

# Scout Meal Planning

Select desired food items for each meal. Remember: Scouts will be cooking whatever is selected, so choose items that scouts have an interest in cooking. Also, consider the amount of cleanup required and the willingness of scouts to clean pots, pans, utensils, etc. (*You may want to consider keeping things simple for the first dinner and departure day breakfast.*)

## Day 1

### Breakfast:

- |   |                                   |
|---|-----------------------------------|
| <input type="checkbox"/> Instant Oatmeal    | <input type="checkbox"/> Eggs     |
| <input type="checkbox"/> Cold Cereal: _____ | <input type="checkbox"/> Bacon    |
| <input type="checkbox"/> Pancakes           | <input type="checkbox"/> Sausages |
| <input type="checkbox"/> French Toast       | <input type="checkbox"/> Chorizo  |
| <input type="checkbox"/> Other: _____       |                                   |
| <input type="checkbox"/> Beverage: _____    |                                   |

### Lunch Choices:

- |  |   |   |                              |                                     |                                       |
|--|---|---|------------------------------|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> PB&J            | <input type="checkbox"/> meat sandwiches: | <input type="checkbox"/> turkey         | <input type="checkbox"/> ham | <input type="checkbox"/> roast beef | <input type="checkbox"/> other: _____ |
| <input type="checkbox"/> Chips           | <input type="checkbox"/> Fruit            | <input type="checkbox"/> Dessert: _____ |                              |                                     |                                       |
| <input type="checkbox"/> Beverage: _____ |   |   |                              |                                     |                                       |

### Dinner Choices (check all desired menu items—you can plan a meal that is not listed):

- |   |   |
|---|---|
| <input type="checkbox"/> Spaghetti            | <input type="checkbox"/> Hot Dogs               |
| <input type="checkbox"/> Burritos/Quesadillas | <input type="checkbox"/> Hamburgers             |
| <input type="checkbox"/> Chicken              | <input type="checkbox"/> Chili                  |
| <input type="checkbox"/> Stew                 | <input type="checkbox"/> Dutch Oven Dish: _____ |
| <input type="checkbox"/> Soup                 | <input type="checkbox"/>                        |
| <input type="checkbox"/> Vegetables           | <input type="checkbox"/> Fruit                  |
| <input type="checkbox"/> Salad                | <input type="checkbox"/> Desert: _____          |
| <input type="checkbox"/> Other: _____         |   |
| <input type="checkbox"/> Beverage: _____      |   |

## Day 2

### Breakfast:

- |   |                                   |
|---|-----------------------------------|
| <input type="checkbox"/> Instant Oatmeal    | <input type="checkbox"/> Eggs     |
| <input type="checkbox"/> Cold Cereal: _____ | <input type="checkbox"/> Bacon    |
| <input type="checkbox"/> Pancakes           | <input type="checkbox"/> Sausages |
| <input type="checkbox"/> French Toast       | <input type="checkbox"/> Chorizo  |
- Other: \_\_\_\_\_
- Beverage: \_\_\_\_\_

### Lunch Choices:

- PB&J     meat sandwiches:  turkey     ham     roast beef     other: \_\_\_\_\_
- Chips     Fruit     Dessert: \_\_\_\_\_
- Beverage: \_\_\_\_\_

### Dinner Choices (check all desired menu items—you can plan a meal that is not listed):

- |   |   |
|---|---|
| <input type="checkbox"/> Spaghetti            | <input type="checkbox"/> Hot Dogs               |
| <input type="checkbox"/> Burritos/Quesadillas | <input type="checkbox"/> Hamburgers             |
| <input type="checkbox"/> Chicken              | <input type="checkbox"/> Chili                  |
| <input type="checkbox"/> Stew                 | <input type="checkbox"/> Dutch Oven Dish: _____ |
| <input type="checkbox"/> Soup                 | <input type="checkbox"/>                        |
| <input type="checkbox"/> Vegetables           | <input type="checkbox"/> Fruit                  |
| <input type="checkbox"/> Salad                | <input type="checkbox"/> Desert: _____          |
- Other: \_\_\_\_\_
- Beverage: \_\_\_\_\_

## Day 3

### Breakfast:

- |   |                                   |
|---|-----------------------------------|
| <input type="checkbox"/> Instant Oatmeal    | <input type="checkbox"/> Eggs     |
| <input type="checkbox"/> Cold Cereal: _____ | <input type="checkbox"/> Bacon    |
| <input type="checkbox"/> Pancakes           | <input type="checkbox"/> Sausages |
| <input type="checkbox"/> French Toast       | <input type="checkbox"/> Chorizo  |
- Other: \_\_\_\_\_
- Beverage: \_\_\_\_\_

### Lunch Choices:

- PB&J     meat sandwiches:  turkey     ham     roast beef     other: \_\_\_\_\_
- Chips     Fruit     Dessert: \_\_\_\_\_
- Beverage: \_\_\_\_\_

### Dinner Choices (check all desired menu items—you can plan a meal that is not listed):

- |   |   |
|---|---|
| <input type="checkbox"/> Spaghetti            | <input type="checkbox"/> Hot Dogs               |
| <input type="checkbox"/> Burritos/Quesadillas | <input type="checkbox"/> Hamburgers             |
| <input type="checkbox"/> Chicken              | <input type="checkbox"/> Chili                  |
| <input type="checkbox"/> Stew                 | <input type="checkbox"/> Dutch Oven Dish: _____ |
| <input type="checkbox"/> Soup                 | <input type="checkbox"/>                        |
| <input type="checkbox"/> Vegetables           | <input type="checkbox"/> Fruit                  |
| <input type="checkbox"/> Salad                | <input type="checkbox"/> Desert: _____          |
- Other: \_\_\_\_\_
- Beverage: \_\_\_\_\_

**Day** \_\_\_\_\_

**Breakfast:**

- |   |                                   |
|---|-----------------------------------|
| <input type="checkbox"/> Instant Oatmeal    | <input type="checkbox"/> Eggs     |
| <input type="checkbox"/> Cold Cereal: _____ | <input type="checkbox"/> Bacon    |
| <input type="checkbox"/> Pancakes           | <input type="checkbox"/> Sausages |
| <input type="checkbox"/> French Toast       | <input type="checkbox"/> Chorizo  |
- Other: \_\_\_\_\_
- Beverage: \_\_\_\_\_

**Lunch Choices:**

- PB&J     meat sandwiches:  turkey     ham     roast beef     other: \_\_\_\_\_
- Chips     Fruit     Dessert: \_\_\_\_\_
- Beverage: \_\_\_\_\_

**Dinner Choices** (check all desired menu items—you can plan a meal that is not listed):

- |   |   |
|---|---|
| <input type="checkbox"/> Spaghetti            | <input type="checkbox"/> Hot Dogs               |
| <input type="checkbox"/> Burritos/Quesadillas | <input type="checkbox"/> Hamburgers             |
| <input type="checkbox"/> Chicken              | <input type="checkbox"/> Chili                  |
| <input type="checkbox"/> Stew                 | <input type="checkbox"/> Dutch Oven Dish: _____ |
| <input type="checkbox"/> Soup                 | <input type="checkbox"/>                        |
| <input type="checkbox"/> Vegetables           | <input type="checkbox"/> Fruit                  |
| <input type="checkbox"/> Salad                | <input type="checkbox"/> Desert: _____          |
- Other: \_\_\_\_\_
- Beverage: \_\_\_\_\_