

## Troop 303 Weekend Trek Sample Menu Plan

Trek Name/Location: Bridge to Nowhere Backpack

Dates: April 6 - April 8, 2001

Patrol Name: Eagles

Number of Scouts Attending: 5

| Day      | Meal      | Location                         | Soup/ Salad                    | Main Course  | Dessert                          | Drink              |
|----------|-----------|----------------------------------|--------------------------------|--|----------------------------------|--------------------|
| Friday   | Dinner    | <i>On the Road<br/>Fast Food</i> |                                |  |                                  |                    |
| Saturday | Breakfast | <i>Base Camp</i>                 | <i>None</i>                    | <i>Hot Oatmeal<br/>Bagels &amp;<br/>Cream<br/>Cheese</i> | <i>Applesauce</i>                | <i>Hot Cocoa</i>   |
|          | Lunch     | <i>Trail</i>                     | <i>None</i>                    | <i>Cold Cut<br/>Sandwiches<br/>on Bagels</i>             | <i>GORP<br/>Dried Fruit</i>      | <i>Fruit Punch</i> |
|          | Dinner    | <i>Trail Camp</i>                | <i>Chicken<br/>Noodle Soup</i> | <i>Chili Mac<br/>with Corn</i>                           | <i>Strawberry<br/>Cheesecake</i> | <i>Hot Cocoa</i>   |
| Sunday   | Breakfast | <i>Trail Camp</i>                | <i>None</i>                    | <i>Breakfast<br/>Burritos</i>                            | <i>Fruit Cocktail</i>            | <i>Hot Cocoa</i>   |
|          | Lunch     | <i>Trail</i>                     | <i>None</i>                    | <i>Peanut<br/>Butter and<br/>Jelly on<br/>Bagels</i>     | <i>GORP<br/>Dried Fruit</i>      | <i>Fruit Punch</i> |

Approved: \_\_\_\_\_ Patrol Leader

\_\_\_\_\_ Sr. Patrol Leader

# Troop 303 Weekend Trek Sample Food Planning and Shopping List

Trek Name/Location: Bridge to Nowhere Backpack

Dates: April 6 - April 8, 2001

Patrol Name: Eagles

Number of Scouts Attending: 5

List all ingredients required for menu items. Base amounts per meal on recipes and number of scouts eating each meal. Indicate total amounts of food needed each day and total at the right. Round up ingredient to standard package size.

| Food Item/Ingredient               | Friday | Saturday |       |          | Sunday |       | Total    |
|------------------------------------|--------|----------|-------|----------|--------|-------|----------|
|                                    | D      | B        | L     | D        | B      | L     |          |
| Hot Instant Oatmeal (2 ea; 12/box) |        | 10       |       |          |        |       | 1 box    |
| Bagels (1 ea; 6/pkg)               |        | 5        | 5     |          |        | 5     | 18       |
| Cream cheese (1 oz ea)             |        | 5 oz     |       |          |        |       | 8 oz     |
| Applesauce (1 ea; 6/pkg)           |        | 5        |       |          |        |       | 1 pkg    |
| Hot Instant Cocoa (1 env ea)       |        | 5        |       | 5        | 5      |       | 15 env   |
| Sliced Ham (3 slices ea)           |        |          | 15 sl |          |        |       | 15 sl    |
| Sliced American Cheese (1 sl.)     |        |          | 5     |          |        |       | 5 sl     |
| Mayonnaise (pre packaged)          |        |          | 5     |          |        |       | 5 pkgs   |
| Mustard (pre-packaged)             |        |          | 5     |          |        |       | 5 pkgs   |
| GORP (4 oz ea/day)                 |        |          | 20 oz |          |        | 20 oz | 40 oz    |
| Dried Mixed Fruit (2 oz ea)        |        |          | 10 oz |          |        | 10 oz | 20 oz    |
| Fruit Punch Mix (1 qt ea)          |        |          | 5 qts |          |        | 5 qts | 10 qts   |
| Chicken Cup-a-Soup (1 env ea)      |        |          |       | 5        |        |       | 6 pkgs   |
| Macaroni (3 oz ea)                 |        |          |       | 15 oz    |        |       | 16 oz    |
| Canned Chili con Carne             |        |          |       | 2 cans   |        |       | 2 cans   |
| Canned Corn                        |        |          |       | 1 sm can |        |       | 1 sm can |
| Strawberry Cheesecake Mix          |        |          |       | 1 pkg    |        |       | 1 pkg    |
| Instant Milk (1 env/qt)            |        |          |       | 1 qt env |        |       | 1 qt env |
| Eggs (2 ea)                        |        |          |       |          | 10     |       | 1 doz    |
| Bulk sausage                       |        |          |       |          | 1 lb   |       | 1 lb     |
| Potatoes O'Brien (hash browns)     |        |          |       |          | 1 lb   |       | 1 lb     |
| Large Flour Tortillas (2 ea)       |        |          |       |          | 10     |       | 1 doz    |
| Medium Chili Salsa                 |        |          |       |          | 1 can  |       | 1 can    |
| Fruit Cocktail (1 ea; 6/pkg)       |        |          |       |          | 5      |       | 1 pkg    |
| Peanut Butter (2 oz ea)            |        |          |       |          |        | 10 oz | 8 oz jar |
| Grape Jelly (1 oz ea)              |        |          |       |          |        | 5 oz  | 4 oz jar |
|                                    |        |          |       |          |        |       |          |
|                                    |        |          |       |          |        |       |          |
|                                    |        |          |       |          |        |       |          |
|                                    |        |          |       |          |        |       |          |

Approved: \_\_\_\_\_

Patrol Leader

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Sr. Patrol Leader