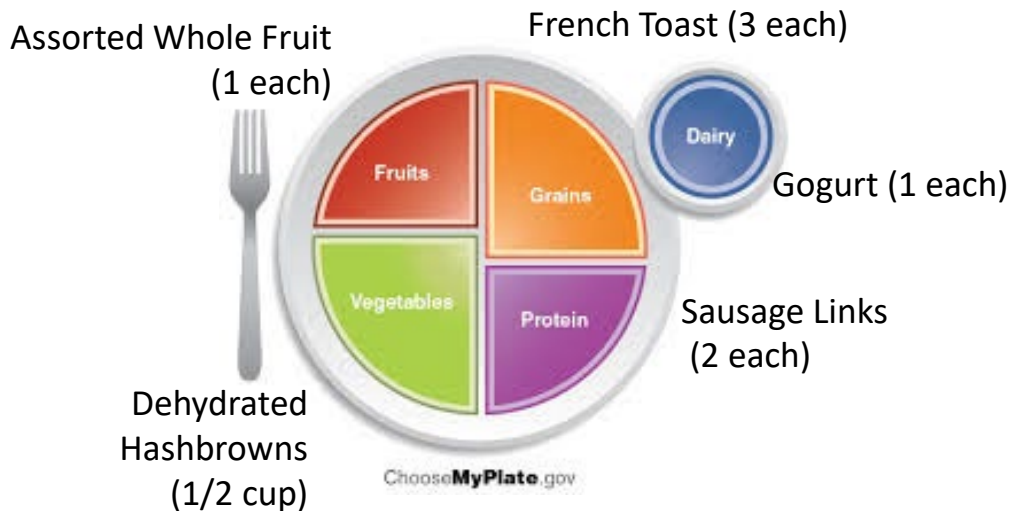


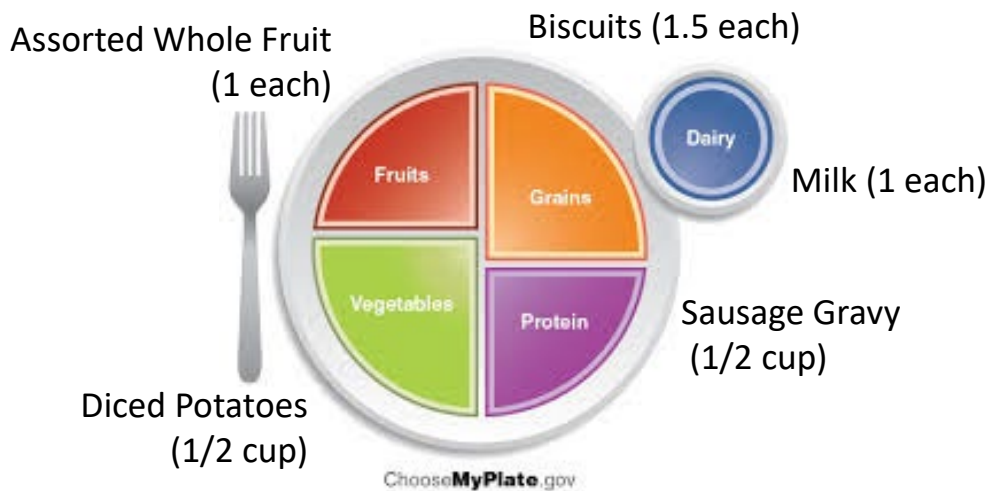
1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is pancakes, bacon, hashbrowns, fruit and gogurt.
  - ✓ Start heating your potatoes (after hydrating them) by pan frying with some oil.
  - ✓ Follow directions on pancake mix package for mixing. Grease your hot griddle before putting batter on. Once the pancakes start to bubble, flip them. The first batch may not be as golden as the griddle may still be heating up.
  - ✓ Heat your bacon in a skillet.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



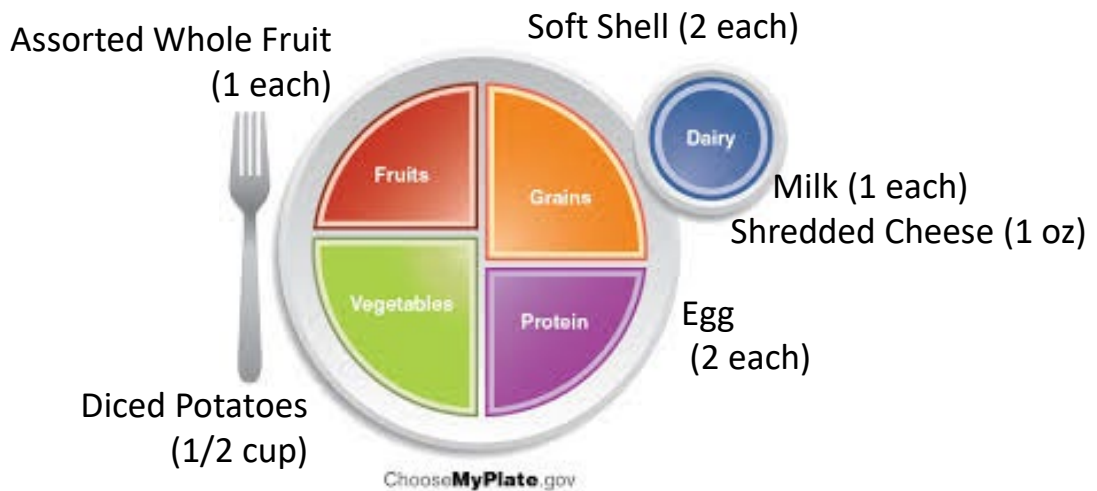
## Breakfast: Monday Option 2



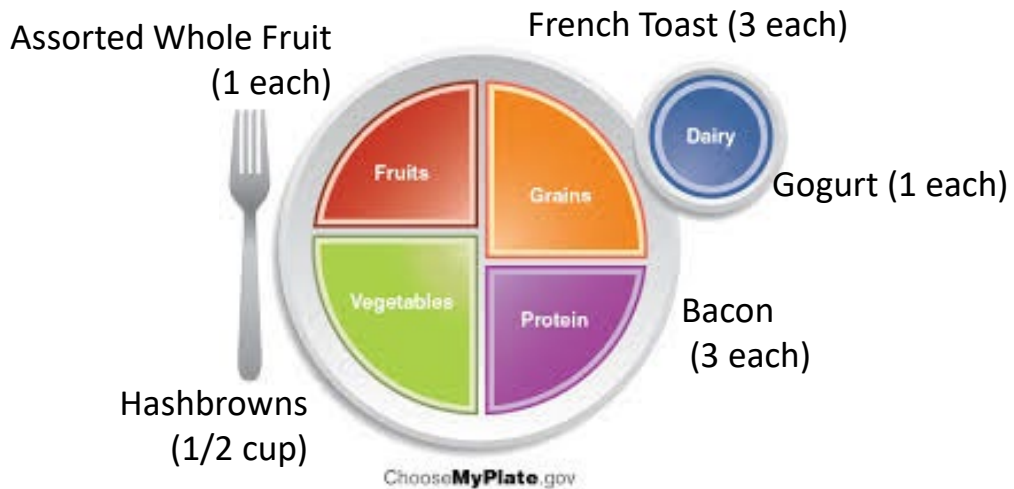
1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is sausage links, french toast sticks, hashbrowns, fruit and gogurt.
  - ✓ Start heating the hashbrowns (after hydrating) by pan frying with some oil.
  - ✓ Heat sausage in a skillet.
  - ✓ Heat French toast on griddle.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



