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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 Hamburger 1 Jar (Large) Salsa 1 Block (8-oz) Cream Cheese | 1 Package (8-oz) Taco blend shredded cheese 1 (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 Bacon 1 Lb Smoked Sausage, Sliced 1 Green Pepper, Diced 1 Red Pepper, Diced 8 Ounces Fresh Mushrooms, Sliced 2 (Medium) Onions, Diced | 18 Eggs 2 Cups Shredded Cheddar Hot Sauce - Optional Salsa - Optional 1 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 Rice 1 1/2 Lbs Chicken Breast, Diced 10 Slices Bacon, Diced | 8 Eggs 1 Bunch Green Onions, Chopped, including Tops 1 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 preferred 1/4 Cup Brown Sugar, Packed | 2 Tablespoons Flour 1 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 Cheese 1 Package 8-oz Taco blend shredded cheese 1 Lb Bacon 10 Slices Bacon 1 Big Bag Tortilla chips 3/4 Cup Brown Sugar 1/3 Cup Butter 1 1/2 Lbs Chicken Breast 1 1/2 Teaspoons Cinnamon Corn Meal 26 Eggs 4 Tablespoons Flour 8 Ounces Fresh Mushrooms 1 Bunch Green onions 1 Bunch Green Onions 1 Green Pepper 1 Lb Hamburger | Hot Sauce 4 Cups Large Apples 1 Jar Large Salsa 2 Medium Onions 1 Cup Oats Optional Hot Sauce 1 Red Pepper Salsa 2 Cups Shredded Cheddar 1 Bottle Small Soy Sauce 1 Lb Smoked Sausage Spam 1 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 |