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| **Hawk Menu** | |
| **Fri. Snack** | Grilled Ham & Cheese Sandwiches, Water, Chip variety pack |
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| **Sat. Breakfast** | Apple-Sausage French Toast , Tang/Water |
| **Sat. Lunch** | BBQ ham sandwiches, Fruit & Vegie tray, Arnold Palmer drink mix, Leftover chips from snack |
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| **Sun. Breakfast** | Bacon-Cheese Trail Omelets , 1 bunch Green onion (for omelettes), Strawberries , Milk |

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| **Grilled Ham & Cheese Sandwiches** | |
| 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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| **Apple-Sausage French Toast** | |
| 1 Lb Bulk Pork Sausage 4 Apples 12 Eggs 3 Cups Milk | 1/2 Cup Maple Syrup 1/2 Tsp Nutmeg 24 Slices Thick French Bread |
| Cook sausage, drain, remove to a bowl.  Place apples in that same oven and cook 3-5 minutes or until tender, stirring occasionally.  Remove  to a bowl.  In your Dutch oven, place half the bread.  Top with the sausage and apples.  Then top with the remaining bread.  Whisk together the eggs.  Add milk, syrup and nutmeg.  Pour over top.  Bake for an hour or until the eggs are set and the bread is golden.   If it is a cold campout or you have a cool place, you can assemble this the night before and then just bake it in the morning. | |

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| **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. | |

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| **Bacon-Cheese Trail Omelets** | |
| 2 (per person) Eggs Bacon Bits | Shredded Cheddar Cheese Salt and Pepper Quart Ziploc Bags (Freezer) |
| Fill your clean pail ¾ full of water and put it on to boil.  Crack eggs into a bowl, add salt & pepper and beat until smooth.  Divide evenly into bags for each patrol member.  Next add cheese and bacon to each and remove the air and seal.  Drop them into the boiling water and cook 10-12 minutes, turning carefully with your tongs.  Carefully remove and dump onto your plates.  Make some toast on your griddle while these are cooking for a more complete meal.  When you are done, wipe down the griddle and your cleanup water is ready! | |

**Food List (For Recipe Ingredients)**

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| 4 Apples Bacon Bits 1 Bottle BBQ Sauce Bread 1 Lb Bulk Pork Sausage Butter 12 Eggs 5 Hamburger Buns 1/2 Cup Maple Syrup 3 Cups Milk 1/2 Tsp Nutmeg 1 Lb per 5 people Chipped Ham | 2 per person Eggs Quart Ziploc Bags (Freezer) Salt and Pepper Shredded Cheddar Cheese Sliced American Cheese Sliced Deli Ham 24 Slices Thick French Bread |

**Other Ingredients and Items**

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| **Breakfast Items** 1x 1 bunch Green onion (for omelettes) 1x Milk 1x Strawberries  1x Tang/Water  **Lunch Items** 1x Arnold Palmer drink mix 1x Fruit & Vegie tray 1x Leftover chips from snack  **Snack Items** 1x Chip variety pack 1x Water |