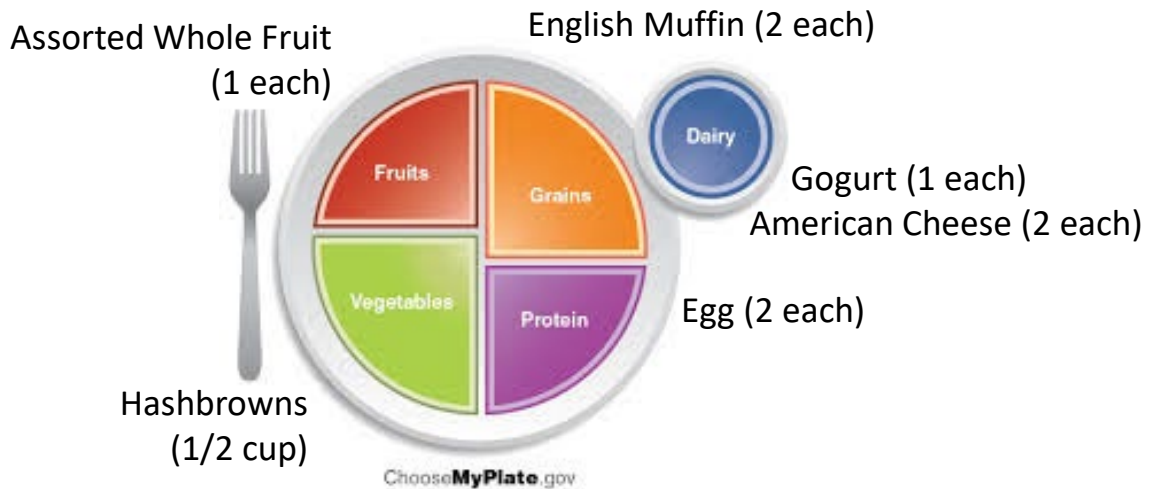
1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is biscuits and sausage gravy, diced potatoes, fruit and milk.
  - ✓ Start heating the potatoes by pan frying with some oil. Season to taste with salt, pepper or your troop's favorite spice.
  - ✓ Heat the sausage gravy in a pot. Stir continuously to prevent burning on the bottom of the pot.
  - ✓ You can heat the biscuits if desired. Split them in half before pouring gravy on. Portion is 1 ½ biscuits or 3 halves once split.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



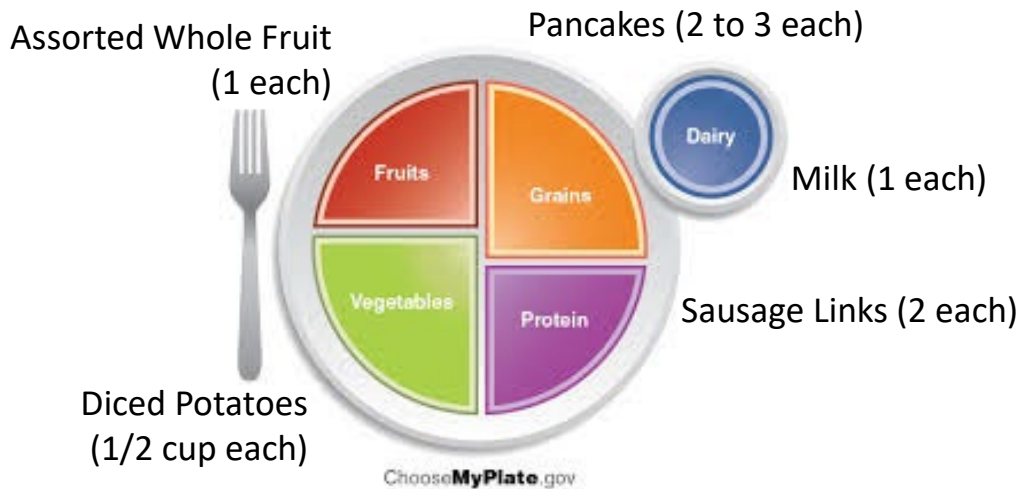
1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is egg & cheese tacos, potatoes, fruit and milk.
  - ✓ Start heating the potatoes by pan frying with some oil. Season to taste with salt, pepper or your troop's favorite spice.
  - ✓ Crack eggs and whip them. On a heated griddle, cook eggs.
  - ✓ Place cooked egg and cheese in the middle of soft shell and fold in half.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is bacon, french toast sticks, hashbrowns, fruit and gogurt.
  - ✓ Start heating your potatoes by pan frying with some oil. Season to taste with salt, pepper or your troop's favorite spice.
  - ✓ Heat Bacon in a skillet.
  - ✓ Heat French toast sticks on griddle.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!

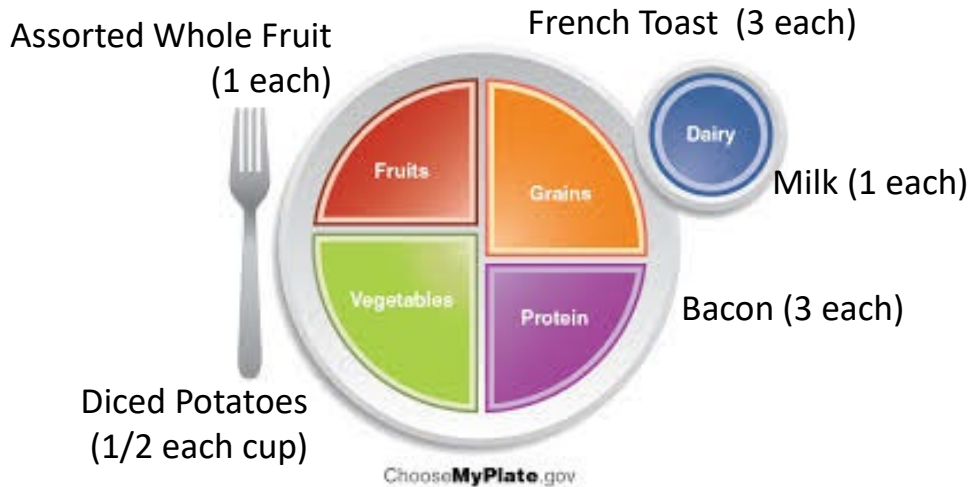


1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is egg and cheese muffin sandwich, hashbrowns, fruit and gogurt.
  - ✓ Start heating your potatoes by pan frying with some oil. Season to taste with salt, pepper or your troop's favorite spice.
  - ✓ Prepare eggs as your troop desires.
  - ✓ Toast your muffin on the griddle if desired. Place 1 egg and 1 cheese slice per muffin.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is pancakes, sausage, diced potatoes, fruit and milk.
  - ✓ Start heating your potatoes by pan frying with some oil.
  - ✓ Follow directions on pancake mix package for mixing. Grease your hot griddle before putting batter on. Once the pancakes start to bubble, flip them. The first batch may not be as golden as the griddle may still be heating up.
  - ✓ Heat your sausage in a skillet.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



