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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** |
| BreadButter | Sliced Deli HamSliced 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 Sausage4 Apples12 Eggs3 Cups Milk | 1/2 Cup Maple Syrup1/2 Tsp Nutmeg24 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 Ham1 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) EggsBacon Bits | Shredded Cheddar CheeseSalt and PepperQuart 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 ApplesBacon Bits1 Bottle BBQ SauceBread1 Lb Bulk Pork SausageButter12 Eggs5 Hamburger Buns1/2 Cup Maple Syrup3 Cups Milk1/2 Tsp Nutmeg1 Lb per 5 people Chipped Ham | 2 per person EggsQuart Ziploc Bags (Freezer)Salt and PepperShredded Cheddar CheeseSliced American CheeseSliced Deli Ham24 Slices Thick French Bread |

**Other Ingredients and Items**

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| **Breakfast Items**1x 1 bunch Green onion (for omelettes)1x Milk1x Strawberries 1x Tang/Water**Lunch Items**1x Arnold Palmer drink mix1x Fruit & Vegie tray1x Leftover chips from snack**Snack Items**1x Chip variety pack1x Water |