



## COMMISSARY MENU 2023

### Staple List

The following items are “staples” that come with Sunday’s evening meal. You can request any of these items in writing; on a piece of paper, write your request, Troop #, and the campsite name that you are staying in and clip it to the wooden stand in front of your site with the clip provided. The driver will pick it up and deliver it to you on the next run.

Matches	Salt & Pepper	Ketchup
Scrubber	Syrup	Mustard
Sanitizer Tablets	Loaf of Bread	Peanut Butter
Garbage Bags	Ramen Noodles	Jelly
Paper Towel	Vegetable Oil	Ranch Dressing
Oatmeal	Brown Sugar	Cold Cereal

~Fruit will be delivered with Monday lunch and feel free to request more when you run out~

**\*Please return food crates after each meal**  
**\*Check your staple crate often and make sure to let your driver know if you need anything!**

Granny’s Tips for success:

1. Plan ahead. Know patrol roles ahead of time
2. Check the food crate for all the listed items on the menu for that meal
3. Heat a large pot of water for dishes at the beginning of the meal
4. Always wash your hands before handling food and eating

## **SUNDAY SUPPER: Ham and Cheese Hoagie**

Sliced Ham	3 slices/person
Hoagie Bun	1 bun/person
Cheese Slices	2 slices/person
Shredded Lettuce	1 bag/patrol
Ripple Chips	1 bag/patrol
Drink Mix	1 bag/patrol
Cookies	1 serving/person
Mayo	2 packets/person

Make the drink mix according to the directions on the package. Make your own sandwich. This allows extra time to finish setting up and get to your meetings and camp tours on time.

## **MONDAY BREAKFAST: French Toast & Sausage**

French Toast	2/person
Sausage Links	2/person
Butter	1 stick/patrol
Milk	1/person
Oranges	1/person

French toast and sausage links are pre-cooked, so they only need to be warmed up. Be careful not to burn them with too high of a flame.

## MONDAY LUNCH: Cheeseburgers & Baked Beans

Hamburger	2/person
Buns	2/person
Cheese	2/person
Tortilla Chips	1 bag/patrol
Baked Beans	1 serving/person
Drink Mix	1 bag/patrol

Heat the pre-cooked hamburgers up on a griddle over a medium flame. When they begin to sizzle, turn them over and lay a slice of cheese on each one. Follow the directions on the drink mix package. Pour baked beans into a pot; place over medium heat until the liquid starts to boil.

## MONDAY SUPPER: Spaghetti and Meatballs

Spaghetti Sauce	1/4 jar/person
Noodles	1 box/patrol
Meatballs	5/person
Nutty Bar	1 pack/person
Salad	1 bag/patrol
Milk	1/2 gal/patrol

Fill a kettle 1/2 full of water, place it over heat and bring it to a boil; place the noodles into the pot when the water is boiling. Heat the sauce in a medium kettle over a low flame. Heat the meatballs in a pan over medium heat; when the meatballs are fully cooked, mix them with the sauce. Noodles take roughly 12 minutes to cook; they should be soft but not mushy.

## TUESDAY BREAKFAST: Pancakes & Bacon

Pancake Mix	1 box/patrol
Bacon	2/person
Orange Juice	½ gal/patrol
Butter	1 stick/patrol
Syrup	staple

Mix pancake batter according to directions on the box. Fry bacon over a low flame and turn slices frequently to prevent curling. When the griddle is hot, grease it with butter and pour a 4-5 inch circle for each pancake. Wait for bubbles to appear on the surface of the pancake before flipping it over with a spatula. The first few pancakes should be considered tests, adjust heat and cooking time accordingly.

## TUESDAY LUNCH: Grilled Cheese & Tomato Soup

Bread	4 slices/person
Sliced Cheese	4 slices/person
Tomato Soup	6 oz./person
Whole Milk for soup	1 quart/patrol
Butter	1 stick/patrol
Carrots	1 bag/patrol
Drink Mix	1 bag/patrol

In a medium pot, mix the soup with the milk according to the directions on the can and place over a low heat, stirring frequently. Heat the griddle over a medium heat. Butter outsides of the bread and place on griddle with a piece of cheese on each slice. Make into a sandwich and remove from griddle when both sides are lightly browned.

## TUESDAY SUPPER: Stir Fry

1" cut Beef Tip Sirloin	3 oz./person
Rice	1 bag/patrol
Stir Fry Veggies	1 bag/patrol
Soy Sauce	1 packet/person
Milk	½ gal/patrol
Vegetable Oil	staple
Zebra Cakes	1 pkg./person
Stir Fry Seasoning	1 packet/patrol

Brown the meat in a pan over medium-high heat with 2 tablespoons of vegetable oil and seasoning packet. When the meat is nearly cooked, pour vegetables and (if needed, add 1-2 tablespoons of oil) into the pan. The vegetables will take about 6-8 minutes to cook. In a saucepan over high heat, bring 4 cups of water and 2 cups of rice to a boil (for about 8 cups of cooked rice); add 1 teaspoon salt. Reduce heat to low; cover and simmer 15-20 minutes or until all water is absorbed. Remove from heat, fluff with fork before serving. For firmer rice, use less water and a shorter simmer time. For softer rice, use more water and a longer simmer time.