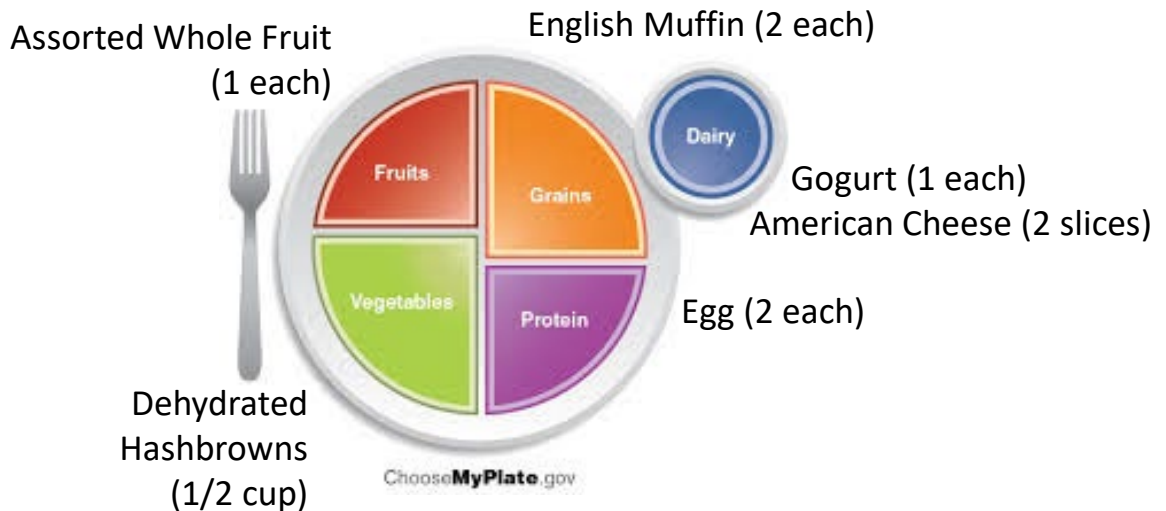


1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is bacon, french toast sticks, potatoes, fruit and milk.
  - ✓ Start heating the potatoes by pan frying with some oil.
  - ✓ Heat bacon in a skillet and remove excess grease.
  - ✓ Heat French toast on griddle.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!

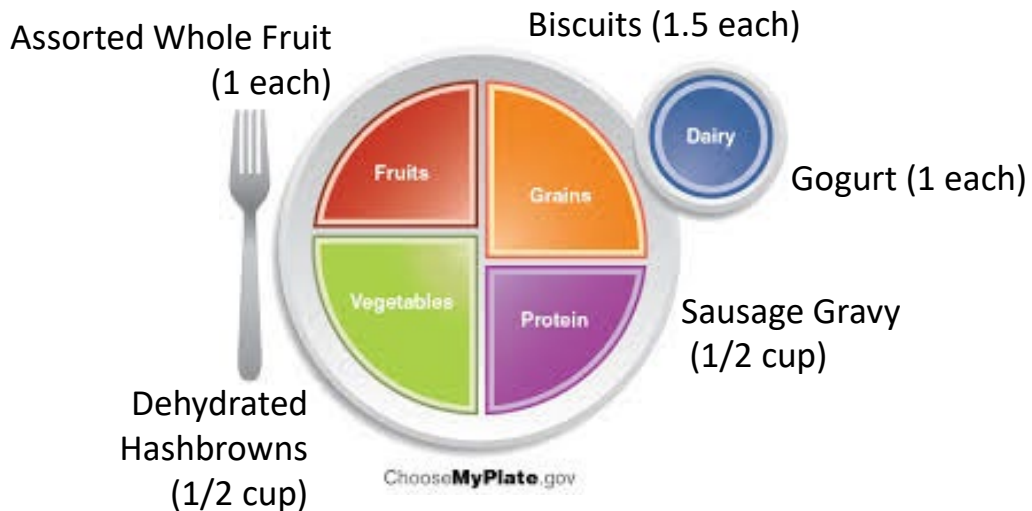




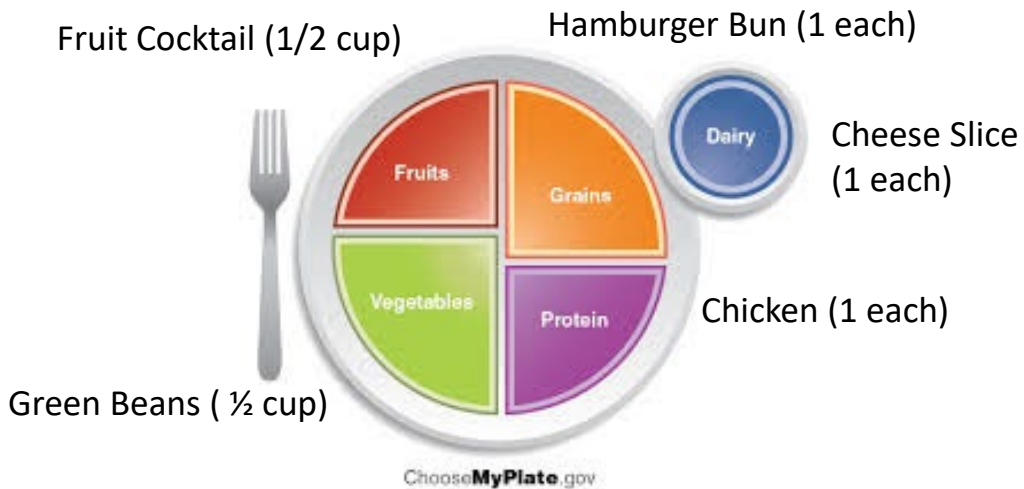
## Breakfast: Friday Option 1



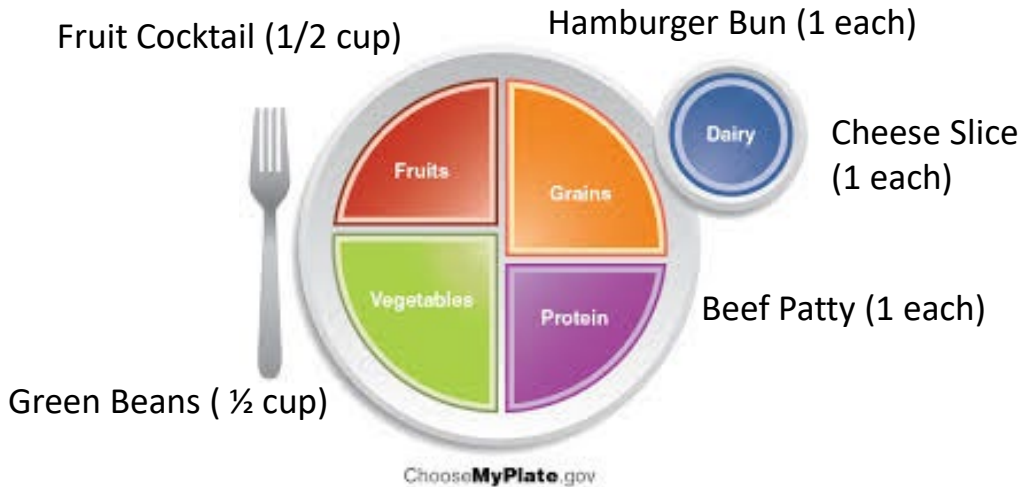
1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is egg and cheese muffin sandwich, hashbrowns, fruit and gogurt.
  - ✓ Start heating your hashbrowns (after hydrating) by pan frying with some oil. Season to taste with salt, pepper or your troop's favorite spice.
  - ✓ Prepare eggs as your troop desires.
  - ✓ Toast your muffin on the griddle if desired. Place 1 egg and cheese slice on muffin if desired.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



