

# TROOP 401 MENU PLANNING FORM for WEEKEND OUTINGS

PATROL \_\_\_\_\_ Number of People \_\_\_\_\_ Cost \_\_\_\_\_

	Cereal/Grain (each meal)	Vegetables (two per day <sup>1</sup> )	Fruits (two per day <sup>2</sup> )	Protein (two or more)	Milk (one or more)	Comments
Friday Snack						
Sat Breakfast						
Sat Lunch						
Sat Dinner						
Sun Breakfast						
Totals						

(1) - Vegetables: one leafy green or yellow / one other (2) - Fruits: one citrus or tomato / one other