

**Camping Merit Badge
Requirement 8c
Example Weekend Menu**

Friday Lunch:

Hot dogs, corn on the cob, apples, and water.

Friday Dinner:

Walk around tacos, cilantro rice, tomato avocado salad, and water.

Saturday Breakfast:

Boil bag omelet (veg and pre-cooked meat), pan roasted potatoes, oranges, and apple juice.

Saturday Lunch:

Sub sandwiches, apples, chips, and water.

Saturday Dinner:

Smoked sausage mac and cheese, Caesar salad, apples, and water.

Sunday Breakfast:

Blueberry pancake casserole, bacon, apples, and juice.

Sunday Lunch:

Peanut butter and jelly sandwiches, chips, apples or oranges, and water or milk.