fruits** *(citrus fruits, apples, bananas, tomatoes);*

**Grains** *(bread, pasta, rice, oatmeal, granola); and*

**Dairy** *(milk, cheese, yogurt).*