

SCOUT PATROL MENU PLANNER

| MEAL | | DAY 1 | DAY 2 | DAY 3 |
|-----------|--------------|----------------|-------|-------|
| Snack | Friday night | Cracker Barrel | | |
| Breakfast | Main Course | | | |
| | Fruit | | | |
| | Drink | | | |
| | Other | | | |
| Lunch | Main Course | | | |
| | Fruit | | | |
| | Drink | | | |
| | Other | | | |
| Dinner | Main Course | | | |
| | Break | | | |
| | Vegetables | | | |
| | Dairy | | | |
| | Drink | | | |
| | Dessert | | | |
| | Other | | | |



Start simple with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.