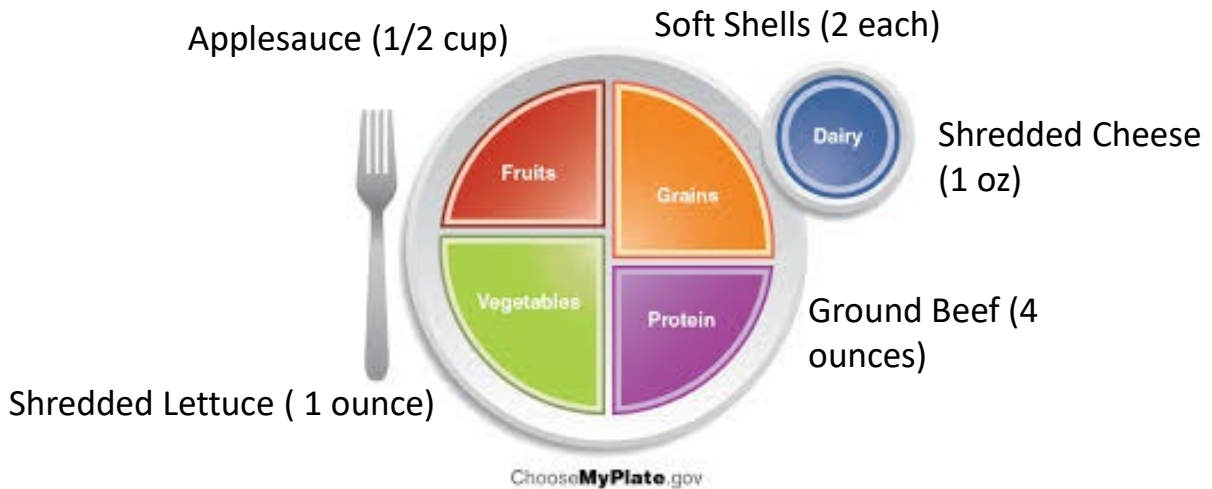
1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is biscuits and sausage gravy, hashbrowns, fruit and gogurt.
  - ✓ Start heating the hashbrowns (after hydrating) by pan frying with some oil. Season to taste with salt, pepper or your troop's favorite spice.
  - ✓ Heat the sausage gravy in a pot. Stir continuously to prevent burning on the bottom of the pot.
  - ✓ You can heat the biscuits if desired. Split them in half before pouring gravy on. Portion is 1 ½ biscuits or 3 halves once split.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



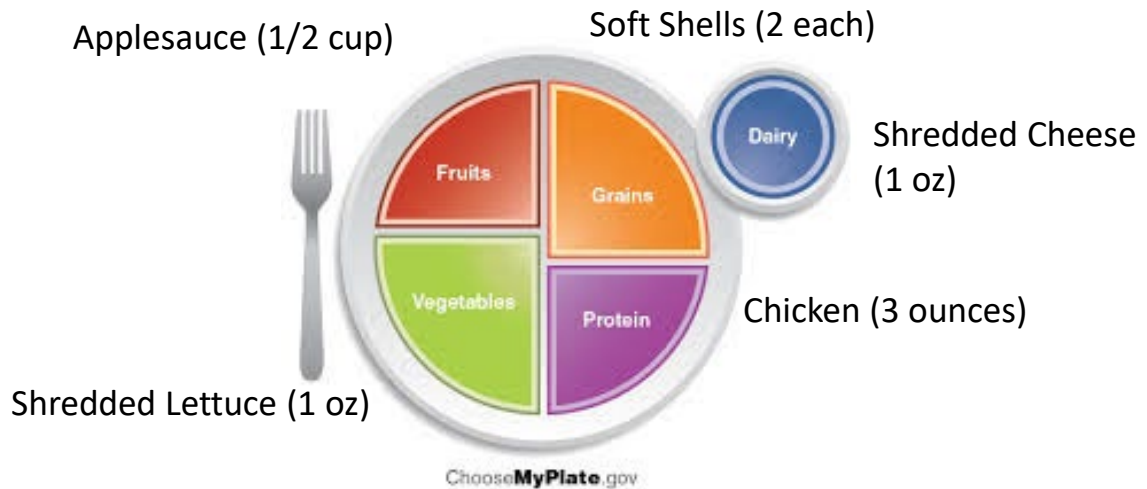
1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is Chicken Sandwich, Green Beans, and Fruit Cocktail.
  - ✓ Heat chicken on grill or griddle. Flip chicken half way through cooking to heat evenly on both sides.
  - ✓ Heat green beans in a pot.
  - ✓ Open fruit and prepare for service.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



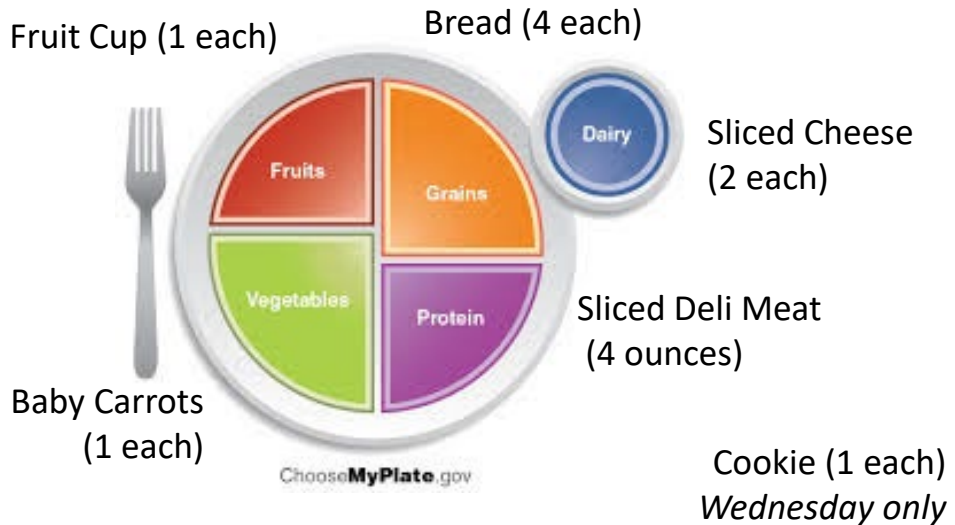
1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is Cheeseburger, Green Beans, and Fruit Cocktail.
  - ✓ Cook burger on a grill. Flip patty half way through cooking to heat evenly on both sides.
  - ✓ Heat green beans in a pot.
  - ✓ Open fruit and prepare for service.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is soft tacos and applesauce.
  - ✓ Heat Ground Beef in a pot and stir often. Once Browned stir in Taco Seasoning (if applicable). Build taco by placing taco meat, cheese and lettuce inside the soft shell.
  - ✓ Open fruit and prepare for service.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!

