

Troop 1018 Menu Planner

Patrol

Campout

Be sure to include items from the four basic food groups on your daily menu. See back of sheet for more information.

Menu - Saturday Breakfast	Shopping List	Number Eating
Menu - Saturday Lunch		
Menu - Saturday Dinner		
Menu - Sunday Breakfast		
Other: (snacks, drinks, etc)		

SPL Approval: _____

Scoutmaster Approval: _____

Food Groups		
Group	Description	Servings
Dairy	Milk, Cheese, Ice Cream, Yogurt One or more servings a day	<input type="checkbox"/>
Protein	Meat, Fish, Poultry, Beans Two or more servings a day	<input type="checkbox"/> <input type="checkbox"/>
Vegetables/Fruit	Citrus fruits and tomatoes One or more servings per day	<input type="checkbox"/>
	Leafy Green and Yellow Vegetables One or more servings per day	<input type="checkbox"/>
	Other Vegetables and Fruits Two or more servings a day	<input type="checkbox"/> <input type="checkbox"/>
Cereal-Grains Group	Bread, Pasta, Rice, Oatmeal, Granola At every meal	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Units of Measure	
tsp	teaspoon
Tbsp	tablespoon
lbs	pounds
oz	ounces
Liquid Measures	
1 Tbsp	= 3 tsp
1 tsp	= 1/3 Tbsp
1 cup	= 8 ounces
1 pint	= 2 cups = 16 oz
1 quart	= 4 cups = 32 oz
1 gallon	= 4 quarts = 128 oz
Weight Measures	
1 pound	= 16 ounces
1/2 pound	= 8 ounces
1/4 pound	= 4 ounces
Figure 1/3 pounds of meat per person	

Three Bucket Method - Cleanup		
Bucket #1 - Wash HOT SOAPY WATER	Bucket #2 - Disinfect COLD BLEACH WATER	Bucket #3 - Rinse COLD RINSE WATER
<ol style="list-style-type: none"> Heat Water on Stove Make it Hot, But Not Boiling 1/3 Bucketful is enough Add Bio-degradable Soap If water gets dirty or greasy, replace it! 	<ol style="list-style-type: none"> Pour Cold Water in Pot 1/2 Bucketful is enough Add 1 Capful of Bleach If water gets dirty or greasy, replace it! 	<ol style="list-style-type: none"> Pour Cold Water in Pot 1/2 Bucketful is enough Don't Add Anything to Water If water gets dirty or greasy, replace it!