

Patrol:

Campout:

		USDA www.MyPyramid.gov		Serving Size: p.261	# of Servings:	Buy:
Fri	Snack					
Sat	Brkfst p. 265-268	Cereal, bread, rice, pasta	Appetizer:			
		Fruit, vegetable	Entrée:			
		Milk, Cheese				
		Eggs, meat, poultry, fish, beans				
		Oil	Side:			
		Condiments, p. 262	Dessert:			
		Drink	Drink:			
		Dessert	Condiment/spice:			
	Lunch p. 269	Cereal, bread, rice, pasta	Appetizer:			
		Fruit, vegetable	Entrée:			
		Milk, Cheese				
		Eggs, meat, poultry, fish, beans				
		Oil	Side:			
		Condiments, p. 262	Dessert:			
		Drink	Drink:			
		Dessert	Condiment/spice:			
	Snack					
	Supper p.270	Cereal, bread, rice, pasta	Appetizer:			
		Fruit, vegetable	Entrée:			
		Milk, Cheese				
		Eggs, meat, poultry, fish, beans				
Oil		Side:				
Condiments, p. 262		Dessert:				
Drink		Drink:				
Dessert		Condiment/spice:				

Patrol:

Campout:

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Sun	Brkfst, p. 265- 268	Cereal, bread, rice, pasta	Appetizer:			
		Fruit, vegetable	Entrée:			
		Milk, Cheese				
		Eggs, meat, poultry, fish, beans				
		Oil	Side:			
		Condiments, p262	Dessert:			
		Drink	Drink:			
		Dessert	Condiment/spice:			
Paper towels						
Sponges						
Dish soap						
Bleach tablets						
Aluminum foil						
Sandwich bags						
Garbage bags						
Matches						
Salt & pepper						
Cooking oil						
Butter						
Charcoal						
Lighter fluid						