

# TROOP 64

## BOY SCOUTS OF AMERICA

ST. ANDREW THE APOSTLE K. C. COUNCIL # 9107

October 15, 2008

Dear parents,

We try to cover as many of your sons advancement requirements as we can in our meetings and on our trips. From time to time, however, we have to ask for your help. This is one of those times. One of their requirements is to plan a menu for a camp out, figure out the quantities that will be needed, and then go to a store and price the items on the food list. I am writing to ask you to do this requirement with your sons. Picture, if you will, "Mr. Connell" and 15 or so 11 & 12 year old boys in the supermarket trying to do this as a group. Have you ever heard the expression "it's like herding cats"? I'm not sure my mental state would ever recover.

Attached is a copy of the form we use at the meetings to plan the menus for our outings. What I'm asking you to do is as follows:

- 1) Plan a menu, using the front of the form, for a Saturday breakfast, Saturday lunch & Saturday supper, including three of the four basic food groups for each meal.
- 2) Prepare a shopping list on the reverse of the form for a group of six boys using the suggested serving sizes listed on the top of the page.
- 3) Here's the fun part-go to the store with your sons and price the items on the shopping list.
- 4) Return the completed form to me by October 29.

If you have any questions, please do not hesitate to e-mail me at [blues496164@netscape.net](mailto:blues496164@netscape.net). Thanks for your help, and thanks for supporting your sons in their Scouting efforts.

Connell Vallette  
New Scout Scoutmaster

# TROOP 64

\_\_\_\_\_ PATROL

## CAMP-OUT PLANNING GUIDE

Dates: \_\_\_\_\_ Outing/Function: \_\_\_\_\_

# of meals: \_\_\_\_\_ # of Scouts attending: \_\_\_\_\_ Scout purchasing food: \_\_\_\_\_

**Directions:**    1. Assign Duty Roster                      2. Make menu for each meal                      3. Make grocery/supply list

### DUTY ROSTER

	FIRE PREP*	FOOD PREP	COOKING	WATER	CLEANUP**
MEAL 1					
MEAL 2					
MEAL 3					
MEAL 4					
MEAL 5					
MEAL 6					

\* Only if cooking with wood or charcoal. Otherwise an ADULT lights the stove.

\*\* Everyone cleans their own dish, bowl, cup, utensils, etc. Cleanup man cleans only the patrol gear.

### MENUS

FRIDAY SUPPER	SATURDAY BREAKFAST
Protein	Protein
Cereal/Grain	Cereal/Grain
Fruit/Veggie	Fruit/Veggie
Dairy	Dairy
Other	Other
Drink	Drink

SATURDAY LUNCH	SATURDAY SUPPER
Protein	Protein
Cereal/Grain	Cereal/Grain
Fruit/Veggie	Fruit/Veggie
Dairy	Dairy
Other	Other
Drink	Drink

SUNDAY BREAKFAST	SUNDAY LUNCH
Protein	Protein
Cereal/Grain	Cereal Grain
Fruit/Veggie	Fruit/Veggie
Dairy	Dairy
Other	Other
Drink	Drink

**PROTEIN GROUP:** meat, fish, poultry, lentils, beans, eggs, nuts, dried peas

**CEREAL / GRAIN GROUP:** bread, biscuits, pancakes, muffins, bagels, hot & cold cereals, rice, pasta, potatoes

**FRUIT / VEGGIE GROUP:** all fruits & veggies (fresh, frozen, canned, dried), fruit & veggie juices

**DAIRY GROUP:** milk, cheese, ice cream, yogurt, pudding

