## **Troop 1000 Campout Menu Planning Guide**

Use this Menu Planning Guide to plan nutritious campout menus:

FRIDAY EVENING MENU							
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert	
DINNER							

SATURDAY MENUS							
	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert	
BREAKFAST							
		Main Course	Vegetable	Fruit	Drink	Dessert	
LUNCH							

SATURDAY MENUS						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
DINNER						

SUNDAY MENU							
	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert	
BREAKFAST							
		Main Course	Vegetable	Fruit	Drink	Dessert	
LUNCH (if needed)							