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| **Falcon Menu** |
| **Fri. Snack**  | English Muffin Pizzas  |
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| **Sat. Breakfast**  | Brown Sugar Oatmeal Pancakes, Bag of oranges, Milk (1/2 gallon)  |
| **Sat. Lunch**  | Bacon Lettuce & Tomato Sandwiches, Apples, Water  |
| **Sat. Dinner**  | Cheesy Steak Casserole (a.k.a. Philly Cheesesteak Casserole) , Fruit cups, Milk (1/2 gallon)  |
| **Sat. Dessert**  | Apple Fritters  |
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| **Sun. Breakfast**  | Bacon & Egg Wraps, Water  |

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| **English Muffin Pizzas** |
| English MuffinsPizza Sauce | PepperoniShredded MozzarellaOther toppings (Optional) |
| Split English muffins and spread margarine on split site.   Place split side down in bottom of Dutch oven.  Top with pizza sauce, 4 slices of pepperoni, shredded mozzarella [and/or other toppings, as desired.]  Place equal heat on bottom and top of oven for approx. 5 minutes, until cheese melts and pizzas are warmed.  Note:  by placing split-buttered side down you can apply more heat to the bottom and reduce your cooking time significantly  |

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| **Brown Sugar Oatmeal Pancakes** |
| 1 1/4 Cups quick-cooking oats1 Cup whole wheat flour1 Cup all-purpose flour1 Tsp baking soda | 1 Tsp salt2/3 Cup packed brown sugar2 Eggs1/4 Cup vegetable oil2 Cups buttermilk |
| **1.** In a medium bowl, combine the oats, flours, baking soda, salt and sugar. In another medium bowl, beat the eggs, then beat in oil and buttermilk. Stir into dry ingredients just until moistened.**2.** Pour batter by 1/3 cupful’s onto a greased hot griddle. Turn when bubbles form on top; cook until the second side is golden brown.   |

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| **Bacon Lettuce & Tomato Sandwiches** |
| 2 Lbs Bacon1 Head Lettuce or Bunch Leaf | 2 TomatoesLoaf of BreadMiracle Whip |
| Place entire amount of bacon in Dutch oven.  Do not separate.  Cook slowly, separating with a fork as you turn the bacon.  Drain grease alongside the fire part way through.  Too much grease will cause the bacon to take too long to cook.  Meanwhile toast bread on your griddle.  Spread with Miracle Whip.  Add piece of lettuce, slice of tomato then strips of bacon to each sandwich.  Top with second slice of toast.  |

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| **Cheesy Steak Casserole (a.k.a. Philly Cheesesteak Casserole)**  |
| 1 Tbsp Olive Oil3 Cups shredded mozzarella1 1/2 Lbs Sirloin Steak3 Cans evaporated milk1 medium onion, Chopped | 6 (Large) Eggs1 Green bell pepper, Chopped1/2 Tsp Salt1 Loaf Italian bread, In 1” cubes1/2 Tsp Pepper |
| Slice the sirloin steak into thin 1/8” slices. In the Dutch oven, brown the sirloin, peppers, and onions in the olive oil and then remove them to a bowl.  In a separate bowl combine evaporated milk, eggs and spices.  Place the bread cubes into the Dutch oven.  Evenly spread the meat and vegetables over the bread. Pour egg mixture over the meat, vegetable and bread in the Dutch oven, pressing the bread with the back of a spoon to help the bread absorb the liquid.  Top with mozzarella cheese.  Cover and bake at 350º for about ½ hour or until mixture has set then serve.   |

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| **Apple Fritters** |
| 1 Cup flour1 Tsp Baking powder1 Tsp Salt2 Eggs | 1/2 Cup milk1 Tsp Vegetable oil2 apples |
| Heat 2-3 inches of oil in Dutch oven.  Beat batter ingredients until smooth.  Cut apples into chunks.  Stir about 1 cup of apples into batter.  Drop by teaspoonfuls into the hot oil.  Cook about 5 minutes.  Drain.  Sprinkle with powdered sugar (optional).    |

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| **Bacon & Egg Wraps** |
| 2 Lbs Bacon2 (Per Person) Eggs1 Onion | Salt & PepperShredded CheeseTortilla Shells |
| Dice bacon and cook in Dutch oven. When almost done, add finely diced onion.  Crack two eggs per person into a bowl and beat.  Add salt, and pepper.  Pour over bacon and scramble in Dutch oven.  Fill tortilla and sprinkle with shredded cheese.  Serve with an orange and a glass of milk.  *For a more southwestern taste, add diced peppers with the onions and serve with salsa.* |

**Food List (For Recipe Ingredients)**

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| 1 Cup all-purpose flour2 apples4 Lbs Bacon1 Tsp Baking powder1 Tsp baking soda2 Cups buttermilk4 EggsEnglish Muffins3 Cans evaporated milk1 Cup flour1 Green bell pepper1 Head Lettuce or Bunch Leaf1 Loaf Italian bread6 Large EggsLoaf of Bread1 medium onion1/2 Cup milkMiracle Whip1 Tbsp Olive Oil1 OnionOther toppings (Optional)2/3 Cup packed brown sugar | 1/2 Tsp PepperPepperoni2 Per Person EggsPizza Sauce1 1/4 Cups quick-cooking oats1 Tsp salt1 1/2 Teaspoons SaltSalt & PepperShredded Cheese3 Cups shredded mozzarellaShredded Mozzarella1 1/2 Lbs Sirloin Steak2 TomatoesTortilla Shells1/4 Cup vegetable oil1 Tsp Vegetable oil1 Cup whole wheat flour |

**Other Ingredients and Items**

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| **Breakfast Items**1x Bag of oranges**Lunch Items**1x Apples**Dinner Items**1x Fruit cups | **Breakfast Drinks**1x Milk (1/2 gallon)1x Water**Lunch Drinks**1x Water**Dinner Drinks**1x Milk (1/2 gallon) |