Friday Evening

Snack:_____

Saturday Breakfast

Meat: _____
Milk: _____
Veg: _____
Fruit: _____
Grains: _____

Saturday Lunch

Meat: _____
Milk: _____
Veg: _____
Fruit: _____
Grains: _____
Snack: _____

Saturday Dinner

Meat: _____
Milk: _____
Veg: _____
Fruit: _____
Grains: _____
Snack: _____

Sunday Breakfast

Meat: _____
Milk: _____
Veg: _____
Fruit: _____
Grains: _____
Snack: _____

_____

(Patrol)

Patrol Menu

_____

(Outing Date)

Misc to buy

[ ] Paper Plates
[ ] Paper Napkins
[ ] Paper Towels
[ ] Plastic Silverware
[ ] Aluminum Foil
[ ] Dish soap
[ ] Scratchy Pads (brillo, etc)
[ ] Matches

Food to buy

Spices