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| **Troop Menu** | |
| **Sat. Lunch** | Food Court Stop |
| **Sat. Dinner (x2)** | Tortellini Carbonara, Tossed Salad, Rolls, Fresh Fruit, Water |
| **Sat. Dessert** | Cookies |
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| **Sun. Breakfast (x3)** | Bacon & Egg Wraps, Milk |
| **Sun. Lunch (x3)** | Grilled Kielbasa Sandwiches, Corn Chips, Twinkies, Fruit, Troop Drink |
| **Sun. Dinner (x3)** | Seasoned Green Beans, Chicken Fried Rice, Water |
| **Sun. Dessert (x3)** | Pudding |
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| **Mon. Breakfast (x3)** | Sausage Links, Chocolate Chip Pancakes, Tang |
| **Mon. Lunch (x3)** | Sloppy Joes , Fritos, Carrot Sticks, Cookies, Troop Drink |
| **Mon. Dinner (x3)** | Corn on the Cob , Frontier Throw Together, Water |
| **Mon. Dessert (x3)** | Striped S'mores |
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| **Tue. Breakfast (x3)** | Breaded Spam , Fresh Fruit, Tang |
| **Tue. Lunch (x3)** | Italian Chicken Pockets , Canned Fruit, Little Debbie Cakes, Troop Drink |
| **Tue. Dinner (x3)** | Chicken & Sausage Jambalaya, Tossed Salad, Milk |
| **Tue. Dessert (x3)** | Dutch Oven Brownies |
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| **Wed. Breakfast (x3)** | Cinnamon Sugar Campfire Donuts, Canadian Bacon, Fruit, Milk |
| **Wed. Lunch (x3)** | Grilled Ham & Cheese Sandwiches, Pickles, Tomato soup, Cookies, Troop Drink |
| **Wed. Dinner (x3)** | Tropical Yardbird, Corn Chips, Milk |
| **Wed. Dessert (x3)** | No Bake Cheesecake |
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| **Thu. Breakfast (x3)** | Scrambled Skillet , Fruit, Tang |
| **Thu. Lunch (x3)** | Cheeseburgers, Lettuce, Tomato, Chips, Fig Bars, Troop Drink |
| **Thu. Dinner (x3)** | Taco Salad, Milk |
| **Thu. Dessert (x3)** | Ice Cream |
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| **Fri. Breakfast (x3)** | French Toast, Apples, Bacon, Tang |
| **Fri. Lunch (x3)** | Trail Lunch |
| **Fri. Dinner (x3)** | BLT Salad , Real Mashed Potatoes, Swiss Steak, Rolls |
| **Fri. Dessert (x3)** | Stir Crazy Cake |
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| **Sat. Breakfast** | Cold Cereal, Sweet Rolls, Milk |
| **Sat. Lunch** | Food Court Stop |

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| **Tortellini Carbonara (x2.0)** | |
| 1 Lb Bacon 2 Cups Whipping Cream | 1/4 Cup Dry Parsley - Can substitute 1 cup freshly minced 1 Cup Grated Parmesan or Romano 1 Package Refrigerated Cheese Tortellini |
| In Dutch oven, dice and cook the bacon; drain the grease.  Add cram, parsley and cheese.  Continue heating through.  Meanwhile prepare tortellini according to package directions; drain.  Pour cheese sauce over tortellini and toss to coat.  Serve immediately. | |

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| **Grilled Kielbasa Sandwiches (x3.0)** | |
| Kielbasa Sub or Sausage Buns | Green Pepper Onion |
| Slice meat lengthwise and place face-down on charcoal grill.  Meanwhile sauté peppers and onions in a small frying pan or Dutch oven over your stove with just a little bit of oil. | |

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| **Seasoned Green Beans (x3.0)** | |
| 1 Cup Green Beans - About 1 lb 2 Tablespoons Butter, Melted 1/2 Tsp Seasoned Salt | 1/2 Tsp Chili Powder 1/8 Tsp Garlic Powder 1/8 Tsp Onion Powder |
| Steam for 7-8 minutes or until crisp-tender. In a small bowl, combine the butter and seasonings. Drain beans; add butter mixture and toss to coat. | |

