

Patrol Meal Plan



BSA Troop 295 Maumelle, AR

Trip Dates

Location

ALWAYS ASK PATROL MEMBERS ABOUT FOOD ALLERGIES AND ADJUST MEAL PLAN ACCORDINGLY!

| | | | |
|--------------------|--|------------|--|
| Patrol Name | | | |
| Members Attending | | Grubmaster | |
| Day 1 Breakfast | | Lunch | |
| Dinner | | Snacks | |
| Day 2 Breakfast | | Lunch | |
| Dinner | | Snacks | |
| Day 3 Breakfast | | Lunch | |
| Dinner | | Snacks | |
| Day 4 Breakfast | | Lunch | |
| Dinner | | Snacks | |

DAILY Food Group Recommendations:

1. Bread, cereal, rice and pasta (**6 ounces daily**. An ounce is: 1 slice of bread; 1/2 cup of cooked rice or pasta; 1 ounce of ready-to-eat cereal.)
2. Fruit (**2 cups daily**. A cup is: 2 cups raw or cooked fruit or 1/2 cup dried fruit)
3. Vegetable (**2 1/2 cups daily**. A cup is: 1 cup raw or cooked veggies or 2 cups of leafy salad greens.)
4. Milk, yogurt, and cheese (**3 cups daily**. A cup is: 1 cup of milk or yogurt; 1 1/2 ounces natural or 2 ounces processed cheese.)
5. Meat, poultry, fish, dry beans, eggs, nuts (**5 1/2 ounces daily**. An ounce is: 1 ounce of meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; 1/2 ounce of nuts or seeds; 1/4 cup beans or peas.)

Approvals:

Patrol Leader

Sr. Patrol Leader

Scoutmaster or ASM
