Troop 54/55 Menu Planning - (Patrol Cooking, 1st Class, Cooking/Camping MBs)

Scout Name: _____   Campout Date / Location: _____

Approving Leader: _____   Box and Troop gear check by Patrol QM: _____

Merit Badge Counselor or adult leader overseeing rank cooking must approve menus prior to food purchases.

Plan each day's menus using the MyPlate or current USDA nutritional model. See ChooseMyPlate.gov for nutritional guidance.

Meal:	Ingredient X Quantity X unit price =	Cost

Notes: Total Estimated Cost:

MyPlate: ☐ Vegetables ☐ Fruits ☐ Proteins ☐ Grains ☐ Dairy | Cooking Methods:

List Equipment & Utensils Needed
(both Patrol and Troop gear):

Meal:	Ingredient X Quantity X unit price =	Cost

Notes: Total Estimated Cost:

MyPlate: ☐ Vegetables ☐ Fruits ☐ Proteins ☐ Grains ☐ Dairy | Cooking Methods:

List Equipment & Utensils Needed
(both Patrol and Troop gear):

Cooking for 1st Class requires planning 3 meals, 2 of which require cooking. See the requirements for the full details including discussing the menu, listing food amounts and budget, showing pans, utensils and other gear, demonstrating food safety, being the chief cook and supervising the cleanup.

Camping Merit Badge requires planning 7 meals, 3 of which are cooked with one of those being a trail meal requiring a lightweight stove. Food lists and **recipes** are required for Camping MB, but ingredient costs are not. Food safety and stove safety are emphasized. See requirements for full detail.

Cooking Merit Badge's Ten Cooking Methods to choose from: Baking, Boiling, Broiling, Pan frying, Simmering, Steaming, Microwaving , Grilling, Foil cooking, Dutch oven. (Use 5 of above for the home meals of Cooking MB req. 4. See merit badge pamphlet and requirements for full detail.)

ChooseMyPlate.gov

Meal:	Ingredient X Quantity X unit price =	Cost

Notes: | Total Estimated Cost: |

MyPlate: ☐ Vegetables ☐ Fruits ☐ Proteins ☐ Grains ☐ Dairy | Cooking Methods:

List Equipment & Utensils Needed
(both Patrol and Troop gear):

Meal:	Ingredient X Quantity X unit price =	Cost

Notes: | Total Estimated Cost: |

MyPlate: ☐ Vegetables ☐ Fruits ☐ Proteins ☐ Grains ☐ Dairy | Cooking Methods:

List Equipment & Utensils Needed
(both Patrol and Troop gear):

Meal:	Ingredient X Quantity X unit price =	Cost

Notes: | Total Estimated Cost: |

MyPlate: ☐ Vegetables ☐ Fruits ☐ Proteins ☐ Grains ☐ Dairy | Cooking Methods:

List Equipment & Utensils Needed
(both Patrol and Troop gear):