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| **Bacon & Egg Wraps (x3.0)** | |
| 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.* | |

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| **Chicken Fried Rice (x3.0)** | |
| 1 Package Uncle Ben's Converted Rice 1 1/2 Lbs Chicken Breast, Diced 10 Slices Bacon, Diced | 8 Eggs 1 Bunch Green Onions, Chopped, including Tops 1 Bottle (Small) Soy Sauce |
| Prepare 3 cups long grain white rice according to package directions.  Use 6 cups water and 3 cups rice.  Stir fry diced chicken breast in Dutch oven, remove.  Fry diced bacon in Dutch oven, remove.  Drain most but not all of the bacon drippings. Slightly beat eggs and pour into hot bacon drippings. Cook like scrambled eggs, scraping the oven frequently until they are almost done.  Add rice and diced green onions.  Mix together.  Continue to scrape and mix as needed until everything is warm.  Add meat and enough soy sauce to turn rice brown.  Cook for 5 more minutes. | |

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| **Sausage Links (x3.0)** | |
|  | 2 Per Person Sausage Links - Min |
| Place in Dutch oven with just enough water to cover the bottom of the oven.  Cover & heat from bottom, moving sausages occasionally with a spatula.  When the water is all evaporated, sausages should be cooked.  Remove lid and continue to brown. | |

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| **Sloppy Joes (x3.0)** | |
| 2 Lbs Ground Beef 1 Jar Sloppy Joe Mix | Hamburger Buns |
| Brown the hamburger with a sprinkle of garlic salt in Dutch oven.  Drain grease along the edge of the fire circle then add a jar of Sloppy Joe mix.  Heat through and serve on buns.    Variation:  prepare mix as above then place 10 refrigerator biscuits on top.  Cover and bake per package directions.  Add shredded cheddar and heat 2-3 minutes until melted. | |

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| **Corn on the Cob (x3.0)** | |
| Corn Salt | Butter Foil\* |
| **Boiling Method:** Bring large pot of water with handful of salt to a boil.  Add 1 TBSP of sugar.  Remove husks from corn and place in boiling water for 5‑10 minutes.  Remove water from heat. Corn may be left standing in water for several minutes and served directly from there.  Be sure to have plenty of butter on the table!    **Roasting Method (Foil):**Remove husks from corn and place on heavy-duty foil.  Cover with 1 TBSP of butter and a sprinkle of salt.  Roll corn in foil and twist ends to a point for handles.  Place on coals over medium to high heat (3-second palm test) for 10 minutes on either side.    **Roasting Method (in husks):** Leave corn in husks and soak in water for at least 30 min.  Place on coals and cook same as above. | |

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| **Chocolate Chip Pancakes (x3.0)** | |
| 1/2 Cup Chocolate Chips - Can increase or decrease to preference 1 Cup Pancake Mix | 2/3 Cup Water |
| Mix pancakes according to Mix direction.  Add Chips after mixing water and pancake mix.    On a lightly greased griddle, spoon about 1/4 cup into circular pancakes.  When you see bubbles forming, it is close to flipping time.  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. | |

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| **Frontier Throw Together (x3.0)** | |
| 2 Lbs Kielbasa, Chunked 12 Potatoes, Peeled and Sliced think 1 Lb Bacon, Diced 5 Onions, Chopped | 2 Green Pepper, Chopped 2 Cans Mushrooms Salt and Pepper |
| Fry bacon in Dutch oven, remove.  Fry potatoes and onions in bacon drippings.  When almost done add everything else.  Cook until tender. | |

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| **Striped S'mores (x3.0)** | |
| Keebler Fudge Stripe cookies | Marshmallows |
| Take your leftover coals from dinner and pile them up.  Toast a marshmallow over the coals and place between two cookies. | |

