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| **Bison Menu** | |
| **Tue. Snack** | Goo Dip, Orange Juice |
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| **Wed. Breakfast** | 3-Grain Pancakes, apple, Milk |
| **Wed. Lunch** | Cheesy Chili Dogs and Corn in Foil, banana, Apple Juice |
| **Wed. Dinner (x2)** | Beef Roast, BLT Salad , Apple Blueberry Crisp, Water |

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| **Goo Dip** | |
| 1 Lb Hamburger 1 Jar (Large) Salsa 1 Block (8-oz) Cream Cheese | 1 Package (8-oz) Taco blend shredded cheese 1 (Big Bag) Tortilla chips (Optional) Hot Sauce |
| Brown the hamburger in a dutch oven.  Draining grease is Optional!  Add salsa and cover.  Stir frequently until salsa begins to bubble.  Add cream cheese and stir frequently until completely melted.  Stir in shredded cheese and cover, stirring frequently until it begins to bubble.  Serve over chips or dip right out of the Dutch.   Vegetarian option:  Use separate dutch and leave out hamburger. | |

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| **3-Grain Pancakes** | |
| 1/2 Cup Quick Oatmeal 1/2 Cup Yellow Cornmeal 2 Cups Buttermilk 1 Eggs 1 Tbsp Vegetable Oil 1 Cup Wheat Flour | 2 Tablespoons Brown Sugar 1 Tsp Orange Peel, Shredded 1 Tsp Baking Soda 1/2 Tsp Salt 1/2 Cup Pecan Pieces |
| Combine oatmeal and cornmeal in mixing bowl; stir in buttermilk and let stand 10 minutes, stirring occasionally.  Stir in egg and oil.  Combine flour, brown sugar, orange peel, baking soda, and salt.  Add to first mixture and stir until smooth.  Add pecans.  Heat griddle to medium and lightly coat with oil.  Pour 1/3 cup batter to make a 4-inch pancake.  Cook until edges loose their wet and shiny look.  Flip and cook second side until brown and baked through.  Serve with Butter Stewed Fruit. | |

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| **Cheesy Chili Dogs and Corn in Foil** | |
| 3 Cans Spicy Chili Beans 10 Hot Dogs 3 (Medium) Onions, Sliced and Separated into Rings | 5 Ears Fresh Sweet Corn 10 Slices American Cheese 10 Sheets (18x12-inch) Aluminum Foil |
| Spoon 1/4 can of beans onto each foil. Top with onion rings, 1 cheese slice, 1 hot dog and ½ ear of corn. Wrap and heat 10-15 minutes per side, turning often. | |

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| **Beef Roast (x2.0)** | |
| 5 Lbs Beef Roast 1 Can Cream of Mushroom Soup | 1 Package Dry Onion Soup Mix |
| Brown roast.  Pour onion soup mix over meat. , Pour  mushroom soup around meat then rinse can with water and add that to oven.  Add approximately two cans of water.  Let roast to desired doneness. Approximately 30 to 45 minutes per pound.  The soups make an excellent gravy, so serve this with mashed potatoes, or some other deserving side dish. | |

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| **BLT Salad (x2.0)** | |
| 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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| **Apple Blueberry Crisp (x2.0)** | |
| 4 Cups tart apples, sliced peeled 2 Cups blueberries 1/4 Cup packed brown sugar | 1/4 Cup orange juice concentrate 2 Tablespoons Flour 1 Tsp cinnamon |

1 Cup old fashioned oats  
1/2 Cup packed brown sugar  
2 Tablespoons flour  
1/2 Tsp ground cinnamon  
1/3 Cup cold butter, cubed  
Combine first six ingredients in Dutch oven.  In a bowl combine dry topping ingredients and cut in butter into squares until mixture is crumbly.  Sprinkle over the fruit.  Bake 35-40 minutes until topping is golden and fruit is tender.     
  
**Food List (For Recipe Ingredients)**

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| 10 Sheets 18x12-inch Aluminum Foil 1 Block 8-oz Cream Cheese 1 Package 8-oz Taco blend shredded cheese 10 Slices American Cheese 8 Strips bacon 1 Tsp Baking Soda 10 Lbs Beef Roast 1 Big Bag Tortilla chips 4 Cups blueberries 2 Tablespoons Brown Sugar 2 Cups Buttermilk 1 Cup cheddar cheese 4 Teaspoons cider vinegar 2 Teaspoons cinnamon 2/3 Cup cold butter 2 Cans Cream of Mushroom Soup 2 Packages Dry Onion Soup Mix 1 Eggs 4 Tablespoons flour 4 Tablespoons Flour 5 Ears Fresh Sweet Corn 1 Tsp ground cinnamon 1 Lb Hamburger 10 Hot Dogs | 1 Jar Large Salsa 2/3 Cup mayonnaise 3 Medium Onions 2 medium tomato 2 Cups old fashioned oats Optional Hot Sauce 1/2 Cup orange juice concentrate 1 Tsp Orange Peel 1 1/2 Cups packed brown sugar 1/2 Cup Pecan Pieces 1/2 Cup Quick Oatmeal 1 Cup salad croutons 1/2 Tsp Salt Salt and pepper to taste 3 Cans Spicy Chili Beans 8 Cups spring mix salad greens 4 Tablespoons sugar 8 Cups tart apples 1 Tbsp Vegetable Oil 1 Cup Wheat Flour 1/2 Cup Yellow Cornmeal |

**Other Ingredients and Items**

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| **Breakfast Items** 1x apple 1x Milk  **Lunch Items** 1x Apple Juice 1x banana  **Dinner Items** 2x Water  **Snack Items** 1x Orange Juice |