|  |  |
| --- | --- |
| **Hawk Menu** | |
| **Fri. Snack** | Dog in a blanket, Water |
|  | |
| **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 |
|  | |
| **Sun. Breakfast** | Bisquick Pancakes , Bacon, Water |

|  |  |
| --- | --- |
| **Dog in a blanket** | |
| Biscuit Roll Wieners | 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** | |

|  |  |
| --- | --- |
| **Bacon & Egg Wraps** | |
| 2 Lbs Bacon 2 (Per Person) Eggs 1 Onion | Salt & Pepper Shredded Cheese Tortilla 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.* | |

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

|  |  |
| --- | --- |
| **Chicken and Vegetable Stir Fry** | |
| 1 1/2 Lbs Skinless, Boneless Chicken Breast, Cut in 1” pcs 3 Tablespoons Vegetable Oil 3 Cups Broccoli Florets 8 Ounces Fresh Mushrooms, Sliced 4 Green Onions 3 Carrots, peeled and sliced | 2 Cups Cauliflower Florets 3 Stalks Celery, Sliced 1/2 Cup Soy Sauce 1/2 Cup Apple Juice 1/2 Tsp Ground Ginger 1 Clove Minced Garlic 1 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. | |

|  |  |
| --- | --- |
| **Banana Boats** | |
| Bananas Mini-Marshmallows | Chocolate chips Foil |
| 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. | |

|  |  |
| --- | --- |
| **Bisquick Pancakes** | |
| 2 Cups Bisquick Mix 1 Cup Water or milk | 2 (lg) Eggs 2 Tablespoons vegetable oil 1 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)**

|  |  |
| --- | --- |
| 1/2 Cup Apple Juice 2 Lbs Bacon Bananas 1 Bottle BBQ Sauce Biscuit Roll 2 Cups Bisquick Mix 3 Cups Broccoli Florets 3 Carrots 2 Cups Cauliflower Florets 3 Stalks Celery Cheese Chocolate chips 1 Clove Minced Garlic 1 Tbsp Corn Starch Foil 8 Ounces Fresh Mushrooms 4 Green Onions 1/2 Tsp Ground Ginger 5 Hamburger Buns | 2 lg Eggs Mini-Marshmallows 1 Onion 1 Lb per 5 people Chipped Ham 2 Per Person Eggs Salt & Pepper Shredded Cheese 1 1/2 Lbs Skinless, Boneless Chicken Breast 1/2 Cup Soy Sauce Tortilla Shells 1 Tsp vanilla 2 Tablespoons vegetable oil 3 Tablespoons Vegetable Oil 1 Cup Water or milk Wieners |

**Other Ingredients and Items**

|  |  |
| --- | --- |
| **Breakfast Items** 1x Bacon 1x Fruit cups  **Lunch Items** 1x Chips  **Dinner Items** 1x Apples | **Breakfast Drinks** 1x Milk 1x Water  **Lunch Drinks** 1x Lemonade   **Dinner Drinks** 1x Water  **Snack Drinks** 1x Water |