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| **Italian Chicken Pockets (x3.0)** | |
| 1 Lb Boneless Chicken Breast, Cubed 2 Tablespoons Oil 1 Green Pepper, Chopped 1 Cup Sliced Mushrooms | 1 Package Sliced Pepperoni 1 Cup Spaghetti Sauce 4 Pita Bread |
| Sauté chicken in oil until no longer pink.  Add green pepper and mushrooms; cook until tender.  Stir in pepperoni; heat through.  Drain.  Stir in spaghetti sauce; heat through.  Spoon the mixture into pita halves.  Sprinkle with Parmesan, if desired. | |

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| **Chicken & Sausage Jambalaya (x3.0)** | |
| 1 Tbsp Canola Oil 2 Lbs Boneless Chicken, cubed 1 Lb smoked sausage, cut into 3/4" - 1" pieces 1 (Large) White Onion, Chopped - Approx 2-cups 1 (Large) Green Bell Pepper, Chopped - Approx 1.5-cups 1 Cup Celery, Chopped 3 Garlic Cloves, Minced  2 Bay Leaves | 1 Tbsp Creole Seasoning 1 Tsp Dried Thyme 1 Tsp Dried Oregano 2 Cups Uncooked converted rice 3 Cups Chicken Broth 2 Cans (14 oz) diced fire-roasted tomatoes Sliced scallions - Optional |
| Heat oil in a 12" deep dutch oven over medium-high heat.  Add Chicken and sausage, and cook, stirring constantly, until browned on all sides,  8 to 10 minutes.  Remove with slotted spoon into a bowl lined with paper towels; blot with paper towels.  Add onion, bell pepper, celery, garlic, bay leaves, Creole seasoning, thyme, and oregano to hot drippings;  cook over medium-high until vegetables are tender, 5 to 7 minutes.  Stir in rice, and cook until fragrant, about 3 minutes.  Stir in chicken broth, tomatoes, chicken, and sausage.  bring to a boil over high.  Cover, reduce heat to medium and simmer, stirring occasionally, until rice is tender, about 20 minutes.  Garnish with sliced scallions if desired. | |

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| **Breaded Spam (x3.0)** | |
| Corn Meal | Spam |
| Place corn meal in shallow plate.  Slice spam thin and bread with corn meal.  Fry on well greased griddle over medium heat until brown. | |

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| **Dutch Oven Brownies (x3.0)** | |
| 1 Box (18.3 oz) Brownie Mix 1 Can (12 oz Coke, Dr. Pepper, etc) Dark Soda | 1 Bag (12 oz) Chocolate chips |
| For easy cleanup, use a Dutch oven liner.  Mix the brownie batter with soda. Pour half the batter into the Dutch oven.  Scatter the Chocolate chips, add remaining batter.   (Optionally, use half the chocolate chips in the middle, half on the top)  Bake approximately 30-60 minutes, or until knife comes out clean. | |

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| **Grilled Ham & Cheese Sandwiches (x3.0)** | |
| Bread Butter | Sliced Deli Ham Sliced American Cheese |
| Butter two slices per sandwich and assemble ham and cheese on bread with buttered side out.  Place on griddle and turn when brown.  Keep warm until ready to serve. | |

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| **Cinnamon Sugar Campfire Donuts (x3.0)** | |
| 1 Tube Refrigerated biscuit dough Cooking Oil | 1 Cup Sugar 2 Tablespoons Cinnamon |
| * In an iron skillet or Dutch oven, heat oil on low until shimmering hot. If the oil is too hot, the outside will brown and the inside will be raw, so make sure to cook on low. * Mix granulated sugar and cinnamon, stirring to get an even mixture for coating the donut. * Open biscuits and pole a hole in the middle of each biscuit to resemble a donut. * Once the oil is hot, carefully drop 3-4 biscuits into the oil and cook about 3-4 minutes on each side or until golden and then flip the donut over to cook the other side. * When the donut is golden on each side, carefully remove the donut and place onto paper towels to drain for a moment. * Then carefully drop the hot donut into the cinnamon sugar and coat your donut on all sides. Enjoy!! | |