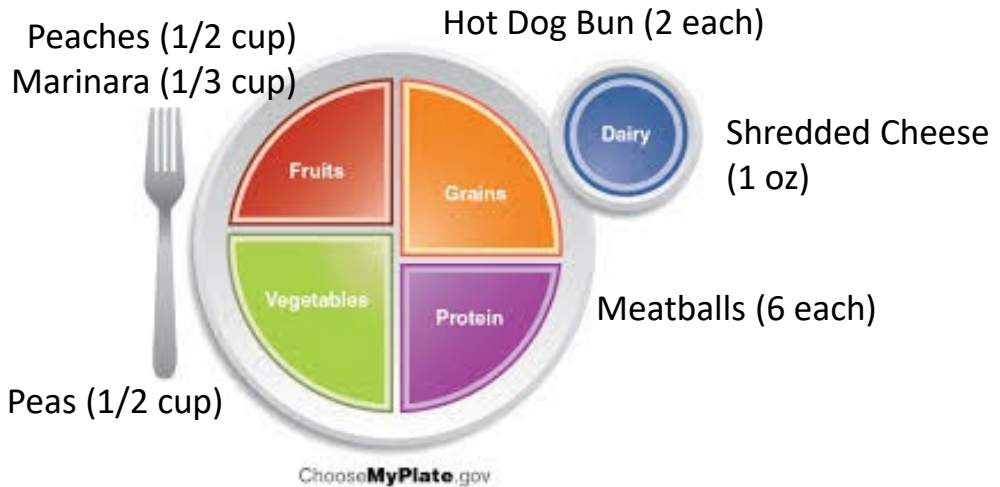


1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is chicken wraps with applesauce.
  - ✓ Chicken is pre-cooked. Heat if you wish. Build your wrap by placing chicken in the soft shell and add cheese and lettuce and fold in half.
  - ✓ Open fruit and prepare for service.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!

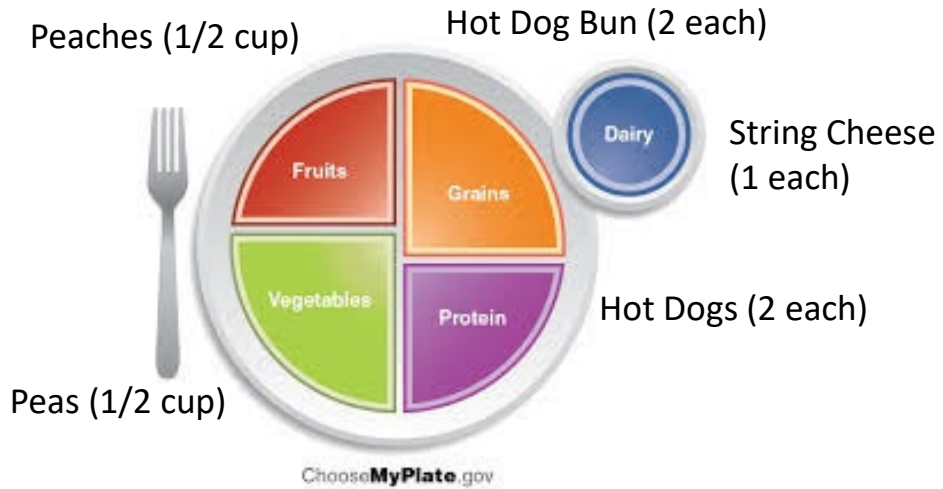


1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is deli sandwich, carrots, fruit cup, and special treat of a cookie (not a food group 😊).
  - ✓ Build your sandwich by placing 2 slices of meat and 1 slice of cheese on each sandwich. Only want one sandwich? Load up your portion of meat and cheese for one. Use condiments from the staple list if desired.
  - ✓ Distribute carrots, fruit cups and cookie to each scout.
  - ✓ Make sure to drink water too!

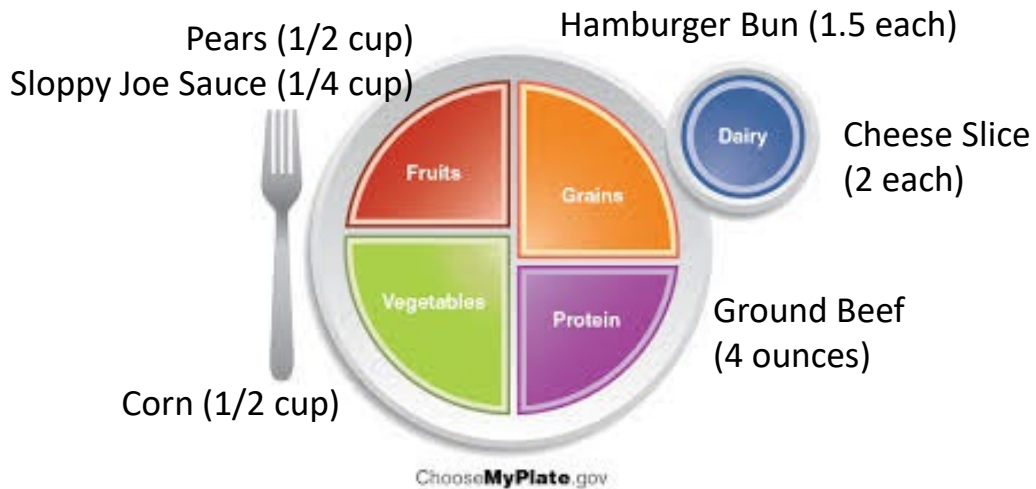




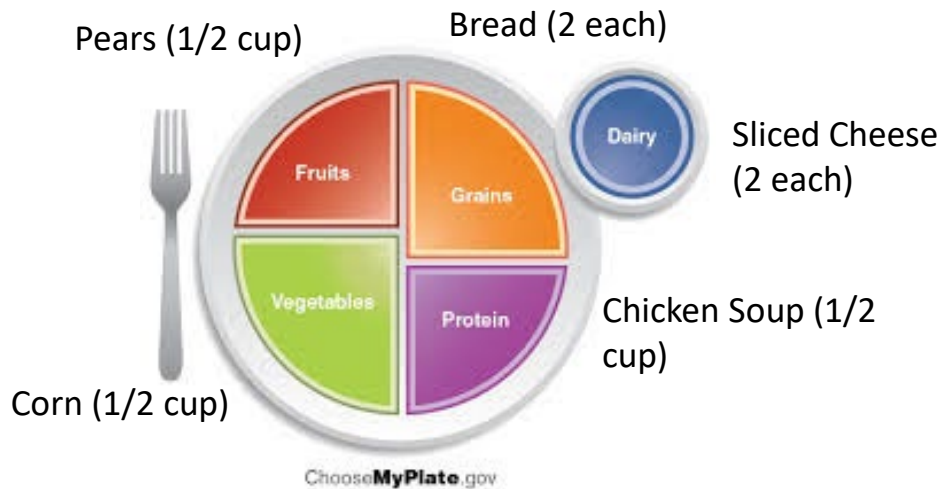
1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is meatball subs with peaches and peas.
  - ✓ Heat marinara in a pot. Heat meatballs in a skillet and once heated add them to the marinara.
  - ✓ Build your sandwich by placing 3 sauced meatballs in the hot dog bun and sprinkle with cheese.
  - ✓ Heat vegetable in pot.
  - ✓ Open fruit and prepare for service.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is hot dogs with peaches, peas and string cheese.
  - ✓ Heat hot dogs in a pot of water or on a grill.
  - ✓ Build your sandwich by placing hot dog in the hot dog bun.
  - ✓ Heat vegetable in pot.
  - ✓ Open fruit and prepare for service.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is sloppy joes, corn and pears.
  - ✓ Heat beef in a skillet. Heat sloppy joe sauce in a pot. When beef is done, drain excess juice and add to sloppy joe sauce. Let simmer for 5 to 10 minutes.
  - ✓ Build your sandwich by placing 1/3 cup of sloppy joe and one slice of cheese on each bun.
  - ✓ Heat vegetable in pot.
  - ✓ Open fruit and prepare for service.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!

