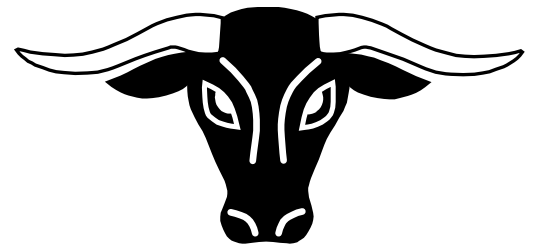


TROOP 179

PATROL GRUBMASTER WORKSHEET



Menu Maker

Snack	
<input type="checkbox"/> Junk Food	
Breakfast	
<input type="checkbox"/> Fruit or Juice	
<input type="checkbox"/> Bread	
<input type="checkbox"/> Meat	
<input type="checkbox"/> Milk	
<input type="checkbox"/> Cereal	
Lunch	
<input type="checkbox"/> Bread	
<input type="checkbox"/> Meat	
<input type="checkbox"/> Fruit	
<input type="checkbox"/> Junk	
<input type="checkbox"/> Beverage	

Dinner	
<input type="checkbox"/> Bread	
<input type="checkbox"/> Vegetable	
<input type="checkbox"/> Fruit	
<input type="checkbox"/> Meat	
<input type="checkbox"/> Dairy	
<input type="checkbox"/> Desert	
<input type="checkbox"/> Beverage	
Snack	
<input type="checkbox"/> Junk Food	
Breakfast	
<input type="checkbox"/> B'fast Bars	
<input type="checkbox"/> Cereal	
<input type="checkbox"/> Orange Juice	

Single Serving Size

Fruits & Veggies		
Carrots, fresh		1 or 2 each
Corn, fresh		1 or 2 ears each
Fruit, can		6 ounces each
Juice		8 ounces each
Lettuce for salad		¼ head each
Onions, fresh		½ small each
Oranges & Apples		1 each
Potatoes, fresh		1 or 2 medium each
Soup, can		½ can each
String Beans, fresh		½ cup each
Tomato for salad		¼ each
Vegetables, canned		1/3 can each

Dairy		
Cheese		2 ounces
Cocoa Mix		1 packet each
Eggs		2 to 3 each
Milk		12 ounces each

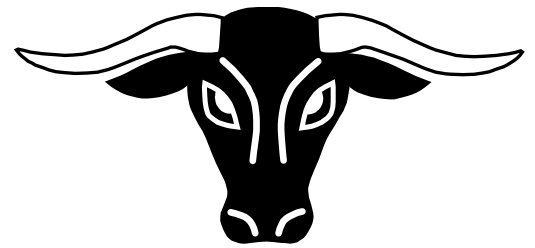
Breads, Rice & Pastas		
Biscuit Mix, dry		½ cup each
Bread		2 to 4 slices each
Cakes		2 ounces each

Breads, Rice & Pastas		
Cereal		2 ounces each
Cookies		2 to 4 ounces each
Instant Rice, dry		1½ ounces each
Noodles, dry		4 ounces each
Pancake Mix, dry		4 ounces each
Pudding Mix		1½ ounces each
Rice, dry		½ cup each
Spaghetti, dry		4 ounces each
Tortilla		2 each

Meats		
Bacon		3 ounces each
Breakfast Sausage		3 ounces each
Chicken, fresh		12 ounces each
Chops		8 ounces each
Ham, cooked		4 ounces each
Hamburger		4 ounces each
Hot Dogs		2 each
Lunch Meat		3 ounces each
Steak		8 to 10 ounces each
Stew Meat		6 ounces each
Tuna Fish, canned		4 ounces each

TROOP 179

PATROL GRUBMASTER WORKSHEET



Buying List

Fruits & Veggies	Meat Counter	Dairy	Condiments	Baking
<i>Apples</i>	<i>Breakfast Sausage</i>	<i>Butter</i>	<i>Peanut Butter</i>	<i>Oil</i>
		<i>Milk</i>	<i>Jelly</i>	<i>Brown Sugar</i>
		<i>Eggs</i>		
		<i>Apple Juice</i>		
		<i>Orange Juice</i>		
		<i>Biscuits</i>		
		<i>Cheese Slices</i>		

Drinks & Snacks	Breads	Cereal	Paper & Clean	Can Foods
<i>Cookies</i>	<i>White Bread</i>	<i>Breakfast Bars</i>		
<i>Candy Bars</i>	<i>Doughnuts</i>	<i>Cold Cereal</i>		
<i>Chips</i>				
<i>Bottled Water</i>				
<i>Pop</i>				

These items are generally purchased every campout