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| **Falcon Menu** |
| **Sun. Snack**  | Grilled Ham & Cheese Sandwiches, Water  |
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| **Mon. Breakfast**  | Dutch Oven Denver Omlette, OJ  |
| **Mon. Lunch**  | Chicken Fajitas , Water, Chips of patrol members choice  |
| **Mon. Dinner**  | Country Sausage Macaroni and Cheese, Homemade Ice Cream , Tang  |
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| **Tue. Breakfast**  | Bacon-Cheese Trail Omelets , OJ  |

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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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| **Dutch Oven Denver Omlette** |
| 16 Eggs1 Cup half-and-half cream2 Cups shredded cheddar cheese | 2 Cups ham, finely chopped, fully cooked 1/2 Cup green pepper, finely chopped1/2 Cup onion, finely chopped |
| In a large bowl, beat the eggs.  Add the cream and beat with wire whisk until blended.  Stir in the rest of the ingredients.  Pour into a Dutch oven.  Bake about 45 minutes until golden brown and cooked in the middle.   |

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| **Chicken Fajitas**  |
| 2 Tomatoes1 Onion1 Green Pepper2 Cups (8-oz) Shredded Cheddar Cheese | 1 Pint Sour Cream8 Tortillas8 Chicken Breasts1 (Pouch) Fajita / Taco Seasoning |
| Prepare each part and set up so people can construct their own favorites.* Dice tomatoes and onions and place in a bowl
* Slice peppers and onions and sauté in a Dutch oven, remove to a bowl
* Put out shredded cheese and sour cream
* Place rack in Dutch oven along with a little water.  Add tortillas and steam until warm.
* Grill chicken breasts on griddle or Dutch oven lid.  Slice into strips when done.
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| **Country Sausage Macaroni and Cheese** |
| 1 Lb Bulk Sausage1 Can Sliced Mushrooms1 1/2 Cups Milk3 Green Onions, Sliced12 Ounces Shredded Cheddar Cheese | Sprinkle of Pepper, Cayenne Preferred1/2 Cup Mustard12 Ounces Elbow Macaroni1 Can Diced Tomatoes2 Teaspoons Parmesan Cheese |
| Cook Sausage in Dutch oven, drain. Cook macaroni per package directions.  Drain. Combine milk, cheese, mustard. Cook and stir in small pot until mixture is smooth. Mix with sausage, tomatoes, onions, mushrooms, pepper and cooked macaroni in Dutch oven. Mix well and bake for 15-20 minutes. Stir will and sprinkle with Parmesan cheese. Bake 5 minutes more. Let stand for 10 minutes before serving.  |

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| **Homemade Ice Cream**  |
| 2 Cups cream2 Cups milk2 small instant puddings2 1-gal freezer Ziploc bags | 1 2-gal freezer Ziploc bagCrushed iceRock saltPair of gloves or mittens |
| Mix milk cream & pudding in 1 gallon bag. Remove all the air and seal and place in second 1-gallon bag. Remove all the air and seal. Place into 2-gallon bag along with layers of crushed ice and rock salt. Remove all the air and seal. Squeeze and move bag around for 30 minutes. Let each Patrol member do it for five minutes. Mix the ingredients without rupturing the bags. Let stand for five minutes then carefully open the bag. Wipe off the inner bag really well so you don't get salt in your ice cream!  |

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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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| 2 1-gal freezer Ziploc bags1 2-gal freezer Ziploc bag2 Cups 8-oz Shredded Cheddar CheeseBacon BitsBread1 Lb Bulk SausageButter8 Chicken Breasts2 Cups creamCrushed ice1 Can Diced Tomatoes16 Eggs12 Ounces Elbow Macaroni3 Green Onions1/2 Cup green pepper1 Green Pepper1 Cup half-and-half cream2 Cups ham2 Cups milk1 1/2 Cups Milk1/2 Cup Mustard1/2 Cup onion | 1 OnionPair of gloves or mittens2 Teaspoons Parmesan Cheese2 per person Eggs1 Pouch Fajita / Taco SeasoningQuart Ziploc Bags (Freezer)Rock saltSalt and Pepper2 Cups shredded cheddar cheese12 Ounces Shredded Cheddar CheeseShredded Cheddar CheeseSliced American CheeseSliced Deli Ham1 Can Sliced Mushrooms2 small instant puddings1 Pint Sour CreamSprinkle of Pepper, Cayenne Preferred2 Tomatoes8 Tortillas |

**Other Ingredients and Items**

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| **Breakfast Items**2x OJ**Lunch Items**1x Chips of patrol members choice1x Water**Dinner Items**1x Tang**Snack Items**1x Water |