



**Troop 21**  
**Patrol Breakfast Worksheet**

Trip Location \_\_\_\_\_ Day \_\_\_\_\_

Number of Patrol Members Attending \_\_\_\_\_

Grain	Meat	Fruit	Dairy	Wild	Drink
Bagel	Bacon	Apple	Milk	Gorp	Milk
Crackers	Sausage Patties	Banana	Cheese	M&Ms	Juice
Bread	Sausage Links	Orange	Yogurt	Nuts	Cider
French Toast	Crumbled Sausage	Grapefruit	Cottage Cheese	Choc Chips	Hot Chocolate
Plain Toast	Little Smokies	Melon	Cream Cheese	Jelly	Tang
Graham Crackers	Keilbasa	Berries		Gravy	Crystal Light
Oatmeal	Salami	Raisins			
Cream of Wheat	Hamburger	Dried Fruits			
Cereal	SPAM	Fruit Leather			
Granola Bars		Fruit Cocktail			
Pancakes	Eggs (Scrambled, fried, poached, Hard Boiled)	Peaches			
Waffles	Peanut Butter	Pears			
Rice Cakes		Potatoes			
Biscuits					
English Muffins					

Grain: \_\_\_\_\_

Meat: \_\_\_\_\_

Fruit: \_\_\_\_\_

Dairy: \_\_\_\_\_

Wild: \_\_\_\_\_

Drink: \_\_\_\_\_

Other Stuff you might need (Circle all you want)

Butter    Syrup    Jam    Sugar    Brown    Sugar    Honey    Cinnamon    Salt & Pepper



**Troop 21**  
**Patrol Lunch Worksheet**

Trip Location \_\_\_\_\_ Day \_\_\_\_\_

Number of Patrol Members Attending \_\_\_\_\_

Grain	Meat	Fruit/Veg	Dairy	Wild	Drink
Bread	Hamburger	Apple	Milk	Gorp	Milk
Hoagie Rolls	Roast Beef	Banana	Cheese	M&Ms	Juice
Sub Rolls	Turkey	Orange	Yogurt	Nuts	Cider
Pita Bread	Bologna	Grapefruit	Cottage Cheese	Choc Chips	Hot Chocolate
Flour Tortillas	Cold cuts	Melon	Cream Cheese	Jelly	Tang
Sandwich Wraps	Salami	Berries	String Cheese	Gravy	Crystal Light
Corn Chips	Pepperoni	Raisins		Candy	Gatorade
Crackers	Tuna	Dried Fruits		Chips	Lemonade
Graham Crackers	Egg Salad	Fruit Leather			
Pretzels	Canned Meats	Fruit Cocktail			
Granola Bars	SPAM	Peaches			
Bagel	Peanut Butter	Pears			
Garlic Bread	Beans	Lettuce			
Pasta	Hamburger	Tomato			
		Onion			
		Carrot sticks			
		Celery sticks			
		Pickles			

Grain: \_\_\_\_\_

Meat: \_\_\_\_\_

Fruit: \_\_\_\_\_

Dairy: \_\_\_\_\_

Wild: \_\_\_\_\_

Drink: \_\_\_\_\_

Other Stuff you might need (Circle all you want)

Mayonnaise   Butter   Jam   Mustard   Ketchup   Relish   Salt/Pepper   Sauce Mix   Seasonings



**Troop 21**  
**Patrol Dinner Worksheet**

Trip Location \_\_\_\_\_ Day \_\_\_\_\_

Number of Patrol Members Attending \_\_\_\_\_

Grain	Meat	Fruit/Veg	Dairy	Wild	Drink
Pasta	Bacon	Applesauce	Milk	Gorp	Milk
Biscuits	Crumbled Sausage	Berries	Cheese	M&Ms	Juice
Garlic Bread	Kielbasa	Fruit Cocktail	Yogurt	Nuts	Cider
Rice	Salami	Peaches	Cottage Cheese	Choc Chips	Hot Chocolate
	Hamburger	Pears	Cream Cheese	Jelly	Tang
	SPAM	Lettuce		Gravy	Crystal Light
	Beef	Tomato		Sauce	Gatorade
	Chicken	Onion			Lemonade
	Turkey	Potato			
	Canned Meats	Carrots			
	Pepperoni	Celery sticks			
	Tuna	Green Beans			
	Beans	Corn			
		peas			
		Broccoli			
		Cauliflower			

Grain: \_\_\_\_\_

Meat: \_\_\_\_\_

Fruit: \_\_\_\_\_

Dairy: \_\_\_\_\_

Wild: \_\_\_\_\_

Drink: \_\_\_\_\_

Other Stuff you might need (Circle all you want)

Butter Honey Cinnamon Salt/Pepper Seasonings Sauce mix Salad Dressing Flour  
Tomato Paste/Sauce