

Food Plan

Name _____

Period _____

Students are encouraged to plan their menus together in their camping groups and to divide up the responsibility for shopping and paying for food. See below for meal requirements.

	Breakfast	Lunch	Dinner
Wednesday	X	MEAL	MEAL
		protein	protein
		starch	starch
		fruit	veggie/fruit (2)
		other	other
Thursday	MEAL	MEAL	MEAL
	protein	protein	protein
	starch	starch	starch
	fruit	fruit	veggie/fruit (2)
	other	other	other
Friday	MEAL	X	X
	protein		
	starch		
	fruit		
	other		
Snacks			

Breakfast Needs

- protein
- starch
- 1 fruit
- drink (water ok)

Lunch Needs

- protein
- starch
- 1 fruit
- drink (water ok)

Dinner Needs

- protein
- starch
- 2 vegetables or fruits
- drink (water ok)
- dessert (optional)