

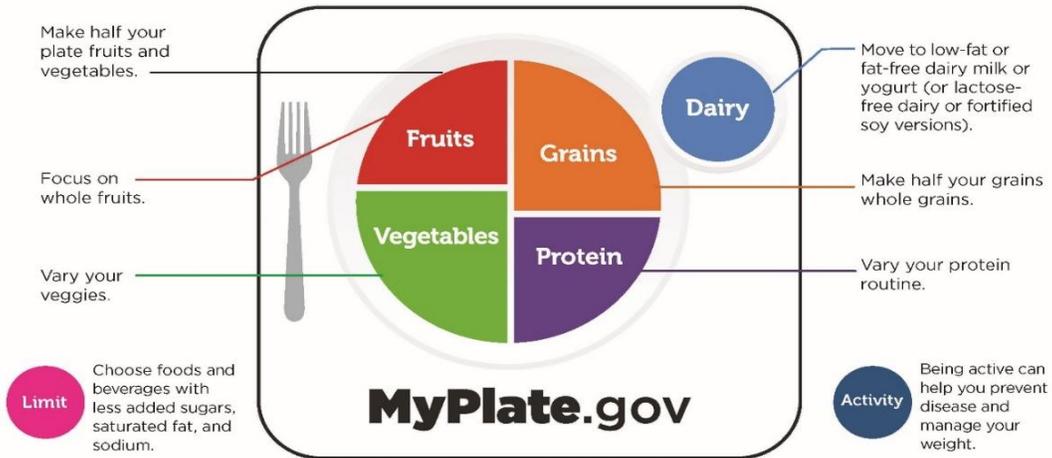
SCOUT PATROL MENU PLANNER

MEAL		DAY 1	DAY 2	DAY 3
	Cracker Barrel			
Breakfast	Main Course			
	Fruit			
	Drink			
	Other			
Lunch	Main Course			
	Fruit			
	Drink			
	Other			
Dinner	Main Course			
	Break			
	Vegetables			
	Dairy			
	Drink			
	Dessert			
	Other			

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

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.



DGA Dietary Guidelines for Americans

FNS-921
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USDA is an equal opportunity provider, employer, and lender.

