

MEAL PLANNING

9th Grade Retreat: September 5th-7th, 2018

Group Names:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |

Rules:

1. You and your partner are in charge of cooking one meal for your 8 team members and cleaning up after this meal.
2. You have a limit of \$30 to feed the 8 people on your team.
3. As a group of 8, be sure to **communicate** to discuss supplies that you already have and ingredients that you may need. If one group is bringing olive oil, there's no need for everyone to make this purchase!
4. Collaborate so that you can efficiently pack your food items in coolers. No more than 1 cooler per group the dimension _____. Your dry items may be packed separately in bags. Be sure you label your group's coolers and your group's bags so that you don't lose your materials.
5. **NO KNIVES MAY BE BROUGHT IN BY STUDENTS.**

Sample Meal Plan:

MEAL	NAME OF MEAL	INGREDIENTS & COSTS	SUPPLIES
Dinner, September 5th: Cooked by _____ & _____	Carne Asada Burritos & Beans	Tortillas- \$5 Carne-\$16 Cheese-\$3 Salsa- \$3 Beans- \$3 TOTAL = \$30	Frying Pan Spatula Small pot Large serving spoon
Breakfast, September 6th: Cooked by _____ & _____	Scrambled Eggs and Pancakes <i>Some opportunities to share with other groups or spend your budget on other meals →</i>	Pancake mix- \$4 18 eggs- \$4 Butter- \$5.50 (<i>will have extra!</i>) Syrup- \$2.50 TOTAL = \$16	*Frying Pan *Spatula Bowl Fork
Lunch, September 6th: Cooked by _____ & _____	Sandwiches and Chips	Bread- \$3 Turkey- \$6 Pastrami- \$6 Tomatoes- \$2 Lettuce- \$1.50 2 large bags of chips- \$10 TOTAL = \$28.50	Knife Cutting board
Dinner, September 6th: Cooked by _____ & _____	Loaded Baked Potatoes	8 potatoes- \$3.50 Cheese- \$6 Sour Cream- \$2.50 Bacon Bits- \$3 Broccoli- \$3 Butter- share with breakfast TOTAL = \$18	Foil
Breakfast, September 7th: Provided by 9th Grade Teachers	Oatmeal & Fruit	Oatmeal Fruit	Hot water Pot Serving spoon

OUR MEAL PLAN

MEAL	NAME OF MEAL	INGREDIENTS & COSTS	SUPPLIES
Dinner, September 5th: Cooked by _____ & _____			
Breakfast, September 6th: Cooked by _____ & _____			
Lunch, September 6th: Cooked by _____ & _____			
Dinner, September 6th: Cooked by _____ & _____			
Breakfast, September 7th: Provided by 9th Grade Teachers	Oatmeal & Fruit	Oatmeal Fruit	Hot water Pot Serving spoon

MY RESPONSIBILITIES

After collaborating with my team to create our meal plan, I take responsibility for bringing the following for our team for camp. I am also in charge of bringing my personal supplies for camp.

INGREDIENTS	SUPPLIES