Menu Planner

Meal: _____ Cooks: _____		Food Groups (page 259 in scout handbook)													
				Vegetable/Fruit Group											
Entre	**Item**	**Milk Group** milk, cheese, ice cream, yogurt (1 serving/day)	**Protein Group** meat, fish, poultry lentils, beans, dried peas (2 servings/day)	Citrus fruits and tomatoes (1 serving/day)	Leafy green and yellow vegetables (1 serving/day)	Other vegetables/fruits (2 servings/day)	**Cereal-Grains Group** bread, pasta, rice, oatmeal, granola (at every meal)	**Single Serving Size** (page 261 in scout handbook)		**Total number of people in patrol**	**Total Amount of each ingredient needed**		**Minus left over food from previous campouts**	**Total ammount of ingredient needed** (buy this ammount, or the next size
									X			-		
									X			-		
									X			-		
									X			-		
									X			-		
									X			-		
									X			-		
									X			-		
									X			-		
									X			-		
									X			-		
									X			-		
									X			-		
									X			-		
									X			-		
Total servings for each group														