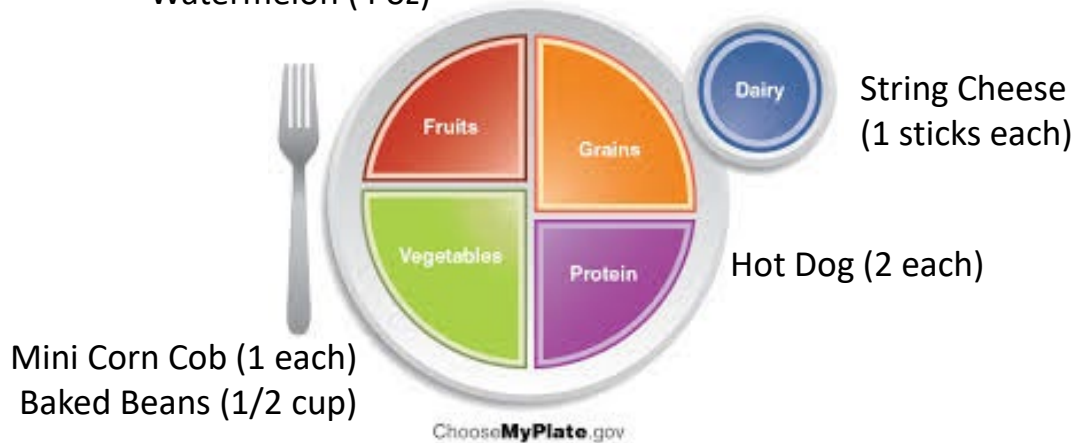


1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is Chicken Noodle Soup, Grilled Cheese, corn and pears.
  - ✓ Butter Bread lay in skillet. Place 2 slices of cheese on bread in skillet, then place 2<sup>nd</sup> slice of bread on top of cheese buttered side down. Flip grilled cheese to brown on both sides.
  - ✓ Heat Soup according to directions on can. Stir until heated through.
  - ✓ Heat vegetable in a pot.
  - ✓ Open fruit and prepare for service.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!

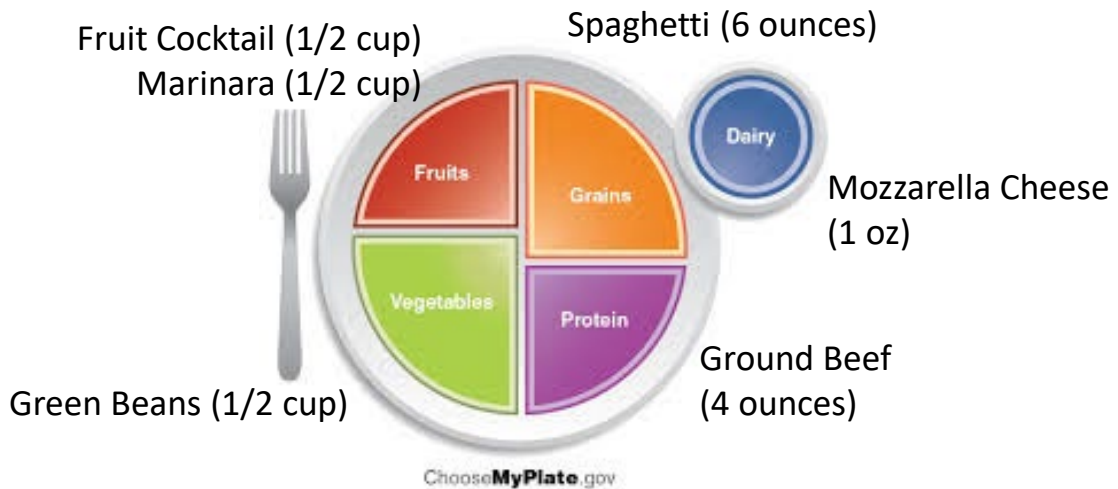


Hot Dog Bun (2 each)

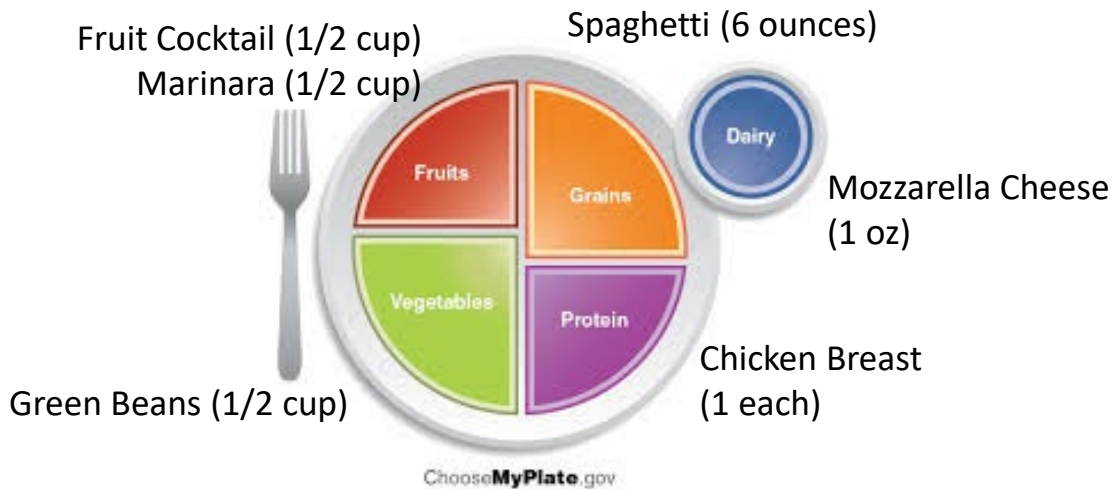
Watermelon (4 oz)



1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is hot dogs, corn, baked beans, and watermelon.
  - ✓ Cook hot dogs by troop's method of choice.
  - ✓ Heat baked beans in a pot.
  - ✓ Bring a pot of water to a boil and then place corn in and cook until tender.
  - ✓ If not already cut for you, cut watermelon in troop's desired form.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!

