



## 2025 COMMISSARY MENU

### Staples List

The following items are “staples” and delivered with the Sunday supper meal. You can request any of these items throughout the week. All requests must be in writing with the item requested, troop number, and the name of the site you are in. If the driver does not have it on the truck, they will deliver it to you with the next meal.

|               |               |               |                      |
|---------------|---------------|---------------|----------------------|
| Loaf of Bread | Peanut Butter | Salsa         | Paper Towel          |
| Cold Cereal   | Jelly         | Ranch         | Dish Soap & Scrubbie |
| Oatmeal       | Ketchup       | Vegetable Oil | Matches              |
| Brown Sugar   | Mustard       | Salt & Pepper | Sanitizer Tablets    |
| Syrup         | Mayonnaise    | 1 lb. Butter  | Garbage Bags         |

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

**\*Please return all 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. At the beginning of the meal, heat a large pot of water for washing dishes
4. Always wash your hands before handling food and eating

## Sunday Supper: Ham & Cheese on a Ciabatta Bun

|                      |                  |
|----------------------|------------------|
| Sliced Ham           | 3 slices/person  |
| Ciabatta Bun         | 1 bun/person     |
| Cheese Slices        | 2 slices/person  |
| Shredded Lettuce     | 1 bag/patrol     |
| Ripple Chips         | 1 bag/person     |
| Mayo                 | staple           |
| Fudge Stripe Cookies | 1 serving/person |
| Drink Mix            | 1 bag/patrol     |

Follow the directions on the package for the drink mix. Everyone can make their own sandwich to allow extra time to finish setting up and make it to your meetings and camp tours on time.

## Monday Breakfast: Breakfast Sandwich

|                 |                |
|-----------------|----------------|
| Sausage Patty   | 2/person       |
| Eggs            | 2/person       |
| Cheese          | 2/person       |
| English Muffin  | 2/person       |
| Butter          | staple         |
| Milk            | ½ gal. /patrol |
| Hashbrown Patty | 1/person       |

Melt a little butter in the frying pan for the eggs. Cook the sausage patties until they are golden brown. Split the english muffins in half, butter the insides and place over heat to toast. Assemble the egg, sausage, and cheese on the english muffin as a sandwich. Cook the hashbrown over a medium heat until the outside is crispy/golden brown.

## Monday Lunch: Chicken Patty on a Bun

|                      |              |
|----------------------|--------------|
| Chicken Patty        | 2/person     |
| Buns                 | 2/person     |
| Cheese               | 2/person     |
| Nacho Cheese Doritos | 1 bag/person |
| Pickles              | 1 jar/patrol |
| Drink Mix            | 1 bag/patrol |
| Mayo                 | staple       |

Cook chicken patties over a medium heat until they are golden brown. Use a little vegetable oil on the pan to prevent sticking. Follow the directions on the package to make the drink mix.

## Monday Supper: Spaghetti and Meatballs

|                 |                           |
|-----------------|---------------------------|
| Spaghetti Sauce | $\frac{1}{4}$ jar/person  |
| Noodles         | 1 box/patrol              |
| Meatballs       | 2/person                  |
| Nutty Bar       | 1 package/person          |
| Salad           | 1 bag/patrol              |
| Milk            | $\frac{1}{2}$ gal./patrol |

Fill a kettle  $\frac{1}{2}$  full of water, place it over heat and bring it to a boil. When it is boiling, place the noodles in the pot. The noodles take roughly 12 minutes to cook - they should be soft but not mushy. Heat the sauce in a kettle over a low flame. Cook the meatballs in a pan over a medium heat. When the meatballs are hot, pour them into the sauce.

## Tuesday Breakfast: French Toast Sticks and Bacon

|                     |              |
|---------------------|--------------|
| French Toast Sticks | 5/person     |
| Bacon               | 2/person     |
| Orange Juice        | ½ gal/patrol |
| Butter              | staple       |
| Syrup               | staple       |

Cook the french toast sticks over a medium heat until they are hot and golden brown. Too high of a flame can burn them. Fry the bacon over a low flame and flip the slices frequently to prevent curling.

## Tuesday Lunch: Taco in a Bag

|                     |                 |
|---------------------|-----------------|
| Ground Beef         | 4 oz./person    |
| Taco Seasoning      | 1 packet/patrol |
| Taco in a Bag Chips | 1 bag/person    |
| Shredded Lettuce    | 1 bag/patrol    |
| Shredded Cheese     | 1 bag/patrol    |
| Salsa               | staple          |
| Sour Cream          | 1 packet/person |
| Cantaloupe          | 1 melon/patrol  |
| Drink Mix           | 1 bag/patrol    |

Wash the outside of the cantaloupe and cut it in half; scoop the seeds out of the center, slice the melon into thin slices. Look in your staple crate or cooler if you have an open jar of salsa before you open a new one. Brown the ground beef in a large skillet and 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!

## Tuesday Supper: Beef Stir Fry

|                    |                 |
|--------------------|-----------------|
| Rice               | 1 bag/patrol    |
| Beef Steak Cubes   | 3 oz./person    |
| Stir Fry Veggies   | 1 bag/patrol    |
| Stir Fry Seasoning | 1 packet/patrol |
| Vegetable Oil      | staple          |
| Soy Sauce          | 1 packet/person |
| Swiss Cake Roll    | 1 pack/person   |
| Milk               | ½ gal/patrol    |

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

## Wednesday Breakfast: Pancakes and Sausage Links

|               |               |
|---------------|---------------|
| Pancake Mix   | 1 box/patrol  |
| Sausage Links | 2/person      |
| Butter        | staple        |
| Milk          | ½ gal./patrol |
| Syrup         | staple        |

Mix pancake batter according to the directions on the box. Cook sausage links over a medium heat until they are golden brown. 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.

