

**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)