

CAMPOUT MEAL PLANNER

Using MyPlate.gov to guide the meals, review the meal plan and recipes below.

Breakfast Meal Plan and Recipes

Fruit Salad

- Apples - 1 for every 2 people
- Bananas - 1 for every 2 people
- Oranges - 1 for every 2 people
- Grapes - 1 bunch for every 4 people

Directions: Cut up apples, bananas, oranges, grapes, or other fruits. Mix together and toss with a little lemon juice to prevent browning.

Biscuits

- Canned biscuits - average can serves 8-10 biscuits
- Metal plate or pie pan
- Dutch oven

Directions: Arrange canned biscuits on a metal plate or pie pan. Carefully place the plate on several rocks in the floor of a preheated Dutch oven. Cook until golden brown.

Breakfast in a Bag

- Pre-cooked bacon - 2 slices per person
- Eggs - 2 eggs per person
- Milk - 1 tbsp. per person
- Shredded cheese - $\frac{1}{4}$ cup per person
- Chopped vegetables (onions, green peppers, spinach, etc.) - 1 vegetable for every 4 people
- Salt
- Pepper
- Quart-sized boil-safe cooking bag - 1 per person
- Large pot of boiling water - 1 pot to share

Directions: For each Scout, crack one or two eggs into a sealable, quart-size boil-safe cooking bag. Add 1 tbsp. milk and other ingredients (bacon, cheese, chopped green pepper, chopped onion, salt, pepper) to taste. Seal the bag, removing excess air, and then shake it. (Be sure to seal the bag before shaking it.) Place the bag into boiling water and cook for 3-4 minutes or until fully cooked. Use tongs to remove the bag from hot water.

Juice, Water, or Milk

Lunch Meal Plan and Recipes

Sandwiches (Ham, Turkey, or Veggie)

- Bread - 2 slices per person
- Ham deli meat slices - 5 slices per person
- Turkey deli meat slices - 5 slices per person
- Cheese slices for sandwiches - 2 slices per person
- Lettuce - 1 head for 5 people
- Sliced tomato - 1 for every 4 people
- Cucumbers - 1 for every 4 people (to use in Veggie Sandwich)
- Hummus - 2 tbsp. per person - one container can feed about 10 servings
- Condiments (Mayo, mustard, salt, pepper, etc.)

Directions: Set out all the items individually with serving utensils. Allow people to build their own sandwiches.

Baby Carrots - 12 baby carrots per person

Apples - 1 per person

Juice or Water

Dinner Meal Plan and Recipes

Dutch Oven Pizza (Serves 4)

- Pizza dough - 1 refrigerated pizza crust
- Pizza sauce - 14 oz. jar
- Sautéed vegetables (Onion, peppers, mushrooms, etc.)
- Cooked meat (Pepperoni, hamburger, bacon, chicken, etc.)
- Pizza cheese blend (Mozzarella and cheddar) - 8 oz. bag
- Other pizza toppings
- Metal plate or pie tin

Directions: Spread pizza dough on a metal plate or pie tin. Cover dough with pizza sauce, sautéed vegetables, cooked meat, cheese, and other favorite toppings. (Anchovies, anyone?) Carefully place the plate on several rocks on the floor of a preheated Dutch oven. Cook until the cheese is melted and the crust is golden brown.

Salad

- Iceberg bag salad - 12 oz. - one bag for every 4 people
- Salad dressing

Drinks

S'mores (2 per person)

- Large marshmallows - 1 large bag of marshmallows will make 24 s'mores
- Chocolate - (1 Hershey bar has 12 breakaway rectangles)
- Graham crackers - 1 box - 14 people can make 2 s'mores
- Skewers

Directions: Roast a large marshmallow on a skewer over hot coals. Add a square of chocolate and sandwich between two graham crackers.