Sample Menu Items

Girl Scout Troop 680

These lists are intended to give girls ideas about what they might want to prepare for the campouts.

Notes:
We will not be providing lunch on any of our campouts.
Also, due to allergies we will not allow any peanuts, peanut butter, or peanut oil on any Girl Scout events.
Please ask your girls/parent if any of them have Dietary Considerations (like food allergies, vegetarianism, or Kosher) before starting to plan your meals.

Breakfast
Pancakes or toast
Scrambled eggs
Bacon or sausage
Veggie sausage
Orange Juice and/or milk
Fruit

Dinner	
Main Course	**Starch**
Spaghetti w/ red sauce	Rolls
Burritos	Garlic bread
Hot dogs w/ buns	Toast
Hamburgers w/ buns	Rice (kinda hard to make)
Macaroni and cheese	
Vegetables/Fruit	**Dessert**
Corn on the cob	Cookies
Frozen corn or peas	Chocolate bars
Baby carrots	M & M's
Sliced apples	Smores
Green salad w/ dressing	Instant chocolate pudding
Fruit salad	
Extras	
Milk	
Juice	
Butter	