## WEDNESDAY BREAKFAST: Breakfast Sandwich

Sausage Patties	2/person
Eggs	2/person
Cheese	2/person
English Muffin	2/person
Tri-Tator	2/person
Milk	½ gal/patrol
Butter	1 stick/patrol

Melt a little butter in a frying pan to fry the eggs. Sausages are pre-cooked, so heat them up until they sizzle. Split the muffins in half, butter each side, and place over heat to toast. Assemble the egg, sausage, and cheese onto the English muffin as a sandwich. Cook tri-tators over medium heat until the outside is somewhat golden and crispy.

## WEDNESDAY LUNCH: Taco in a Bag

Ground Beef	4 oz./person
Taco Seasoning	1 pkg./patrol
Shredded Cheese	1 bag/patrol
Shredded Lettuce	1 bag/patrol
Taco in a Bag Chips	1 bag/person
Salsa	1 jar/patrol
Sour Cream	1/person
Drink Mix	1 bag/patrol

Brown the ground beef in a large skillet, drain the grease when the beef is fully cooked. Stir in the seasoning. Make sure all members of the patrol have washed their hands when handling the shared food items. Each person can make their own bags. Enjoy!

## WEDNESDAY SUPPER: Cheddar Brats & Baked Beans

Cheddar Brats	2/person
Hot Dog Buns	2/person
Chips	1 bag/person
Baked Beans	1 serving/person
Apple	1/person
Cosmic Brownie	1/person
Drink Mix	1 bag/patrol

Cook the brats over the fire or over medium heat in a pot of water. Heat up baked beans over medium heat in a pot. Follow the directions on the drink mix bag.

## Adult Leaders at Dining Hall

Chicken Legs, Baby Bakers, California Blend Veggies with Cheese Sauce, Bread, Dessert

## THURSDAY BREAKFAST: French Toast Sticks & Sausage

French Toast Sticks	5/person
Sausage Link	2/person
Syrup	staple
Butter	1 stick/patrol
Orange Juice	½ gal/patrol

French toast sticks and sausage links are pre-cooked, so they only need to be warmed up. Be careful not to burn them with too high of a flame.

## THURSDAY LUNCH: Chicken Quesadillas

Chicken	3 oz./person
Tortilla	2/person
Shredded Cheese	1 bag/patrol
Sour Cream	1 packets/person
Salsa	1 jar/patrol
Grapes	1 bag/patrol
Doritos	1 bag/person
Drink Mix	1 bag/patrol

Wash the grapes before eating. Follow directions on the drink mix bag. The chicken is fully cooked, so you only have to heat it up. Once the chicken is hot, place a tortilla over medium heat and sprinkle cheese on top, then put some chicken on one half of the tortilla (make sure to ration the chicken; everyone should get 2 quesadillas). When the cheese is melted, fold the tortilla in half to cover the chicken.

## THURSDAY SUPPER: Pork Chops & Mashed Potatoes

Pork Chops	1/person
Mashed Potatoes	1 box/patrol
Canned Corn	1 serving/person
Milk	½ gal./patrol
Butter	1 stick/patrol
Swiss Cake Rolls	1 pack/person

Fry pork chops on a griddle with a little butter. The pork chop is ready to eat when the center is white. Prepare potatoes according to the directions on the package. Open the can of corn and pour the contents into a pot and place over medium heat.

## FRIDAY BREAKFAST: Breakfast Burritos

Eggs	2/person
Pork Sausage	1 lb./patrol
Tortillas	2/person
Salsa	1 jar/patrol
Sour Cream	1 packet/person
Shredded Cheese	1 bag/patrol
Milk	½ gal/patrol

Brown the pork sausage in a large frying pan, over medium heat, no need to dump the grease; it adds flavor to the eggs. If your frying pan is not large enough, remove half of the sausage (once it is browned) and crack half of the eggs into the pan with the sausage. Move them around in the pan with a spatula to prevent sticking. Once that half is cooked, remove it from the frying pan and cover it to keep it warm until serving.

Once your pan is empty, repeat steps with the second half.



## FRIDAY LUNCH: Beef Mac & Cheese

Ground Beef	3 oz./person
Mac & Cheese	½ box/person
Milk for Mac & Cheese	½ pint/patrol
BBQ Chips	1 bag/person
Drink Mix	1 bag/patrol
Carrots	1 bag/patrol
Butter	1 stick/patrol

Brown the ground beef in a frying pan with a half inch of water; make sure to cook it until all the pink is gone from the beef. Follow the directions on the Mac & Cheese box. When both are finished, mix the Mac & Cheese with the ground beef. Follow directions on the drink mix.

## FRIDAY SUPPER: BBQ Chicken & Tator Tots

Chicken Breast	1/person
BBQ Sauce Packets	1/person
Tator Tots	10/person
Salad	1 bag/patrol
Milk	½ gal./patrol
Butter	1 stick/person
Oatmeal Cream Pie	1/person

Cook chicken over medium heat and empty contents of BBQ sauce packets onto each chicken breast. When the bottom is browned, turn them over. Cook tator tots over medium heat in a pan until they are somewhat crispy on the outside. Cook chicken until there is no pink in the inside.

## SATURDAY BREAKFAST: Blueberry Muffin, Banana, Hi-C packed troop style & delivered with Friday Supper