



Menu Planning Guidelines:

- Review and confirm numbers on the sign-up list with Scoutmaster and/or Activities Chair.
- Select healthy items for each meal, in keeping with our commitment to living healthily as scouts.
- A serving of protein food should be served at each meal.
- Lunch and Dinner should include a serving each of vegetables and fruit.
- Do not serve soda pop as a beverage.
- Fruit should be considered a preferable dessert balanced with other prepared dessert items.
- Sample menus and "tried and true" boys scout campout recipes can be found online or in the scout handbook. A list of menu suggestions is included on the next page to provide some guidelines to help you get started.
- Remember, a menu with a balance of healthy foods is required and a little "fun food" is okay.
- Menus that do not meet the minimum requirements will not be approved by SPL/Scoutmaster.

Camping Cancellation Policy: ***(be aware of this as you consider final count for your budget)***

- It is understandable that legitimate situations arise where a scout needs to cancel at the last minute.
- In an effort to minimize waste due to excessive last minute cancellations, the policy is being enforced that *those who cancel the Monday prior to the campout or later, will forfeit their (prepaid) camping money, or will be billed the amount from their individual troop account, after the fact.*
- For exceptions to this policy, it is at the discretion of the Scoutmaster to determine if someone is entitled to a refund of their camping deposit.

Food Safety:

- Thorough *hand washing with soap* prior to handling any food is a requirement; this is the single most important thing scouts can do to prevent foodborne illness.
- Remember to keep and serve "cold foods cold", and "hot foods hot" (at 140 degrees or more).
- Avoid cross contaminating raw meat/juices with cooked foods or other raw foods (especially with utensils and cutting boards).
- Return perishable leftovers to coolers or otherwise dispose of them.
- Pack all food away after each meal to prevent attracting wild animals to the campsite.

Have fun and be safe!



Menu Suggestions

It is suggested that you choose one item (or something similar) from each column for each meal, when planning your menu.

BREAKFAST			
<u>Entrée</u>	<u>Sides</u>	<u>Beverage</u>	<u>Fruit</u>
Cold Cereal	Toast	Orange Juice	Bananas
Regular Oatmeal	Bagels / Cr Cheese	Apple Juice	Raisins
Scrambled Eggs	English Muffins	Grape Juice	Strawberries
Egg McMuffins	Canadian Bacon	Milk	Fruit Cups
Breakfast Burritos	Sausage	Hot Cocoa	Apples
Omelets	Bacon	Water	Oranges
Pancakes	Ham		Tangerines
LUNCH			
<u>Entrée</u>	<u>Sides</u>	<u>Beverage</u>	<u>Dessert</u>
Grilled Ham & Cheese	Bananas	Iced Tea	Fresh Fruit
Hoagies	Apples	Water	Fig Newtons
Tuna Sandwich	Oranges	Lemonade	Cookies
Chicken Salad	Crackers	Hot Cocoa	Brownies
Soup or Chili	Protein Bars		Rice Krispie Bars
PB & J	Fruit Cups		
	Carrot Sticks		
DINNER			
<u>Entrée</u>	<u>Sides</u>	<u>Beverage</u>	<u>Dessert</u>
Spaghetti	Potatoes	Milk	Cobbler
Mac 'n' Cheese	Corn	Lemonade	Fresh/Canned Fruit
(suggest not boxed)	Carrot / Celery Sticks	Hot Cocoa	Brownies
Chili	Coleslaw	Iced Tea	Rice Krispie Bars
Pot Roast	Green Salad w/	Water	Cookies
Tacos	Dressing		Cake
Foil Dinners	Bread Rolls		
Beef/Chicken Stew			



Patrol Menu Planner
Saturday Morning to Sunday Morning

Patrol Name	
Grubmaster	
Campout	
Dates	

	Friday	Saturday	Sunday
Breakfast			
Lunch			
Supper			
Cracker Barrel			

Post Menu in Patrol Cooking Area for Everyone to See



Cooking Patrol Duty Roster

Patrol Name	
Grubmaster	
Campout	

Duties & Responsibilities			
Cook	Assistant Cook	Clean Up #1	Clean Up #2
Prepare meals, clean stove, supervises	Assist cook as needed, boil water for washing dishes	Wash dishes and cleans, organizes and packs patrol box	Make sure Grubmaster has water for cooking, clean up patrol area, dispose of trash and refills water jug

Friday Campsite Set-Up: All Patrol Members

Friday Cracker Barrel

Cook	Assistant Cook	Cleanup #1	Cleanup #2

Saturday Breakfast

Cook	Assistant Cook	Cleanup #1	Cleanup #2

Saturday Lunch

Cook	Assistant Cook	Cleanup #1	Cleanup #2

Saturday Dinner

Cook	Assistant Cook	Cleanup #1	Cleanup #2

Saturday Cracker Barrel

Cook	Assistant Cook	Cleanup #1	Cleanup #2

Sunday Breakfast

Cook	Assistant Cook	Cleanup #1	Cleanup #2

Sunday Lunch (Only if required by Scoutmaster)

Cook	Assistant Cook	Cleanup #1	Cleanup #2

Sunday Campsite Breakdown: All Patrol Members