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| **Tropical Yardbird (x3.0)** | |
| 8 Boneless Chicken Breast, Cut in Cubes 2 Tablespoons Brown Sugar 1/2 Cup Green and Red Peppers, Chopped 2 1/2 Cups Chicken broth 1 1/2 Cups Canned Pineapple Tidbits in Juice, Undrained 2 Tablespoons Soy Sauce | 1 1/2 Cups Uncooked long grain White or Brown Rice 2 Tablespoons White Vinegar 1/3 Cup Ketchup 2 Cloves Garlic, Minced 3/4 Cup Carrots, Finely Chopped 3/4 Cup Green Onion, Chopped |
| Spray a Dutch oven with nonstick spray.  Add chicken, cook until no longer pink.  Add remaining ingredients, except green onions.  Stir well and bring to a boil.  Cover and simmer for 25 minutes until rice is tender.  Stir occasionally.  Stir in green onions during last 5 minutes of cooking time.  Serve immediately. | |

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| **No Bake Cheesecake (x3.0)** | |
| 1 Box (19.6 oz box) Jell-O No Bake Dessert Kit 2 Tablespoons Sugar | 4 Tablespoons Butter, Melted 1 1/2 Cups Milk 1 (8-10 inch pan) Foil Pie Pan |
| Per package instructions combine the crust mix, sugar, and butter.    Press onto bottom and up sides of pie plate.  Beat the filling mix and milk until thick.  Spoon over crust.  Add to cooler to chill for about an hour.  Remove and add fruit filling from kit.  Serve and enjoy. | |

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| **Scrambled Skillet (x3.0)** | |
| 2 Cans sliced potatoes 1 green peppers, chopped 1 onion, chopped 1 Lb kielbasa, sliced | 12 Eggs salt and pepper 8 Ounces shredded cheddar |
| Fry potatoes, pepper and onions in a little oil in Dutch oven until peppers and onions are cooked and potatoes start to brown. Part way through cooking add the meat. Pour beaten eggs over all and scramble. When just about done, add cheese and cover until cheese melts | |

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| **Taco Salad (x3.0)** | |
| 1 Lb Ground Beef Lettuce, Shredded 2 Cups Cheddar Cheese, Grated/Shredded 2 (Medium) Tomatoes, Chopped 1 Cup Salsa | 1 Cup Sour Cream 1 Cup Guacamole - optional 1 Bag Tortilla Chips 1 Package Taco Seasoning 1 Bottle Ranch Dressing |
| Brown the beef in a Dutch oven.  When browned, add Taco seasoning per packet instructions.  (Usually 2tbsp of water + Seasoning  Break up tortilla chips.  Assemble bowls of Salad.  Suggested: Lettuce, Tomatoes, Chips, Cheddar Cheese, Ground Beef, Salsa, Sour Cream, Guacamole , Dressing | |

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| **French Toast (x3.0)** | |
| 8 Eggs 1 Tbsp Ground Cinnamon 1 Cup Milk | 16 Slices Texas Toast Bread 1 Tbsp Vanilla Extract - Optional Bottle Syrup or topping of choice |
| Beat eggs, vanilla and cinnamon in shallow dish. Stir in milk.  Dip bread in egg mixture, turning to coat both sides evenly.  Cook bread slices on lightly greased nonstick griddle or skillet on medium heat until browned on both sides. Serve with syrup and butter or topping of choice Hint: place syrup in clean up water for a few second to help it flow better | |

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| **BLT Salad (x3.0)** | |
| 4 Strips bacon, diced 4 Cups spring mix salad greens 1 medium tomato, chopped 1/2 Cup cheddar cheese, cubed | 1/3 Cup mayonnaise 2 Tablespoons sugar 2 Teaspoons cider vinegar Salt and pepper to taste 1/2 Cup salad croutons |
| Cook bacon until crisp. Drain on paper towels. In a bowl, combine the greens, tomato and cheese. In a small bowl, combine the mayonnaise, sugar, vinegar, salt and pepper. Pour over salad; toss to coat. Sprinkle with bacon and croutons. | |

