

# Troop 180 Menu Cards : Breakfast

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*These are just possibilities. Use the ones you want, or create your own!*

## Common Requirements:

- Dish Soap
- Sponge/Scrubber
- Paper Towels
- Aluminum Foil
- Pots, Pans
- Utensils
- Gloves/Hot Mitt/Wire
- Water Jug(s) (with water?)
- Tarp
- Lantern
- Tent(s) Quantity: \_\_\_\_\_
- Matches

**Individuals should Bring their own utensils, mess kit (plate/bowl & cup) & 10 Essentials**

## Egg Sandwiches

- Eggs
- Breakfast meat: \_\_\_\_\_
- Cheese (optional)
- English Muffins or Bagels
- Fruit and/or Juice
- Cocoa or Tea (optional)
- Salt & Pepper
- Butter/oil
- Fry pan or griddle
- Stove with fuel & matches
- Utensils: spatula, knife

## Oatmeal

- Packages of Oatmeal
- Fruit and/or Juice
- Pot for water
- Nuts, Berries, rasins (for mixing, optional)
- Cocoa or Tea (optional)

## Pancakes

- Pancake mix
- Ingredients for mix (eggs, etc.)
- Breakfast Meat  
(optional): \_\_\_\_\_
- Fruit and/or juice
- Cocoa or Tea (optional)
- Pan or Griddle
- Butter/Oil
- Stove with Fuel & matches
- Spatula

# Troop 180 Menu Cards : Lunch

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*These are just possibilities. Use the ones you want, or create your own!*

Common Requirements (may not be necessary for all meals, check as needed):

- |  |   |
|--|---|
| <input type="checkbox"/> Dish Soap       | <input type="checkbox"/> Gloves/Hot Mitt/Wire       |
| <input type="checkbox"/> Sponge/Scrubber | <input type="checkbox"/> Water Jug(s) (with water?) |
| <input type="checkbox"/> Paper Towels    | <input type="checkbox"/> Tarp                       |
| <input type="checkbox"/> Aluminum Foil   | <input type="checkbox"/> Lantern                    |
| <input type="checkbox"/> Pots, Pans      | <input type="checkbox"/> Tent(s) Quantity: _____    |
| <input type="checkbox"/> Utensils        | <input type="checkbox"/> Matches                    |

**Individuals should Bring their own utensils, mess kit (plate/bowl & cup) & 10 Essentials**

## Grilled Cheese & Soup

- |                                 |  |
|---------------------------------|--|
| <input type="checkbox"/> Soup   | <input type="checkbox"/> Pan, Pot              |
| <input type="checkbox"/> Bread  | <input type="checkbox"/> Spatula, Spoon, Ladle |
| <input type="checkbox"/> Cheese | <input type="checkbox"/> Stove, Fuel & matches |
| <input type="checkbox"/> Butter | <input type="checkbox"/> Hot Mitt/Glove        |

## Peanut Butter & Jelly

- |  |   |
|--|---|
| <input type="checkbox"/> Bread         | <input type="checkbox"/> Knife                      |
| <input type="checkbox"/> Peanut Butter | <input type="checkbox"/> Sandwich bags (if packing) |
| <input type="checkbox"/> Jelly         |   |

## Cold Cut sandwiches

- |  |   |
|--|---|
| <input type="checkbox"/> Bread or rolls                    | <input type="checkbox"/> Knife                      |
| <input type="checkbox"/> Cold Cuts                         | <input type="checkbox"/> Mayo/Mustard/etc.          |
| <input type="checkbox"/> Cheese                            | <input type="checkbox"/> Sandwich bags (if packing) |
| <input type="checkbox"/> Lettuce & Tomato (optional)       | <input type="checkbox"/> Cooler to keep cold        |
| <input type="checkbox"/> Cutting board (for optional veg.) |   |

## Canned or Dry Soup

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> Soup         | <input type="checkbox"/> Stove, Fuel, matches |
| <input type="checkbox"/> Pot          | <input type="checkbox"/> Hot Mitt/Glove       |
| <input type="checkbox"/> Spoon, Ladle |   |
| <input type="checkbox"/>              |   |

## Simple Trail Lunch

- Everyone brings their choice: energy bars, snacks sandwiches, etc.

# Troop 180 Menu Cards : Supper

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Common Requirements (may not be necessary for all meals, check as needed):

- |  |   |
|--|---|
| <input type="checkbox"/> Dish Soap       | <input type="checkbox"/> Gloves/Hot Mitt/Wire       |
| <input type="checkbox"/> Sponge/Scrubber | <input type="checkbox"/> Water Jug(s) (with water?) |
| <input type="checkbox"/> Paper Towels    | <input type="checkbox"/> Tarp                       |
| <input type="checkbox"/> Aluminum Foil   | <input type="checkbox"/> Lantern                    |
| <input type="checkbox"/> Pots, Pans      | <input type="checkbox"/> Tent(s) Quantity: _____    |
| <input type="checkbox"/> Utensils        | <input type="checkbox"/> Matches                    |

**Individuals should Bring their own utensils, mess kit (plate/bowl & cup) & 10 Essentials**

## Foil Packs

- |  |   |
|--|---|
| <input type="checkbox"/> Pre-cooked meat (sausage, chicken, etc.)    | <input type="checkbox"/> Aluminum Foil                                |
| <input type="checkbox"/> Starch (rice, potatoes, quinoa, etc.)       | <input type="checkbox"/> Tongs and Gloves                             |
| <input type="checkbox"/> Vegetables (carrots, onions, peppers, etc.) | <input type="checkbox"/> Fire making materials, or Charcoal & Chimney |

## Stew

- |  |   |
|--|---|
| <input type="checkbox"/> Meat                          | <input type="checkbox"/> Stove & Fuel or Charcoal & Chimney |
| <input type="checkbox"/> Starch (potatoes, rice, etc.) | <input type="checkbox"/> Spoon, Ladle,                      |
| <input type="checkbox"/> Vegetables                    | <input type="checkbox"/> Knife, cutting board               |
| <input type="checkbox"/> Pot or Dutch oven             |   |

## Sloppy Joes

- |  |  |
|--|--|
| <input type="checkbox"/> Ground Beef       | <input type="checkbox"/> Spoon                           |
| <input type="checkbox"/> Seasoning         | <input type="checkbox"/> Pot                             |
| <input type="checkbox"/> Cheese (optional) | <input type="checkbox"/> Stove/Fuel                      |
| <input type="checkbox"/> Bread/Rolls       | <input type="checkbox"/> Vegetables or Salad w/ dressing |

## Pizza

- |                                      |  |
|--------------------------------------|--|
| <input type="checkbox"/> Pizza Dough | <input type="checkbox"/> Toppings (optional) |
| <input type="checkbox"/> Sauce       | <input type="checkbox"/> Dutch oven          |
| <input type="checkbox"/> Cheese      | <input type="checkbox"/> Charcoal & Chimney  |