

## Meal Planning



Outing:

Meal: **Choose a lunch**

Patrol: \_\_\_\_\_ Number to feed: \_\_\_\_\_ We have access to water? Yes No Must filter Unknown

Allergies/Religious restrictions: \_\_\_\_\_

This is a Mix and Match no-cook lunch. Choose one item from each category.

MENU CHOICES	MENU ITEM(S)	INGREDIENTS AND AMOUNTS (SHOPPING LIST)	WHAT WE NEED TO PREPARE IT (INCLUDE EQUIPMENT) & SERVE IT	WHAT WE NEED TO CLEAN UP
Dairy	Hard Cheese, Cheese Spread, String Cheese		N/A	N/A
Meat	Jerky, Canned Tuna, Canned Spread, Hard Salami, Meat Sticks, Peanut Butter and Jelly		N/A	N/A
Grain	Bagel, Cracker, Melba Toast, Graham Cracker, Flour Tortillas, Wheat Bread		N/A	N/A
Fruit	Dried Apples, Banana Chips, Fruit Bits, Fruit Leather, Raisins, Oranges		N/A	N/A
Fun	GORP, Trail Mix, Nuts, Sunflower Seeds, Cereal Mixes.		N/A	N/A
Beverage	Gatorade Water		N/A	N/A