MENU

See page 261 in Scout Handbook for more info on portions

PATROL: **OUTING:** **DATES:** /

	Meal	Supplies Needed		Cook Time
DAY 1				
Dinner				
DAY 2				
Brkfast				
Lunch				
Dinner				
DAY 3				
Brkfast				
Lunch				
Dinner				
DAY 4				
Brkfast				
Lunch				

Menu Buying List

** younger boys eat different portions than older boys

Items are shown in Servings /boy/meal

Bread	2 slices
cookies	2 oz
rice, dry	2 oz
spaghetti	2 oz
canned soup	5 oz
jam/jelly	1 oz
peanut butter	1 oz
pork chops	1/3 lb.
hamburger	1/3 lb.
steak	6-8 oz
minute steak	1/3 lb.
bacon	2 oz
meat, canned	1/4 lb.
fish, fresh	1/2 lb.
tuna, canned	3-4 oz
lunch meat	3 oz
sausage	4 oz
chicken legs	12 oz
chicken breasts	12 oz
eggs, fresh	2
eggs, dried	1.2 oz
milk, fresh	16 oz
milk, dried	1 1/2 oz
hot chocolate	2 pkgs.
juice, dry	5 oz
fruit, canned	5oz
fruit, dried	2 oz
fruit, fresh	1-5 oz
potatoes, fresh	1 1\2 oz
potatoes, instant	1 med.
vegetables, canned	4 oz
celery fresh	2 lngths
tomatoes, fresh	1
carrots, fresh	3 oz