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| **Real Mashed Potatoes (x3.0)** | |
| 5 Lbs Baking Potatoes, Peeled and Quartered - Leave skin on for thicker Potatoes 3 (Cloves) Garlic, peeled | 1 Cup Milk 2 Tablespoons Butter Salt and Pepper - To Taste |
| Bring a large pot of salted water to a boil. Add potatoes and garlic, lower heat to medium, and simmer until potatoes are tender, 15 to 20 minutes.    When the potatoes are almost finished, heat milk and butter in a small saucepan over low heat until butter is melted.    Drain potatoes and return to the pot. Slowly add warm milk mixture, blending it in with a potato masher until potatoes are smooth and creamy. Season with salt and pepper. | |

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| **Swiss Steak (x3.0)** | |
| 3 Lbs Beef Top Round Steak, 1/2 inch Thick 4 Cups Sliced Onions 2 Jars (4.5-oz) Whole Mushrooms, Drained 2 Cans (10.5-oz) Condensed Beef Broth | 1/2 Tsp Salt 1/2 Tsp Pepper 1/2 Cup Water 1/4 Cup Cornstarch |
| *Put this one on early and just check the heat every so often.*  Cut the meat into serving sized pieces and brown in a little bit of oil in your Dutch oven.  Add all the remaining ingredients except the cornstarch and water.  Bring to a boil then reduce heat and simmer for 2-3 hours until the meat is tender.  In small bowl, combine water and cornstarch.  Mix well then stir into beef mixture. Simmer an additional 15-20 minutes until gravy has thickened. | |

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| **Stir Crazy Cake (x3.0)** | |
| 2 1/2 Cups flour 1 1/2 Cups sugar 1/2 Cup cocoa 2 Teaspoons baking soda 1/2 Tsp salt 2/3 Cup oil | 2 Tablespoons vinegar 1 Tbsp vanilla 2 Cups cold coffee 1/4 Cup sugar 1/2 Tsp cinnamon |
| Put flour, 1 1/2 cup sugar, cocoa, baking soda, and salt in a lined, ungreased Dutch oven.  Stir with a fork to mix; form 3 wells in flour mixture.  Pour the oil into one well, vinegar in one, and vanilla in one.  Pour cold coffee over all ingredients and stir with fork until well mixed.  Combine remaining sugar and cinnamon; sprinkle over batter.  Bake for 35-45 minutes. | |

