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| **Hawk Menu** |
| **Fri. Snack**  | Dog in a blanket, Water  |
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| **Sat. Breakfast**  | Bacon & Egg Wraps, Fruit cups, Milk  |
| **Sat. Lunch**  | BBQ ham sandwiches, Chips, Lemonade  |
| **Sat. Dinner**  | Chicken and Vegetable Stir Fry, Apples, Water  |
| **Sat. Dessert**  | Banana Boats  |
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| **Sun. Breakfast**  | Bisquick Pancakes , Bacon, Water  |

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| **Dog in a blanket** |
| Biscuit RollWieners | Cheese |
| Wrap a wiener in biscuit dough, skewer on a stick and bake over hot coals. Or slit the wiener and insert a piece of cheese before you wrap and cook it.**\*\*Not eligible for First Class Camp** |

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| **Bacon & Egg Wraps** |
| 2 Lbs Bacon2 (Per Person) Eggs1 Onion | Salt & PepperShredded CheeseTortilla Shells |
| Dice bacon and cook in Dutch oven. When almost done, add finely diced onion.  Crack two eggs per person into a bowl and beat.  Add salt, and pepper.  Pour over bacon and scramble in Dutch oven.  Fill tortilla and sprinkle with shredded cheese.  Serve with an orange and a glass of milk.  *For a more southwestern taste, add diced peppers with the onions and serve with salsa.* |

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| **BBQ ham sandwiches** |
| 1 Lb (per 5 people) Chipped Ham1 Bottle BBQ Sauce | 5 Hamburger Buns |
| Separate ham slices and drop into Dutch oven.  Add BBQ sauce and heat through.  |

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| **Chicken and Vegetable Stir Fry** |
| 1 1/2 Lbs Skinless, Boneless Chicken Breast, Cut in 1” pcs3 Tablespoons Vegetable Oil3 Cups Broccoli Florets8 Ounces Fresh Mushrooms, Sliced4 Green Onions3 Carrots, peeled and sliced | 2 Cups Cauliflower Florets3 Stalks Celery, Sliced1/2 Cup Soy Sauce1/2 Cup Apple Juice1/2 Tsp Ground Ginger1 Clove Minced Garlic1 Tbsp Corn Starch, Dissolved in ¼ cup water |
| Marinate chicken in soy sauce, apple juice and garlic 15-20 minutes prior.  Reserve marinade for later use.  Heat the oil in oven to medium hot.  Add chicken and stir-fry until opaque.  Remove and set aside.  Now stir-fry broccoli, carrots, cauliflower and celery 3-4 minutes.  Add mushrooms onions and ginger.  Stir fry 3-4 more minutes.  Add dissolved corn starch, marinade and chicken.  Heat through until sauce has thickened.  Serve over cooked rice. |

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| **Banana Boats** |
| BananasMini-Marshmallows | Chocolate chipsFoil |
| Slice banana lengthwise 3/4 of the way through. Do not peel! Add chocolate chips and mini marshmallows. Wrap in foil. Bake on coals for about 10 minutes.  |

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| **Bisquick Pancakes**  |
| 2 Cups Bisquick Mix1 Cup Water or milk | 2 (lg) Eggs2 Tablespoons vegetable oil1 Tsp vanilla |
| In a mixing bowl, beat the eggs, milk, oil and vanilla together until the mixture is light. Stir in the mix until just moistened, about 20 seconds. Don't try to get out all the lumps or the pancakes will be tough and rubbery. Any lumps won't be perceptible in the pancakes themselves.Preheat your griddle and grease it lightly.When the griddle is the right temperature, a few drops of water will "dance" on the surface. Use a 1/4-cup measure and pour batter onto the griddle, leaving room for expansion. Turn the pancakes when a few of the bubbles that appear on the surface don't fill in. The second side will cook in about half the time the first side takes.Serve with plenty of butter and good maple syrup, or the topping of your choice. |

**Food List (For Recipe Ingredients)**

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| 1/2 Cup Apple Juice2 Lbs BaconBananas1 Bottle BBQ SauceBiscuit Roll2 Cups Bisquick Mix3 Cups Broccoli Florets3 Carrots2 Cups Cauliflower Florets3 Stalks CeleryCheeseChocolate chips1 Clove Minced Garlic1 Tbsp Corn StarchFoil8 Ounces Fresh Mushrooms4 Green Onions1/2 Tsp Ground Ginger5 Hamburger Buns | 2 lg EggsMini-Marshmallows1 Onion1 Lb per 5 people Chipped Ham2 Per Person EggsSalt & PepperShredded Cheese1 1/2 Lbs Skinless, Boneless Chicken Breast1/2 Cup Soy SauceTortilla Shells1 Tsp vanilla2 Tablespoons vegetable oil3 Tablespoons Vegetable Oil1 Cup Water or milkWieners |

**Other Ingredients and Items**

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| **Breakfast Items**1x Bacon1x Fruit cups**Lunch Items**1x Chips**Dinner Items**1x Apples | **Breakfast Drinks**1x Milk1x Water**Lunch Drinks**1x Lemonade **Dinner Drinks**1x Water**Snack Drinks**1x Water  |