



White Buffalo District

Webelos Woods @ Harvey County West Park

MENU SUGGESTION FOR THE WEEKEND

Saturday Lunch

Grilled Ham N' Cheese Sandwiches
Chips
Carrots/Celery
Jell-O Cup
Cookies

Saturday Supper

Spaghetti and Meatballs
Cub Scout Style ...
Ramen Noodles
Meatballs (pre-made frozen works great)
Spaghetti sauce
Heated Water

Place Ramen Noodles in bowl
Pour 1 cup heated water on noodles
Pour ½ cup heated spaghetti sauce with meat balls over noodles

To complete the meal -
Add bread, fruit, and a vegetable, then add in a cup of pudding

Sunday Breakfast

Cinnamon Toast Sticks (heat and serve) and syrup
Milk
Fruit

The idea

is to keep it

VERY
simple.