

Girl Scout Cooking Menu Planning

Part of the valuable learning experience for Girl Scouts in cooking involves developing skills in menu planning. It is crucial for them to understand factors such as estimating the quantity of food required to feed a specific number of people, understanding measurement equivalents, and effectively planning meals throughout the day. In this resource, we aim to provide comprehensive information and guidance on these aspects. By equipping Girl Scouts with the knowledge and tools to plan menus effectively, we empower them to become proficient in meal preparation and thoughtful decision-making



Food Quantities

Meat

Bacon: 2 strips per person: 1lb. = 20 – 24 thin slices

Ground Beef: 1/4 lb. per person; less in one pot meals.

Tuna: 6 1/2 oz. can makes 4 Sandwiches

Hot Dogs: 2 per person

Bread and Cereal

Bread: 1 lb. = 20 – 22 slices (Sandwich loaf)

Dry Cereal: Large Box = 10 – 12 Servings

Graham Crackers: 1 lb. = 66 squares

Oatmeal: 18 oz. = 6 cups: 12 -14 1-cup

Pancake Mix: 1 lb. = 16 servings

Dairy

American Cheese: 1 lb. = 24 slices

Cheddar Cheese: 1 lb. = 12-16 slices or 4 cups grated

Hot Cocoa Mix: 1 lb. = 24 – 6 oz. servings (water base)

Margarine: 1 lb per loaf of bread

Fruits & Vegetables

Apples: 1 lb. = 3 medium size

Bananas: 1lb. = 3 medium size

Oranges: 1 lb. = 2 medium size

Lettuce: 1 lb. = 1 large head; 8-10servings

Raisins: 20 oz. = 10 servings

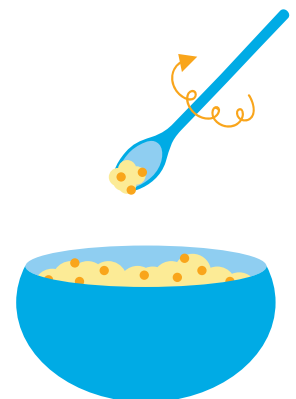
Miscellaneous

Marshmallows: 12 oz. = 36-40

Pancake Syrup: 1 pint = 16 – 2 Table spoon servings

Popcorn (unpopped): 1 lb. = 1 lb. = 2 cups or 24 servings

Potato Chips: 1 lb. = 16 servings



Glossary of Equivalents

Dry Measure Volume Equivalents

- 1/4 lb. or 1 stick butter = 1/2 cup or 8 tbs.
- 1 lb. Granulated sugar = 2 cups
- 1 lb. Brown sugar = 2 2/3 cups
- 1 lb. Grated cheese = 5 cups
- 1 lb. Raisins = 3 cups
- 1 lb. Ground meat = 2 cups

Liquid Measure Volume Equivalents

- 3 tsp. = 1 tbs.
- 16 tbs. = 1 cup or 8 oz.
- 2 cups = 1 pint
- 2 pints = 1 quart
- 4 cups = 1 quart
- 16 cups = 1 gallon
- 4 quarts = 1 gallon

Can Size Equivalents

- 6 oz. can = 3/4 cup
- 8 oz. can = 1 cup
- 12 oz. can = 1 1/2 cups



Food Quantity Examples (for 16 girls and 2 adults)

French Toast

- 2—1 lb. loafs Bread
- 1 quart Milk
- 1/2 dozen Eggs
- 2 bottles Syrup
- 1lb. Margarine

Cereal

- 2 large boxes cereal
- 1 cup Sugar
- 2 quarts Milk

Bacon and Eggs

- 2 lbs. Bacon
- 2 lbs. Eggs

Stew

- 3 lbs. Hamburger
- 5 cans Vegetables
- 2 Onions
- 2 cans Kidney Beans

Foil Dinner

- 4 lbs. Hamburger
- 5 lbs. Potatoes
- 2 pkgs. Carrots
- 5 Onions

Frito Pie

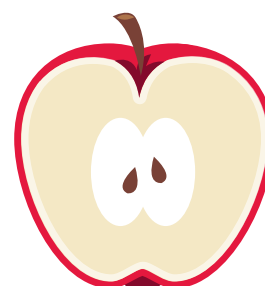
- 5 cans Chili with Beans
- 3 bags Fritos
- 1/2 lb. American Cheese

Gingerbread Applesauce Cake

- 2pkgs. Gingerbread Mix
- 2 cans Applesauce

Banana Boats

- 18 Bananas
- 1 pkgs. Marshmallows (small)
- 1 pkgs. Chocolate Chips



Menu Planning Chart

Sample

This is a great chart to give to your Girl Scouts to let them see what they need to do to plan a menu. What to cook, making a shopping list, and deciding what equipment they will need. You can oversee if they are forgetting anything.

Meal	Menu	Shopping List	Cooking Equipment
Breakfast	Scrambled Egg Burritos Juice Fruit	3 doz eggs 2 pkg flour tortillas 2 pkg frozen hash brown Cheese Salsa Butter or oil Orange and/or Apple Juice Bananas Apples	2 frying pans Spatula Bowl (to mix eggs) Whisk Grater Propane Stove Cutting Board Knife Pitcher
Lunch			
Snack			
Dinner			
Dessert			

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