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| **Hawk Menu** |
| **Sat. Breakfast**  | Scrambled French Toast, Bacon, Milk  |
| **Sat. Dinner**  | Country Sausage Macaroni and Cheese, Lemonade  |
| **Sat. Dessert**  | Apple Cake  |

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| **Scrambled French Toast** |
| 8 Eggs1 Stick Butter6 Tablespoons Sugar2 Cups Milk | 1/4 Tsp Nutmeg1 Tsp Salt16 Slices Bread, Cubed1 Tsp Cinnamon |
| Beat eggs, milk, sugar, and spices.  Melt butter in Dutch oven.  When hot, pour in egg mixture and bread cubes.  Cook with folding strokes until golden brown.  Serve with syrup.   |

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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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| **Apple Cake** |
| 2 Cups flour2 Cups sugar1 Tsp baking powder1 Tsp baking soda1 Tsp cinnamon1/2 Tsp nutmeg | 1/2 Tsp salt4 Cups apples, finely chopped1/2 Cup walnuts, chopped1/2 Cup soft butter2 Eggs |
| Spray Dutch oven with cooking spray.  In a large bowl, sift all dry ingredients.  Add apples, nuts, butter, and eggs.  Beat until just combined.  It will be thick.  Pour into oven and bake 1 hour or until it springs back when lightly touched.    |

**Food List (For Recipe Ingredients)**

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| 4 Cups apples1 Tsp baking powder1 Tsp baking soda16 Slices Bread1 Lb Bulk Sausage1 Stick Butter1 Tsp cinnamon1 Tsp Cinnamon1 Can Diced Tomatoes10 Eggs12 Ounces Elbow Macaroni2 Cups flour3 Green Onions3 1/2 Cups Milk1/2 Cup Mustard1/2 Tsp nutmeg | 1/4 Tsp Nutmeg2 Teaspoons Parmesan Cheese1/2 Tsp salt1 Tsp Salt12 Ounces Shredded Cheddar Cheese1 Can Sliced Mushrooms1/2 Cup soft butterSprinkle of Pepper, Cayenne Preferred2 Cups sugar6 Tablespoons Sugar1/2 Cup walnuts |

**Other Ingredients and Items**

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| **Breakfast Items**1x Bacon | **Breakfast Drinks**1x Milk**Dinner Drinks**1x Lemonade |