

TROOP _____ PATROL MENU

CAMPOUT DATES: _____

FRIDAY SNACK		SATURDAY BREAKFAST	
Dairy	_____	Dairy	_____
Fruit- Vegetable	_____	Fruit- Vegetable	_____
Cereal-Grains	_____	Cereal-Grains	_____
Protein	_____	Protein	_____
Drink	_____	Drink	_____
SATURDAY LUNCH		SATURDAY DINNER	
Dairy	_____	Dairy	_____
Fruit- Vegetable	_____	Fruit- Vegetable	_____
Cereal-Grains	_____	Cereal-Grains	_____
Protein	_____	Protein	_____
Drink	_____	Drink	_____
SATURDAY SNACK		SUNDAY BREAKFAST	
Dairy	_____	Dairy	_____
Fruit- Vegetable	_____	Fruit- Vegetable	_____
Cereal-Grains	_____	Cereal-Grains	_____
Protein	_____	Protein	_____
Drink	_____	Drink	_____

Dairy
Milk, cheese, ice cream yogurt (1 or more servings per day)

Fruit-Vegetable
Citrus fruit & tomatoes (at least 1 serving per day)
Leafy green & yellow vegetables (at least 1 serving per day)
Other vegetables & fruits (two or more servings per day)

Protein
Meat, fish, poultry, lentils, beans, dried peas (two or more servings per day)

Cereal-Grains
Bread, pasta, rice, noodles, oatmeal, granola (at every meal)

Drink
Water (6-8 glasses per day)