

## Troop 845 First Class Cooking and Camping Menu Check List

### First Class Breakfast

- hot beverage
- bread/cereal group
- meat and/or egg
- fruit or juice
- milk or dairy
- at least two things cooked  
(no more than 1 can involve  
boiling water)

### First Class Lunch

- bread, pasta, rice, group
- meat and/or cheese group
- fruit
- vegetable
- beverage
- milk or dairy
- at least two things cooked  
(boiling water does not count)

### First Class Supper

- bread, pasta, rice, group
- meat group
- vegetable
- beverage
- fruit
- milk or dairy
- dessert
- at least three things cooked  
(boiling water does not count)

### Snacks (optional)

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### Non-First Class Breakfast

- hot beverage
- bread/cereal group
- meat and/or egg (optional)
- fruit or juice

### Non-First Class Lunch

- cold beverage
- sandwiches with condiments
- fruit
- vegetables
- soup or hot beverage (winter)

Tenderfoot and Second Class cooking completed and signed off.

ASM or Scoutmaster approval to start TWO TROOP MEETINGS (10 days) before the campout. Your name must be added to Mr. Kuhfeld's (or a designated alternative's) list of boys working on cooking. Sign up early! If we are short on adults, it will be first come first served.

ASM or Scoutmaster approval of menu, ingredient, and equipment list at least ONE TROOP MEETING (3 days) before the campout. (This leaves adequate time to plan and secure the ingredients.)

List of pans, stoves, utensils needed for each meal.

Shopping list including list of ingredients needed (e.g. Bisquick requires egg and milk, and things like butter, syrup, oil, ketchup, mustard, mayonnaise, bread, and so on).

Receipts: save and bring to campout.

Sample First Class Breakfast

hot chocolate  
oatmeal -or-  
bagels in a foil pack (good with cheese)  
eggs in a bag  
orange juice

Sample First Class Breakfast

hot chocolate  
bacon or sausage  
pancakes  
orange juice  
bread or bagels

Sample First Class Lunch

quesadillas (tortilla and cheese)  
apples, butter, cinnamon in foil pack  
Gatorade or bug juice  
corn, beans, or other cooked vegetable

Sample First Class Lunch

hamburgers, cheese, buns, condiments  
oranges  
Gatorade or bug juice  
corn, beans, or other cooked vegetable  
canned soup

Sample First Class Lunch

foil pack: (hamburger, tuna, chicken) with  
potatoes, carrots, canned vegetables  
rice or pasta  
bananas  
Gatorade or bug juice  
yogurt

Sample First Class Supper

foil pack: (hamburger, tuna, chicken) with  
potatoes, carrots, canned vegetables  
pasta or rice  
milk  
Dutch oven cobbler

Sample First Class Supper

Dutch oven chili (hamburger, beans, tomato,  
spices, and so on)  
sour cream or cheese condiments  
- or - beef stew  
bread  
rice  
milk  
apples, butter, cinnamon in foil pack

Sample First Class Supper

grilled chicken (or other meat)  
cooked vegetables  
rice or pasta  
hand held camp pies (each one: two pieces of  
bread, butter, pie filling) in special  
camp fire pie apparatus  
bread  
milk

Sample First Class Supper

boneless pork, browned in oil in Dutch oven then  
simmered in barbeque sauce  
reflector oven corn bread, butter  
corn on the cob, soaked in water, wrapped in  
foil,  
cooked on coals, butter  
rice or pasta  
ice tea  
hand crank ice cream

First Class Breakfast

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Ingredients and Amounts

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Pots, Pans, Utensils

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First Class Lunch

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Ingredients and Amounts

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Pots, Pans, Utensils

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