

PATROL NAME:

List your Patrol Members here:

PL – #6
APL – #7
#3 #8
#4 #9
#5 #10

PATROL DUTY ROSTER

Friday Dinner	Scout #1	Scout #2
Cooking		
Kitchen Cleanup		
Fire & Water		
Camp Cleanup		

Saturday Breakfast	Scout #1	Scout #2
Cooking		
Kitchen Cleanup		
Fire & Water		
Camp Cleanup		

Saturday Lunch	Scout #1	Scout #2
Cooking		
Kitchen Cleanup		
Fire & Water		
Camp Cleanup		

Saturday Dinner	Scout #1	Scout #2
Cooking		
Kitchen Cleanup		
Fire & Water		
Camp Cleanup		

Sunday Breakfast	Scout #1	Scout #2
Cooking		
Kitchen Cleanup		
Fire & Water		
Camp Cleanup		

PATROL MENU

Friday Dinner	
Meats	
Vegetables	
Breads	
Drinks	
Dessert	

Saturday Breakfast	
Meats	
Vegetables	
Breads	
Fruits	
Drinks	

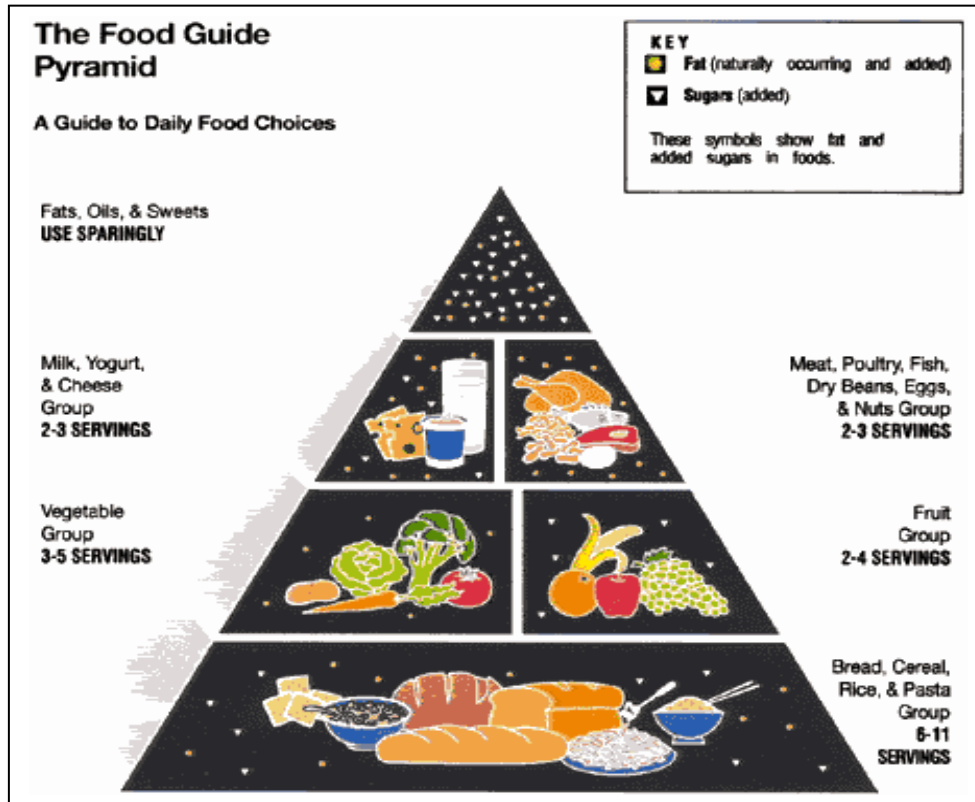
Saturday Lunch	
Meats	
Vegetables	
Breads	
Fruits	
Drinks	

Saturday Dinner	
Meats	
Vegetables	
Breads	
Drinks	
Dessert	

Sunday Breakfast	
Meats	
Vegetables	
Breads	
Fruits	
Drinks	

**** SHOP SMART AND PLAN YOUR MENU SO ****
**** FOOD COST DOES NOT EXCEED \$15 PER PERSON ****

FOOD PYRAMID FOR PATROL MENU PLANNING



Looking at the Pieces of the Pyramid

The Food Guide Pyramid emphasizes foods from the five major food groups shown in the three lower sections of the Pyramid. Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another - for good health, you need them all.



The small tip of the Pyramid shows fats, oils, and sweets. These are foods such as salad dressings and oils, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts. These foods provide calories and little else nutritionally. Most people should use them sparingly.

On this level of the Food Guide Pyramid are two groups of foods that come mostly from animals: milk, yogurt, cheese; and meat, poultry, fish, dry beans, eggs, and nuts. These foods are for protein, calcium, iron, and zinc.

This level includes foods that come from plants - vegetables and fruits. Most people need to eat more of these foods for the vitamins, minerals, and fiber they supply.

At the base of the Food Guide Pyramid are breads, cereals, rice, and pasta - all foods from grains. You need the servings of these foods each day.

PATROL TENT ASSIGNMENTS

	Scout #1	Scout #2	Scout #3
Tent #1			
Tent #2			
Tent #3			
Tent #4			

PATROL CAMPSITE DIAGRAM