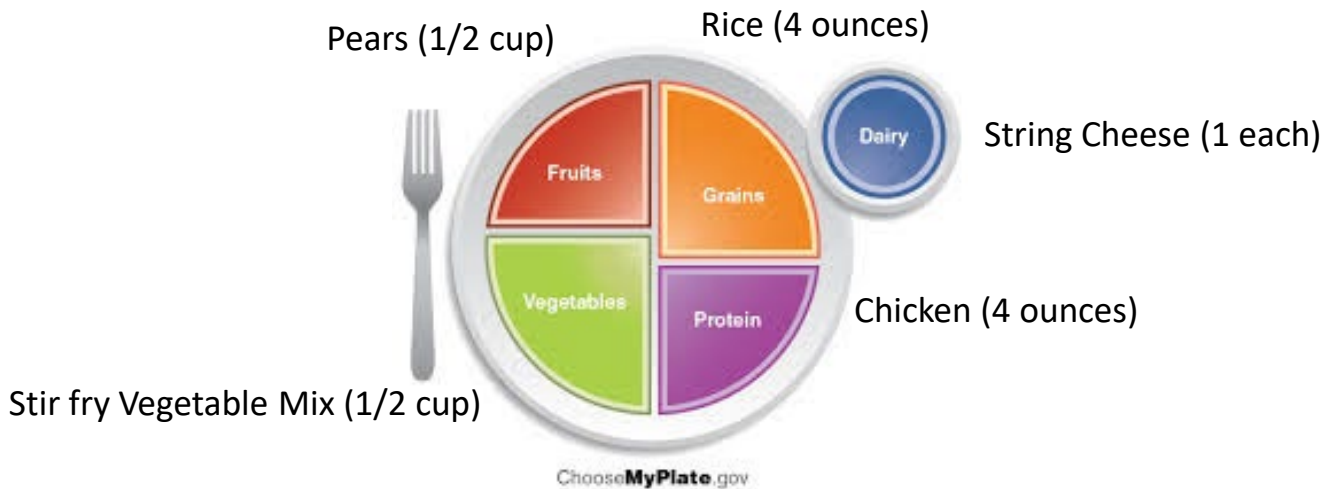


1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is spaghetti with meat sauce, green beans and fruit cocktail.
  - ✓ Heat marinara in a pot stirring often to prevent burning.
  - ✓ Brown beef in a skillet and drain excess liquid before adding it to the marinara.
  - ✓ Bring a pot of water to a boil and add spaghetti and cook until tender.
  - ✓ Heat vegetable in pot.
  - ✓ Open fruit and prepare for service.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!

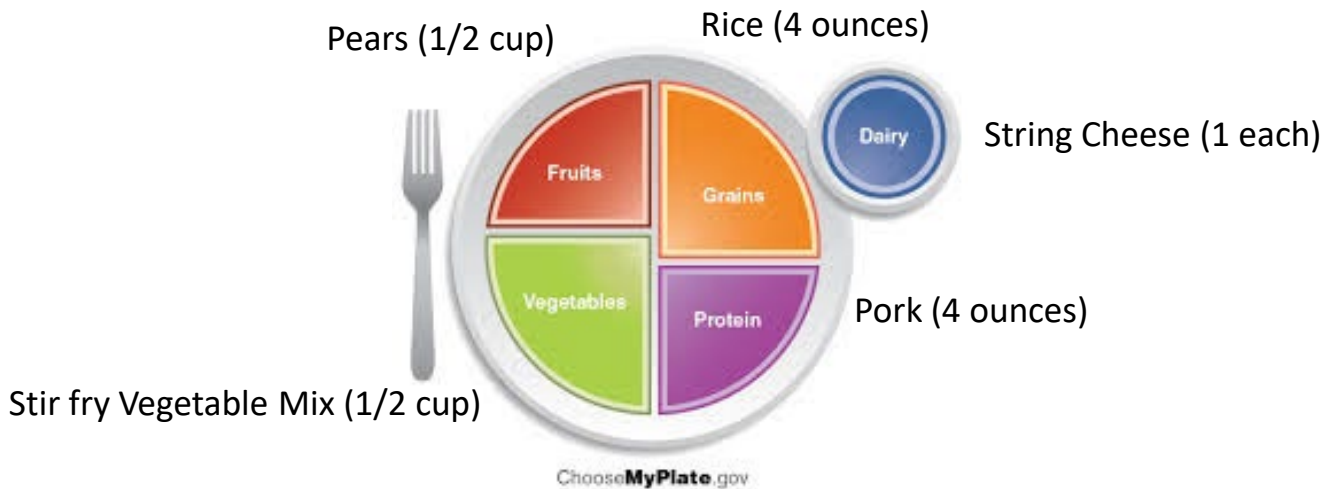


1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is grilled chicken parmesan, spaghetti, green beans, and fruit cocktail.
  - ✓ Heat marinara in a pot stirring often to prevent burning
  - ✓ Cook chicken on a grill or skillet. Flip halfway to cook evenly.
  - ✓ Bring a pot of water to a boil and add spaghetti and cook until tender.
  - ✓ Heat vegetable in pot.
  - ✓ Open fruit and prepare for service.
  - ✓ Place spaghetti on plate, chicken on top, pour sauce on top of chicken and sprinkle cheese on top.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!

