



Patrol Meals and Duty Roster

Patrol _____



Meal	Menu	Food to be Bought	Cooks	Cleanup
Friday Dinner (if needed)				
Saturday Breakfast				
Saturday Lunch				
Saturday Dinner				
Sunday Breakfast				
Sunday Lunch (if needed)				

MYPYRAMID

USDA Daily Suggestion 6 oz. Grain, 2.5 cup Vegetables, 2 cup Fruit, 7 tsp Oils,
5.5 oz Meat & Beans, 3 cups Milk

Approved By: _____

Date: _____