

Patrol Menu

Number
of
Servings

Each meal should include: Meat/Protein, Starch, Vegetable, Fruit, Dairy.

Friday Dinner

Entree:

Side dish:

Side dish:

Beverage:

Desert / Snack:

Ingredients

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-
-
-
-

Saturday Breakfast

Entree:

Side dish:

Side dish:

Beverage:

Desert / Snack:

-
-
-
-
-

Saturday Lunch

Entree:

Side dish:

Side dish:

Beverage:

Desert / Snack:

-
-
-
-
-

Saturday Dinner

Entree:

Side dish:

Side dish:

Beverage:

Desert / Snack:

-
-
-
-
-

Sunday Breakfast

Entree:

Side dish:

Side dish:

Beverage:

Desert / Snack:

-
-
-
-
-

Sunday Lunch

Entree:

Side dish:

Side dish:

Beverage:

Desert / Snack:

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-
-
-
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