

PATROL DUTY ROSTER	
Patrol Name	
Patrol Leader	
Grubmaster	
Event	
Dates	



FRIDAY		BREAKFAST		LUNCH		DINNER	
	Cooks						
	Meal Title						
	Date	Grains		Grains		Grains	
		Vegetable		Vegetable		Vegetable	
		Fruit		Fruit		Fruit	
		Protein		Protein		Protein	
		Dairy		Dairy		Dairy	
		Beverage		Beverage		Beverage	
	Clean-up						

SATURDAY		BREAKFAST		LUNCH		DINNER	
	Cooks						
	Meal Title						
	Date	Grains		Grains		Grains	
		Vegetable		Vegetable		Vegetable	
		Fruit		Fruit		Fruit	
		Protein		Protein		Protein	
		Dairy		Dairy		Dairy	
		Beverage		Beverage		Beverage	
	Clean-up						

SUNDAY		BREAKFAST		LUNCH		DINNER	
	Cooks						
	Meal Title						
	Date	Grains		Grains		Grains	
		Vegetable		Vegetable		Vegetable	
		Fruit		Fruit		Fruit	
		Protein		Protein		Protein	
		Dairy		Dairy		Dairy	
		Beverage		Beverage		Beverage	
	Clean-up						

SHOPPING LIST

	ITEM	QUANTITY	COST	NOTES
TOTAL COST				

WHAT SHOULD WE EAT?

GRAINS	VEGETABLES		FRUIT	PROTEIN	DAIRY	BEVERAGES
Breads Pasta Oatmeal Cereals Tortillas Grits	Dark Greens • Broccoli • Spinach • Lettuce Red/Orange • Carrots • Tomatoes • Sweet Potatoes Starchy • Corn • Green Peas • White Potatoes	Beans/Peas • Kidney • Garbanzo • Black Beans • Soy Beans • Black-Eyed Peas • Split Peas Other • Onion • Mushroom • Green Beans • Cauliflower • Celery • Cucumber	Apple Melon Grapes Grapefruit Orange Pineapple Berries 100% Juice Raisins Prunes Apricots	beef pork ham chicken eggs nuts seeds beans peas hummus	milk yogurt cheese • cheddar • swiss • american • string • mozzarella • cottage • ricotta	water 100% fruit juice 100% vegetable juice hot cocoa hot tea coffee
	fresh, canned, frozen, dried, whole, cut-up, or pureed					

