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| **Falcon Menu** |
| **Fri. Snack**  | Goo Dip, Water  |
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| **Sat. Breakfast**  | Breakfast Scramble, Oragnsges (1 bag), Milk (1/2 gallon)  |
| **Sat. Dinner**  | Chicken Fried Rice, Fruit cups (1 per person), water  |
| **Sat. Dessert**  | Apple Crisp  |
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| **Sun. Breakfast**  | Breaded Spam , Milk (1/2 gallon)  |

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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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| **Breakfast Scramble** |
| 1 Lb Bacon1 Lb Smoked Sausage, Sliced1 Green Pepper, Diced1 Red Pepper, Diced8 Ounces Fresh Mushrooms, Sliced2 (Medium) Onions, Diced | 18 Eggs2 Cups Shredded CheddarHot Sauce - OptionalSalsa - Optional1 Bunch Green onions |
| Cook bacon until partially done. Add the smoked sausage and continue cooking. Add the vegetables and cook until soft. **Drain well before adding the eggs.** Scramble together until firm. Add cheese on top and cook a minute or two longer to melt. Serve with hot sauce or salsa.  |

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| **Chicken Fried Rice** |
| 1 Package Uncle Ben's Converted Rice1 1/2 Lbs Chicken Breast, Diced10 Slices Bacon, Diced | 8 Eggs1 Bunch Green Onions, Chopped, including Tops1 Bottle (Small) Soy Sauce |
| Prepare 3 cups long grain white rice according to package directions.  Use 6 cups water and 3 cups rice.  Stir fry diced chicken breast in Dutch oven, remove.  Fry diced bacon in Dutch oven, remove.  Drain most but not all of the bacon drippings. Slightly beat eggs and pour into hot bacon drippings. Cook like scrambled eggs, scraping the oven frequently until they are almost done.  Add rice and diced green onions.  Mix together.  Continue to scrape and mix as needed until everything is warm.  Add meat and enough soy sauce to turn rice brown.  Cook for 5 more minutes.   |

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| **Apple Crisp** |
| 4 Cups (Large) Apples, Sliced & Peeled - Tart preferred1/4 Cup Brown Sugar, Packed | 2 Tablespoons Flour1 Tsp Cinnamon |

1 Cup Oats - Old Fashion preferred
1/3 Cup Butter, Cubed - Cold
1/2 Cup Brown Sugar, Packed
1/2 Tsp Cinnamon - Ground
2 Tablespoons Flour
Peel and Slice the Apples.  Combine Apples, 1/4c Brown Sugar, 2Tbsp Flour, 1tsp cinnamon in Dutch Oven.

In a bowl, combine the dry topping ingredients and cut butter into squares until mix is crumbly.

Sprinkle over the fruit.  Bake until topping is golden and fruit is tender.

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| **Breaded Spam**  |
| Corn Meal | Spam |
| Place corn meal in shallow plate.  Slice spam thin and bread with corn meal.  Fry on well greased griddle over medium heat until brown.  |

**Food List (For Recipe Ingredients)**

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| 1 Block 8-oz Cream Cheese1 Package 8-oz Taco blend shredded cheese1 Lb Bacon10 Slices Bacon1 Big Bag Tortilla chips3/4 Cup Brown Sugar1/3 Cup Butter1 1/2 Lbs Chicken Breast1 1/2 Teaspoons CinnamonCorn Meal26 Eggs4 Tablespoons Flour8 Ounces Fresh Mushrooms1 Bunch Green onions1 Bunch Green Onions1 Green Pepper1 Lb Hamburger | Hot Sauce4 Cups Large Apples1 Jar Large Salsa2 Medium Onions1 Cup OatsOptional Hot Sauce1 Red PepperSalsa2 Cups Shredded Cheddar1 Bottle Small Soy Sauce1 Lb Smoked SausageSpam1 Package Uncle Ben's Converted Rice |

**Other Ingredients and Items**

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| **Breakfast Items**1x Oragnsges (1 bag)**Dinner Items**1x Fruit cups (1 per person) | **Breakfast Drinks**2x Milk (1/2 gallon)**Dinner Drinks**1x water**Snack Drinks**1x Water |