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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 Hamburger1 Jar (Large) Salsa1 Block (8-oz) Cream Cheese | 1 Package (8-oz) Taco blend shredded cheese1 (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 Oatmeal1/2 Cup Yellow Cornmeal2 Cups Buttermilk1 Eggs1 Tbsp Vegetable Oil1 Cup Wheat Flour | 2 Tablespoons Brown Sugar1 Tsp Orange Peel, Shredded1 Tsp Baking Soda1/2 Tsp Salt1/2 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 Beans10 Hot Dogs3 (Medium) Onions, Sliced and Separated into Rings | 5 Ears Fresh Sweet Corn10 Slices American Cheese10 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 Roast1 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, diced4 Cups spring mix salad greens1 medium tomato, chopped1/2 Cup cheddar cheese, cubed | 1/3 Cup mayonnaise2 Tablespoons sugar2 Teaspoons cider vinegarSalt and pepper to taste1/2 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 peeled2 Cups blueberries1/4 Cup packed brown sugar | 1/4 Cup orange juice concentrate2 Tablespoons Flour1 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 Foil1 Block 8-oz Cream Cheese1 Package 8-oz Taco blend shredded cheese10 Slices American Cheese8 Strips bacon1 Tsp Baking Soda10 Lbs Beef Roast1 Big Bag Tortilla chips4 Cups blueberries2 Tablespoons Brown Sugar2 Cups Buttermilk1 Cup cheddar cheese4 Teaspoons cider vinegar2 Teaspoons cinnamon2/3 Cup cold butter2 Cans Cream of Mushroom Soup2 Packages Dry Onion Soup Mix1 Eggs4 Tablespoons flour4 Tablespoons Flour5 Ears Fresh Sweet Corn1 Tsp ground cinnamon1 Lb Hamburger10 Hot Dogs | 1 Jar Large Salsa2/3 Cup mayonnaise3 Medium Onions2 medium tomato2 Cups old fashioned oatsOptional Hot Sauce1/2 Cup orange juice concentrate1 Tsp Orange Peel1 1/2 Cups packed brown sugar1/2 Cup Pecan Pieces1/2 Cup Quick Oatmeal1 Cup salad croutons1/2 Tsp SaltSalt and pepper to taste3 Cans Spicy Chili Beans8 Cups spring mix salad greens4 Tablespoons sugar8 Cups tart apples1 Tbsp Vegetable Oil1 Cup Wheat Flour1/2 Cup Yellow Cornmeal |

**Other Ingredients and Items**

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| **Breakfast Items**1x apple1x Milk**Lunch Items**1x Apple Juice1x banana**Dinner Items**2x Water**Snack Items**1x Orange Juice |