## Wednesday Lunch: Turkey, Spinach & Cheese Wrap

|                            |                 |
|----------------------------|-----------------|
| Sliced Turkey              | 3 slices/person |
| Shredded Cheese            | 1 bag/patrol    |
| Spinach                    | 1 bag/patrol    |
| Mayonnaise & Mustard       | staple          |
| Tortilla Wrap              | 2/person        |
| Sour Cream and Onion Chips | 1 bag/person    |
| Kiwi                       | 1/person        |
| Drink Mix                  | 1 bag/patrol    |

Make the drink mix according to the directions on the package. Mayo & Mustard are in your staple crate. Set the stuff out so everyone can make their own.

## Wednesday Supper: Adult Leader Dinner & Beach Bash

**Scouts at the Beach:** Cheddar Brats, Buns, Chips, Apple, Zebra Cakes, Juice

**Adult Leaders at Dining Hall:** Chicken Legs, Baby Bakers, California Blend Veggies w/ Cheese Sauce, Bread, Dessert, Milk

## Thursday Breakfast: French Toast and Sausage Links

|                 |                 |
|-----------------|-----------------|
| Eggs            | 2/person        |
| Milk for Batter | ½ pint/patrol   |
| Bread           | 3 slices/person |
| Butter          | staple          |
| Sausage Links   | 2/person        |
| Orange Juice    | ½ gal./patrol   |

Crack eggs into a medium pot and beat with a fork until they are thoroughly mixed - add a little milk to stretch the eggs. Heat a griddle over a medium heat and melt butter on the surface. Dip a slice of bread into the egg mixture to evenly coat both sides; do not totally saturate the bread slices or it will fall apart before you get it on the griddle. Lay the dipped bread slices on the greased griddle and flop when the bottom is lightly browned. Cook the sausage links over a medium heat until they are golden brown.

## Thursday Lunch: Beef Mac & Cheese

|                       |               |
|-----------------------|---------------|
| Ground Beef           | 4 oz./person  |
| Mac & Cheese          | ½ box/person  |
| Milk for Mac & Cheese | ½ pint/patrol |
| Butter                | staple        |
| BBQ Chips             | 1 bag/person  |
| Baby Carrots          | 1bag/patrol   |
| Drink Mix             | 1 bag/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

## Thursday Supper: Pork Chops & Mashed Potatoes

|                   |                  |
|-------------------|------------------|
| Pork Chops        | 1/person         |
| Mashed Potatoes   | 1 box/patrol     |
| Milk for Potatoes | 3 ½ pints/patrol |
| Butter            | staple           |
| Canned Corn       | 1 serving/person |
| Cosmic Brownie    | 1/person         |
| Milk              | ½ gal./patrol    |

Heat the frying pan on a medium heat with oil or butter. Sprinkle salt and pepper on the pork chop. Place the pork chop in the pan and cook for 4-5 minutes on one side; flop and cook for 3-4 minutes on the other side until golden brown and fully cooked (internal temp 145 fahrenheit). 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        |
| Shredded Cheese | 1 bag/patrol    |
| Salsa           | staple          |
| Sour Cream      | 1 packet/person |
| Milk            | ½ gal./patrol   |

Brown the pork sausage in a large frying pan over a 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 the pan is empty, repeat steps with the second half.

## Friday Lunch: Ham & Cheese Sandwich, Tomato Soup

|                   |                 |
|-------------------|-----------------|
| Sliced Ham        | 3 slices/person |
| Cheese            | 2 slices/person |
| Bread             | 4 slices/person |
| Mayo & Mustard    | staple          |
| Tomato Soup       | 6 oz./person    |
| Fritos Corn Chips | 1 bag/person    |
| Grapes            | 1 bag/patrol    |
| Drink Mix         | 1 bag/patrol    |

Make the drink mix according to the directions on the package. Heat the soup over medium low heat and stir frequently. Everyone can make their own sandwiches.



## Friday Supper: Cali Burger, Tator Rounds, Baked Beans

|                      |                  |
|----------------------|------------------|
| Hamburger Bun        | 2/person         |
| Hamburger            | 2/person         |
| Lettuce Head         | 1/patrol         |
| Tomato               | 2/patrol         |
| Onion                | 1/patrol         |
| Baked Beans          | 1 serving/person |
| Tator Rounds         | 10/person        |
| Milk                 | ½ gal/patrol     |
| Mayo/Ketchup/Mustard | staple           |

Cook Hamburgers over a medium heat. When they begin to sizzle, flip them. Wash the lettuce and tomatoes. Slice the tomatoes. Peel and slice the onion. Everyone can add their own toppings. Open the cans of baked beans and pour contents into a pot; place over medium heat until the liquid starts to boil. Place the tator rounds in a single layer in a pan over medium heat, don't overcrowd, cook for 5-7 minutes with a lid over the pan and then flip/rotate them and cook for another 5-7 minutes. Once they are golden and crispy, they are ready to eat.

## SATURDAY BREAKFAST: Waffle Snaps, Banana, Hi-C

packed troop style & delivered with Friday Supper