

Patrol:

Campout:

		USDA <a href="http://www.MyPyramid.gov">www.MyPyramid.gov</a>		Serving Size: p.261	# of Servings:	Buy:
<b>Fri</b>	<b>Snack</b>					
<b>Sat</b>	<b>Brkfst p. 265-268</b>	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:			
	<b>Lunch p. 269</b>	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:			
	<b>Snack</b>					
	<b>Supper p.270</b>	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:				

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<b>Sun</b>	<b>Brkfst, p. 265- 268</b>	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:			
<b>Paper towels</b>						
<b>Sponges</b>						
<b>Dish soap</b>						
<b>Bleach tablets</b>						
<b>Aluminum foil</b>						
<b>Sandwich bags</b>						
<b>Garbage bags</b>						
<b>Matches</b>						
<b>Salt &amp; pepper</b>						
<b>Cooking oil</b>						
<b>Butter</b>						
<b>Charcoal</b>						
<b>Lighter fluid</b>						