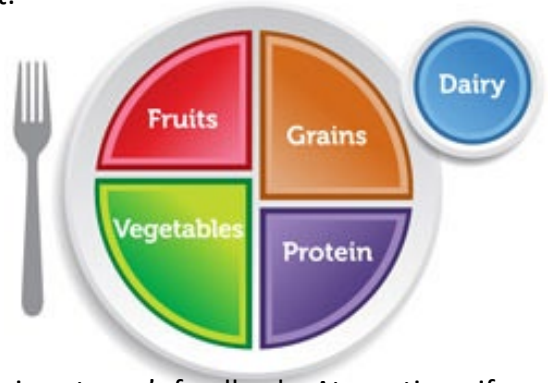




All menus were planned according to the MyPlate food model that is used in the Cooking Merit Badge. Portion sizes were based on a standard portion size for an average scout. We understand that scouts have different consumption requirements. We have included a staple list program that has bread, peanut butter and jelly to accommodate any appetites beyond the standard menu. There are forms available that can be filled out and given to the commissary. Please provide a meal in advance for them to fill the request.

The menus you selected are suggested and the provided food will match. Feel free to mix it up and prepare the items to your Troop's preferences. Some recipes in the binder are vague as we have unit numbers that range from 3 to 148 participants. Have your scouts go over their menu in advance and if necessary, assist your scouts with tactics.

This is the perfect opportunity to try out the scout's creativity!



We are continually adjusting amounts given out based on previous troop's feedback. At any time, if you find that you have consistent food items left over, please bring it back to the commissary as soon as possible for redistribution (unopened items). When you pick up items, if you know you do not need them, please leave them at the commissary to avoid waste.

If anyone in your unit provided dietary restrictions, you will find the **accommodation on the pack lists**. We encourage anyone to stop at the commissary to read ingredient labels to ensure proper accommodation was made.

The pack lists for the commissary are compiled one to two weeks before each camp.

If your troop participants have changed or a dietary request was not provided prior to the pack list's creation, you will need to talk directly to the commissary director to determine the accommodations.

Do not do this during meal pick up times as it will take the attention away from other units picking up their supplies.

Also, please understand that the commissary has a "meal ahead" packing system and tries diligently to accommodate all requests so if the late accommodation is not fulfilled the next meal, **remind the commissary kindly** to grab any items during pick up.

General Allergy information:

- Peanut Butter and Trail Mix are the only "nut" item on camp from commissary.
- Soy Milk is provided at breakfast for non-dairy. Any other dairy item on the menu is up to the unit to prepare separate portions to accommodate.
- Gluten-Free products are available (limited variety).
- We have turkey items for any non-pork diets.
- Many meals on the menu can be adjusted to vegetarian by omitting the meat. We have Garden Burgers available for a protein option. It is encouraged for any vegetarian participant to speak to the commissary director to make sure the options are something they will eat.