**Food List (For Recipe Ingredients)**

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| 6 Cans 10.5-oz Condensed Beef Broth 3 Bags 12 oz Chocolate chips 3 Cans 12 oz Coke, Dr. Pepper, etc Dark Soda 6 Cans 14 oz diced fire-roasted tomatoes 3 Boxes 18.3 oz Brownie Mix 3 Boxes 19.6 oz box Jell-O No Bake Dessert Kit 6 Jars 4.5-oz Whole Mushrooms 3 8-10 inch pan Foil Pie Pan 12 Strips bacon 11 Lbs Bacon 30 Slices Bacon 15 Lbs Baking Potatoes 6 Teaspoons baking soda 6 Bay Leaves 9 Lbs Beef Top Round Steak 6 Lbs Boneless Chicken 3 Lbs Boneless Chicken Breast 24 Boneless Chicken Breast Bread 6 Tablespoons Brown Sugar 24 Tablespoons Butter Butter 4 1/2 Cups Canned Pineapple Tidbits in Juice 3 Tablespoons Canola Oil 2 1/4 Cups Carrots 3 Cups Celery 1 1/2 Cups cheddar cheese 6 Cups Cheddar Cheese 4 1/2 Lbs Chicken Breast 7 1/2 Cups Chicken broth 9 Cups Chicken Broth 1 1/2 Teaspoons Chili Powder 1 1/2 Cups Chocolate Chips 6 Teaspoons cider vinegar 1 1/2 Teaspoons cinnamon 6 Tablespoons Cinnamon 15 Cloves Garlic 1 1/2 Cups cocoa 6 Cups cold coffee Cooking Oil Corn Corn Meal 3/4 Cup Cornstarch 3 Tablespoons Creole Seasoning 3 Teaspoons Dried Oregano 3 Teaspoons Dried Thyme 1/2 Cup Dry Parsley 84 Eggs 7 1/2 Cups flour Foil\* 9 Garlic Cloves 3/8 Tsp Garlic Powder 2 Cups Grated Parmesan or Romano 1 1/2 Cups Green and Red Peppers 3 Cups Green Beans 2 1/4 Cups Green Onion 3 Bunches Green Onions 6 Green Pepper 3 green peppers, chopped 9 Lbs Ground Beef 3 Tablespoons Ground Cinnamon 3 Cups Guacamole Hamburger Buns Keebler Fudge Stripe cookies 1 Cup Ketchup Kielbasa 6 Lbs Kielbasa 3 Lbs kielbasa, sliced 3 Large Green Bell Pepper 3 Large White Onion Lettuce | Marshmallows 1 Cup mayonnaise 3 medium tomato 6 Medium Tomatoes 10 1/2 Cups Milk 6 Cans Mushrooms 2 Cups oil 6 Tablespoons Oil Onion 3/8 Tsp Onion Powder 3 onion, chopped 15 Onions 3 Cups Pancake Mix 1 1/2 Teaspoons Pepper 6 Per Person Eggs 12 Pita Bread 36 Potatoes 3 Bottles Ranch Dressing 3 Tubes Refrigerated biscuit dough 2 Packages Refrigerated Cheese Tortellini 1 1/2 Cups salad croutons 3 Cups Salsa 1 1/2 Teaspoons salt Salt 1 1/2 Teaspoons Salt Salt & Pepper salt and pepper Salt and Pepper Salt and pepper to taste 6 Per Person Sausage Links 1 1/2 Teaspoons Seasoned Salt 24 Ounces shredded cheddar Shredded Cheese Sliced American Cheese Sliced Deli Ham 3 Cups Sliced Mushrooms 12 Cups Sliced Onions 3 Packages Sliced Pepperoni 6 Cans sliced potatoes Sliced scallions 3 Jars Sloppy Joe Mix 3 Bottles Small Soy Sauce 3 Lbs smoked sausage 3 Cups Sour Cream 6 Tablespoons Soy Sauce 3 Cups Spaghetti Sauce Spam 12 Cups spring mix salad greens Sub or Sausage Buns 6 Tablespoons sugar 5 1/4 Cups sugar 6 Tablespoons Sugar 3 Cups Sugar Bottle Syrup or topping of choice 3 Packages Taco Seasoning 48 Slices Texas Toast Bread 3 Bags Tortilla Chips Tortilla Shells 3 Packages Uncle Ben's Converted Rice 6 Cups Uncooked converted rice 4 1/2 Cups Uncooked long grain White or Brown Rice 3 Tablespoons vanilla 3 Tablespoons Vanilla Extract 6 Tablespoons vinegar 3 1/2 Cups Water 4 Cups Whipping Cream 6 Tablespoons White Vinegar |

**Other Ingredients and Items**

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| **Breakfast Items** 3x Apples 3x Bacon 3x Canadian Bacon 1x Cold Cereal 3x Fresh Fruit 6x Fruit 1x Sweet Rolls  **Lunch Items** 3x Canned Fruit 3x Carrot Sticks 3x Cheeseburgers 3x Chips 6x Cookies 3x Corn Chips 3x Fig Bars 2x Food Court Stop 3x Fritos 3x Fruit 3x Lettuce 3x Little Debbie Cakes 3x Pickles 3x Tomato 3x Tomato soup 3x Trail Lunch 3x Twinkies  **Dinner Items** 3x Corn Chips 2x Fresh Fruit 5x Rolls 5x Tossed Salad  **Dessert Items** 1x Cookies 3x Ice Cream 3x Pudding | **Breakfast Drinks** 7x Milk 12x Tang  **Lunch Drinks** 15x Troop Drink  **Dinner Drinks** 9x Milk 8x Water |