

# Patrol Menu and Duty Roster

Patrol: \_\_\_\_\_, Outing: \_\_\_\_\_, Date: \_\_\_\_\_

		Day 1	Day 2	Assignments	
Breakfast	Protein Food			Cooks	
	Breads & Cereals			K.P.	
	Fruit or Juice			Fuel & Water	
	Beverage			Cooks	
Lunch	Utensils & Equipment			K.P.	
	Main Dish Or Salad			Fuel & Water	
	Fruit & Vegetables			Cooks	
	Breads & Cereals			K.P.	
	Dessert			Fuel & Water	
Dinner	Beverage			Cooks	
	Utensils & Equipment			K.P.	
	Main Dish			Fuel & Water	
	Fruit & Vegetables			Cooks	
	Salad			K.P.	
	Breads & Cereals			Fuel & Water	
	Dessert			Cooks	
	Beverage			K.P.	
	Utensils & Equipment			Fuel & Water	
				Bear Bag	

## 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 = \_\_\_\_\_

\_\_\_\_\_ x \_\_\_\_\_ = \_\_\_\_\_  
# 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.

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## 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

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### Fresh Fruits & Vegetables

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### Canned Goods

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### Packaged Goods

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### Frozen Foods

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### Meats

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### *Lunch Meats*

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### *Dairy*

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### *Condiments*

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### *Butter & Cheese*

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### *Paper Goods*

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### *Misc.*

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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.**