

# Patrol Meal Planning Sheet

Patrol Name \_\_\_\_\_

Friday Night Cracker Barrel	Menu Item	Shopping List
Protein Snack + Carb		
<b>Saturday Hot Breakfast</b>		
Protein		
Starch		
Vegetables / Fruit (no V8)		
Drink (Milk/Fruit Juice)		
Mid Morning Snack (Optional)		
<b>Saturday Lunch</b>		
Protein		
Starch		
Vegetables / Fruit (no V8)		
Drink		
Afternoon Snack (Optional)		
<b>Saturday Hot Dinner</b>		
Protein		
Starch		
Vegetables / Fruit (no V8)		
Drink		
Dessert		
<b>Sunday Breakfast</b>		
Protein		
Starch		
Vegetables / Fruit (no V8)		
Drink (Milk/Fruit Juice)		

Grubmaster: \_\_\_\_\_

Scoutmaster Approval: \_\_\_\_\_ Date: \_\_\_\_\_

**SAVE THIS SHEET AND GROCERY RECEIPT!!!**