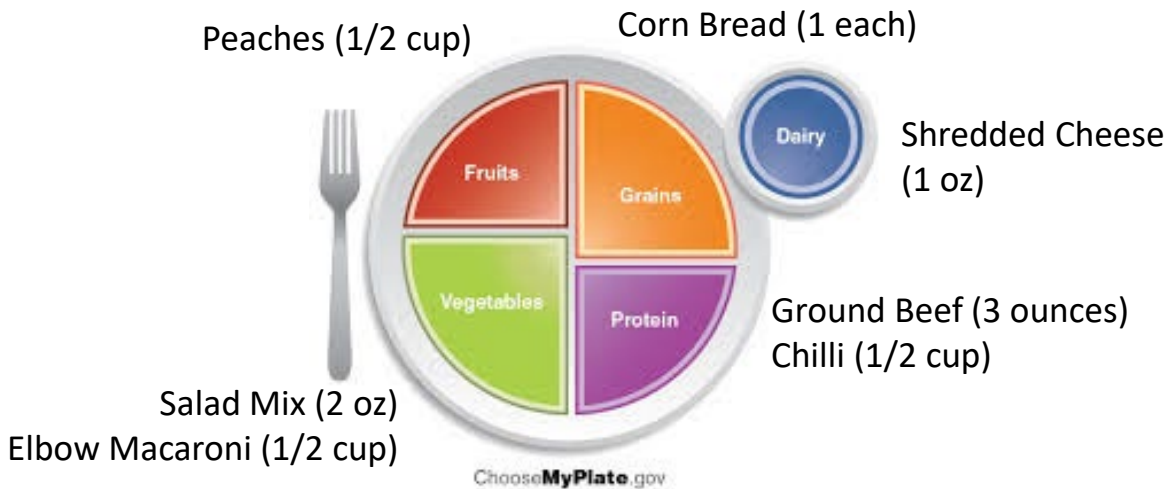




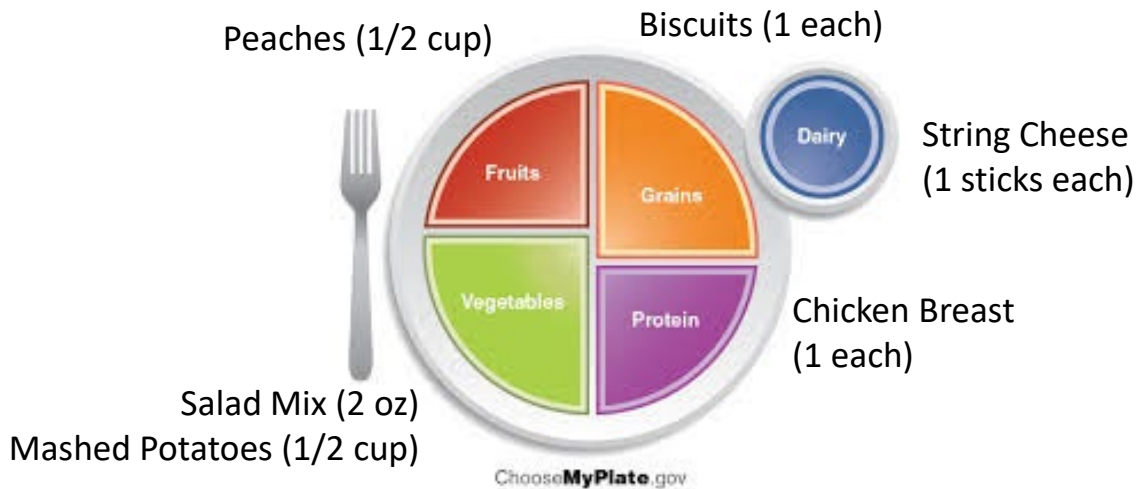
1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is sweet & sour chicken stir fry, rice, pears and string cheese.
  - ✓ Cut chicken into small cubes and cook in a skillet. If desired, season to taste. Add sauce.
  - ✓ Measure 1 part rice to 2 parts water (1 cup rice, 2 cups of water). Bring water to a boil and then add rice and reduce to a simmer. Cover and reduce heat to low and cook for approximately 18 minutes. Try not to check too often as when you lift the lid, the steam escapes and that will affect the rice. When rice is done, you should be able to fluff with a fork.
  - ✓ Heat vegetable in pot with a little water for steam. Once cooked, add to chicken/sauce.
  - ✓ Open fruit and prepare for service.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



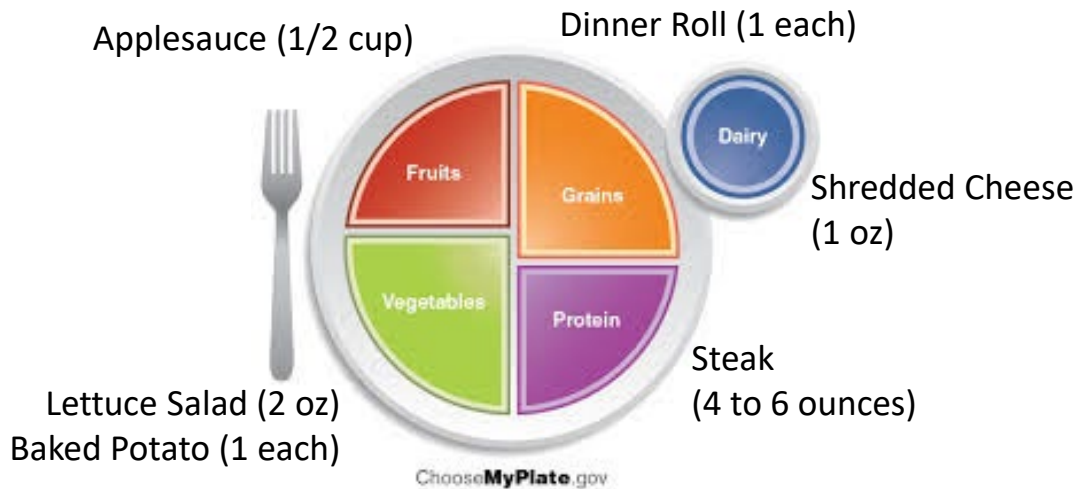
1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is Teriyaki Pork Stir Fry, rice, pears and string cheese.
  - ✓ Cut pork into cubes or slices and cook in a skillet. Add sauce.
  - ✓ Measure 1 part rice to 2 parts water (1 cup rice, 2 cups of water). Bring water to a boil and then add rice and reduce to a simmer. Cover and reduce heat to low and cook for approximately 18 minutes. Try not to check too often as when you lift the lid, the steam escapes and that will affect the rice. When rice is done, you should be able to fluff with a fork.
  - ✓ Heat vegetable in pot with a little water for a steam.
  - ✓ Open fruit and prepare for service.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



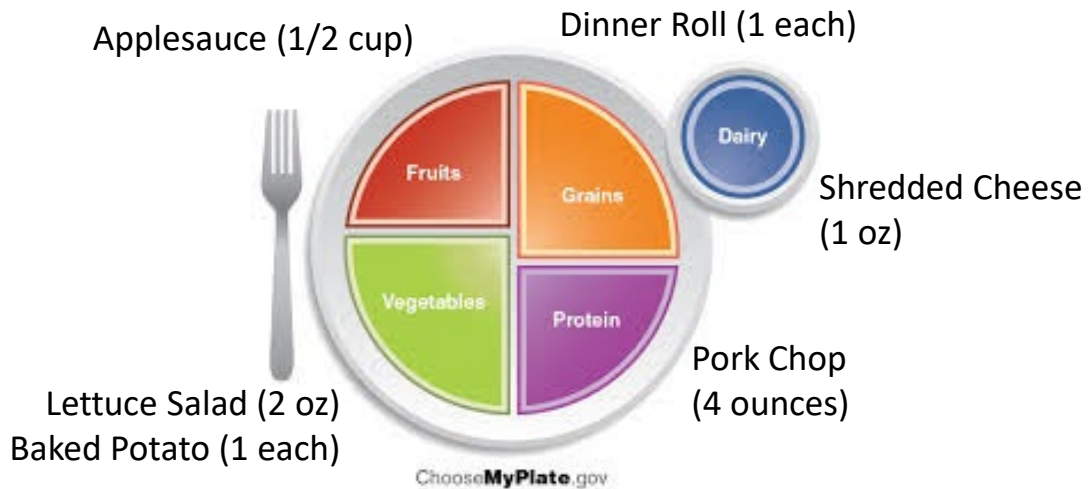
1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is Chili con Carne with mashed potatoes, salad with cheese, peaches, and biscuit.
  - ✓ Heat beef in a skillet. Rinse Kidney beans and then add to a pot with the beef and diced tomatoes. Season as desired. You may need to add water depending on desired consistency.
  - ✓ Make mashed potatoes according to package. Season with spices of your choice.
  - ✓ Place salad mix in a serving bowl.
  - ✓ Open fruit and prepare for service.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is BBQ Chicken with mashed potatoes, salad, peaches, biscuit and string cheese.
  - ✓ Cook chicken on a grill and baste with BBQ Sauce.
  - ✓ Make mashed potatoes according to package. Season with spices of your choice.
  - ✓ Place salad in a serving bowl.
  - ✓ Open fruit and prepare for service.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is steak, baked potato, salad, dinner roll, and S'mores.
  - ✓ Wash potato and use a fork to poke holes in it. If desired, rub oil on potato and season it. Wrap it in foil and cook in coals.
  - ✓ Cook steaks on a grill or griddle.
  - ✓ Put salad in a serving dish.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!



1. Make sure you have all of your ingredients and associate what food group they are.
2. Wash your hands! A Scout is CLEAN.
3. Planned menu is pork chop, baked potato, salad, dinner roll, applesauce and S'mores.
  - ✓ Wash potato and use a fork to poke holes in it. If desired, rub oil on potato and season it. Wrap it in foil and cook in coals.
  - ✓ Cook pork chop on a grill or griddle.
  - ✓ Put salad in a serving dish.
  - ✓ Set out condiments as desired.
  - ✓ Make sure to drink water too!