

## Troop 175 Meal Planning Guide

<b>Friday - <i>Snack</i></b>	<b>Name / Description</b>	<b>Ingredients and amount</b>
<b>Snack</b>		
<b>Beverage</b>		
Head Cook: _____ Asst. Cooks: _____ Cleanup: _____		

<b>Sat. - <i>Breakfast</i></b>	<b>Name / Description</b>	<b>Ingredients and amount</b>
<b>Main Dish</b>		
<b>Meat</b>		
<b>Fruit</b>		
<b>Other</b>		
<b>Beverage</b>		
Head Cook: _____ Asst. Cooks: _____ Cleanup: _____		

<b>Sat. - <i>Lunch</i></b>	<b>Name / Description</b>	<b>Ingredients and amount</b>
<b>Main Dish</b>		
<b>Bread/Carbo.</b>		
<b>Fruit/Vegetable</b>		
<b>Other</b>		
<b>Beverage</b>		
<b>Dessert</b>		
Head Cook: _____ Asst. Cooks: _____ Cleanup: _____		

<b>Sat. - <i>Supper</i></b>	<b>Name / Description</b>	<b>Ingredients and amount</b>
<b>Main Dish</b>		
<b>Bread/Carbo.</b>		
<b>Fruit/Vegetable</b>		
<b>Other</b>		
<b>Beverage</b>		
<b>Dessert</b>		
Head Cook: _____ Asst. Cooks: _____ Cleanup: _____		

<b>Sat. - <i>Snack</i></b>	<b>Name / Description</b>	<b>Ingredients and amount</b>
<b>Snack</b>		
<b>Beverage</b>		
Head Cook: _____ Asst. Cooks: _____ Cleanup: _____		

<b>Sun. - <i>Breakfast</i></b>	<b>Name / Description</b>	<b>Ingredients and amount</b>
<b>Main Dish</b>		
<b>Meat</b>		
<b>Fruit</b>		
<b>Other</b>		
<b>Beverage</b>		
Head Cook: _____ Asst. Cooks: _____ Cleanup: _____		

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Item	Buy this much food for each meal:	
	for each Scout/Adult	for a Patrol of 8
Ground meat, for hamburgers	1/3 lb.	3 lbs.
Ground Meat, for chilli or spaghetti	1/5 lb.	1 3/4 lbs.
Steak	1/2 lb.	4 lbs.
Bacon	3 oz.	1 1/2 lbs.
Ham, smoked	4 oz.	2 lbs.
Eggs, fresh	2	1 1/4 doz.
Fish, fresh	8 oz.	4 lbs.
Fish, canned (tuna, salmon)	4 oz.	2 lbs.
Lettuce or Cabbage, raw	1/4 head	2 heads
Carrots or Celery, fresh	1 medium	1 bunch
Vegetables, canned or frozen	4 oz.	2: 1 lb. cans or pkgs.
Potatoes, fresh	2 medium	3 lbs.
Potato Chips	-	1 lb. bag
Corn, fresh	2 ears	16 ears
Tomatoes	1	8
Melon, cantaloupe, Honeydew	1/2	4
Apples, Oranges, Bannanna	1	8
Grapefruit	1/2	4
Milk, fresh	1-2 cups	1 gallon
Juice, canned or frozen	5 oz	46 oz. canned
Kool-Aid	1/4 gal.	2 gal.
Cereal, hot	1-2 oz.	8-16 oz.
Cereal, cold	1 oz.	1 box
Pancake mix, instant	3 oz.	24 oz.
Rice	2 oz.	1 lb. box
Spaghetti noodles	2 oz.	1 lb pkg.
Bread	2 slices/sandwich	1 small loaf/sandwich
Cheese	2 oz.	1 lb.
Peanut Butter	3 oz.	1 1/2 lb. jar
Soup, canned	1/2 can	4 cans
Soup, instant	1/4 pkg.	2 pkgs.
Ice Cream	1/2 pint	2 qts. (1/2 gal.)
Pudding or Jello	1/4 pkg.	2 pkgs.
Marshmallows	3-4	1 large bag

### Plus, don't forget:

Salt & Pepper	Sugar	Mustard	Catsup	Relishes
Butter, Margarine	Cooking oil	Flour	Syrup	Aluminum Foil
Matches	Brillo Pads	Dishwashing Soap	Paper Towels	Napkins