

Patrol Menu and Duty Roster

Patrol: _____, Outing: _____, Date: _____

		Day 1	Day 2	Assignments	
Breakfast	Protein Food				
	Breads & Cereals				
	Fruit or Juice				
	Beverage				
	Utensils & Equipment				
Lunch	Main Dish Or Salad				
	Fruit & Vegetables				
	Breads & Cereals				
	Dessert				
	Beverage				
	Utensils & Equipment				
Dinner	Main Dish				
	Fruit & Vegetables				
	Salad				
	Breads & Cereals				
	Dessert				
	Beverage				
	Utensils & Equipment				

Remember to design balanced meals:

- ❖ Meat 2-3 servings / day
- ❖ Dairy Products 3-4 servings / day

- ❖ Bread and Cereals 6+ servings / day
- ❖ Fruit and Vegetables 3+ servings / day
(1-2 citrus/tomato, 1-2 dark green/deep yellow)

Menu Approved by: _____ SM or ASM

Maximum Reimbursement for meals:

____ Breakfasts x \$4.00 = _____

____ Lunches x \$5.00 = _____

____ Dinners x \$9.00 = _____

____ \times _____ = _____
in group total of above spending limit*

This form MUST be turned in with your receipts!

* For small groups (under 4), this limit can be increased by the Tour Leader if approved in advance.

Menu Tips:

Be sure to include dairy products, fresh fruits and vegetable on each menu.

Cooking with raw, basic ingredients is much cheaper than processed or ready-made ingredients.

Don't forget items such as salt, pepper, soap, margarine, syrup, spices, etc.

Charcoal and foil will be supplied by the troop. (See the Quartermaster the week before the outing).

Check your Patrol Box for supplies that need to be replaced.

Troop Cookbook page used _____

Shopping List

Breads

Fresh Fruits & Vegetables

Canned Goods

Packaged Goods

Frozen Foods

Meats

Lunch Meats

Dairy

Condiments

Butter & Cheese

Paper Goods

Misc.

Please be sure to include the exact amounts that you need to buy. Don't forget to purchase all items needed for each menu item, such as syrup for pancakes or mayonnaise and mustard for sandwiches. **Remember to purchase only the items listed and nothing more – stick to your menu and budget.**