

# TROOP 531 PATROL MENU PLANNER



Patrol \_\_\_\_\_

# of Scouts Attending \_\_\_\_\_

Grubmaster \_\_\_\_\_

Campout \_\_\_\_\_

## PLEASE REMIND YOUR PATROL MEMBERS

- Scouts should be signed up to attend at least 2 weeks prior to the event
- A Scoutmaster or Assistant Scoutmaster must review and approve the Grubmaster's Worksheet and this meal plan during the meal planning meeting
- The Grubmaster must fill out the Grubmaster's Invoice slip and deliver to Scouts/Parents at Friday Departure
- Scouts must pay their Grubmaster via cash or check made out to the family who purchased the food within 2 weeks of the campout
- After the Grubmaster has purchased food, a Scout owes for their share whether they attend the entire event, part of the event, or miss the event entirely
- If a Scout has not paid the Grubmaster for the previous campout, they will not be permitted to attend another event until the debt is paid

## MEAL PLANNING

Buy **ONLY** the amount needed for this trip. Each Scout should bring their own water & refillable bottle as well as their mess kit.

First Class Rank Requirement 2b requires Scouts to plan a menu that includes foods from the USDA's MyPlate nutritional model.

Each food group shown in the MyPlate image below has a **DAILY** target that Scouts should try to plan for:

**MyPlate.gov**

**Fruits**

Focus on whole fruits like fresh, frozen, canned, or dried.

Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.

**Vegetables**

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.

**Grains**

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."

**Protein**

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

**Dairy**

Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

**Daily Food Group Targets — Based on a 2,000 Calorie Plan**

Visit [MyPlate.gov/MyPlatePlan](http://MyPlate.gov/MyPlatePlan) for a personalized plan.

	<b>2 cups</b>	<b>2½ cups</b>	<b>6 ounces</b>	<b>5½ ounces</b>	<b>3 cups</b>
<p><b>Limit</b></p> <p>Choose foods and beverages with less added sugars, saturated fat, and sodium.</p>	<p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> <li>1 small apple</li> <li>1 large banana</li> <li>1 cup grapes</li> <li>1 cup sliced mango</li> <li>½ cup raisins</li> <li>1 cup 100% fruit juice</li> </ul>	<p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 cup cooked collard, kale, or turnip greens</li> <li>1 small avocado</li> <li>1 large sweet potato</li> <li>1 cup cooked beans, peas, or lentils</li> <li>1 cup cut cauliflower</li> </ul>	<p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> <li>1 slice of bread</li> <li>½ cup cooked oatmeal</li> <li>1 small tortilla</li> <li>½ cup cooked brown rice</li> <li>½ cup cooked couscous</li> <li>½ cup cooked grits</li> </ul>	<p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> <li>1 ounce cooked lean chicken, pork, or beef</li> <li>1 ounce tuna fish</li> <li>¼ cup fortified soy beans, peas, or lentils</li> <li>1 Tbsp peanut butter</li> <li>2 Tbsp hummus</li> <li>1 egg</li> </ul>	<p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> <li>1 cup dairy milk or yogurt</li> <li>1 cup lactose-free dairy milk or yogurt</li> <li>1 cup fortified soy milk or yogurt</li> <li>1½ ounces hard cheese</li> <li>1 cup kefir</li> </ul>

Limit: Added sugars to <50 grams a day | Saturated fat to <22 grams a day | Sodium to <2,300 milligrams a day

## MEALS & DUTY ASSIGNMENTS

- While planning meals, keep in mind any dietary restrictions your patrol members may have so you can make accommodations as necessary. Decide ahead of time whether the Grubmaster or affected patrol member will need to bring substitutions.
- There are many different ways to cook including the use of propane stoves, fire, charcoal, dutch oven, etc. Scouts should try different methods of cooking as time permits. Troop 531 has dutch ovens available for use, please see the Quartermaster to check one out for a campout. These will need to be properly cleaned before being returned.
- The Duty Roster should be assigned for each meal. This appoints someone as the “lead” of each area, though all Scouts should participate as directed by the “lead”.

### FRIDAY

Scouts should bring dinner with them

Scouts should bring money for dinner along the way

### SATURDAY BREAKFAST

Protein:

Lead Prep:

Grain:

Lead Cook:

Fruit/Vegetable:

Lead Dishes:

Dairy:

Lead Leave No Trace:

### SATURDAY LUNCH

Protein:

Lead Prep:

Grain:

Lead Cook:

Fruit/Vegetable:

Lead Dishes:

Dairy:

Lead Leave No Trace:

Snack for the Day:

### SATURDAY DINNER

Protein:

Lead Prep:

Grain:

Lead Cook:

Fruit/Vegetable:

Lead Dishes:

Dairy:

Lead Leave No Trace:

Dessert:

Lead Campfire/Water:

### SUNDAY BREAKFAST

Protein:

Lead Prep:

Grain:

Lead Cook:

Fruit/Vegetable:

Lead Dishes:

Dairy:

Lead Leave No Trace:

### APPROVAL

This plan has been reviewed and approved by a Scoutmaster or Assistant Scoutmaster:

Signed:

Date: