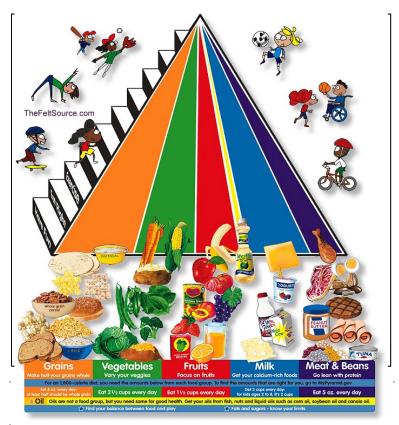
Boy Scout Patrol Menu Planner

Meal		Day 1	Day 2	Day 3
	Main Course			
Breakfast	Fruit			
	Drink			
	Other			
Lunch	Main Course			
	Fruit			
	Drink			
	Other			
Dinner	Main Course			
	Bread			
	Vegetables			
	Dairy			
	Drink			
	Dessert			
	Other			
Cracker Barrel				



What's a Serving of Bread, Cereal, Rice or Pasta? One slice of bread, 1 ounce of ready-to-eat cereal, or $\frac{1}{2}$ cup of cooked cereal, rice or pasta.

What's a Vegetable Serving? 1 cup of raw, leafy vegetables, % cup of other vegetables.

What's a Fruit Serving? 1 medium apple, orange or banana, ½ cup of chopped, cooked or canned fruit, ¾ cup of fruit juice

What's a Serving of Milk, Yogurt and Cheese? 1 cup of milk or yogurt, 1 % ounce of natural cheese, 1 ounce of processed cheese.

of Scouting Going = Budget per Scout = Total Food Budget =

Ingredient List				
Ingredient	Amount			