



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.

Butter	Peanut Butter	Salsa	Paper Towel
Cold Cereal	Jelly	Vegetable Oil	Scrubbie
Loaf of Bread	Ketchup	Salt	Matches
Oatmeal	Mustard	Pepper	Dish Soap
Brown Sugar	Mayonnaise		Sanitizer Tablets
Syrup	Ranch	Drink Mix	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	staple

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: French Toast Sticks and Sausage

French Toast Sticks	5/person
Sausage Links	2/person
Oranges	1/person
Milk	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 a flame can burn them. Cook sausage links over medium heat until they are golden brown.

Monday Lunch: Chicken Salad Wraps

Shredded Chicken	3 oz./person
Mayo	staple - 1 teaspoon/person
Relish	1 teaspoon/person
Tortilla	2/person
Fritos	1 bag/patrol
Grapes	1 bag/patrol
Drink Mix	staple

In a bowl, combine shredded chicken, mayonnaise, and relish until evenly coated. Use a spoon or scoop to dish up the chicken salad onto each tortilla. Wash the grapes before serving. Follow the directions on the package for the drink mix.

Monday Supper: Spaghetti and Meatballs

Spaghetti Sauce	¼ jar/person
Noodles	1 box/patrol
Meatballs	5/person
Nutty Bar	1 package/person
Salad	1 bag/patrol
Milk	½ gal./patrol

Fill a kettle ½ 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: Egg in a Basket and Bacon

Eggs	2/person
Bread	3 slices/person
Butter	staple
Bacon	2/person
Orange Juice	½ gal./patrol

Cut a hole in the center of the bread (about 2–3 inches wide). In a pan over medium heat. Add 1 tsp butter or a little oil to coat the pan. Place the bread slice in the pan. Let it toast slightly for 30–60 seconds. Toast the cut-out bread circle alongside as a mini toast. Crack the egg directly into the hole in the bread. Cook for 2–3 minutes, until the bottom is set. Use a spatula to flip the bread and egg together. Cook another 1–2 minutes until the egg is cooked through but yolk is still slightly runny or to preference. 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	staple

Wash the outside of the cantaloupe and cut it in half; scoop the seeds out of the center, and 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

Egg Noodles	1 serving/person
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

Fill a pot with water; add 1 teaspoon of salt and bring to a boil. Stir noodles gently into boiling water. Cook for 7-10 minutes, stirring occasionally. Drain the water and drizzle a small amount of oil or add a pat of butter to prevent sticking. 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 the 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: Breakfast Sandwich

Sausage Patty	2/person
Eggs	2/person
Cheese	2/person
English Muffin	2/person
Butter	staple
Milk	½ gal. /patrol
Tiny Triangles	4/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 them 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.

Wednesday Lunch: Chicken Patty on a Bun

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

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.

Wednesday Supper: Adult Leader Dinner & Beach Bash

Scouts at the Beach: Cheddar Brats, Buns, Chips, Apple, Birthday Cake, Juice

Adult Leaders at Dining Hall: Roast Beef, Baby Bakers, California Blend Veggies w/Cheese Sauce, Bread, Dessert, Milk

Thursday 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
Apple Juice	1/person

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

Thursday Lunch: Ham and Cheese Sandwich

Sliced Ham	3 oz./person
Sliced Cheese	2 slices/person
Mayo	staple
Bread	
BBQ Chips	1 bag/person
Baby Carrots	1bag/patrol
Drink Mix	staple
Mandarin Oranges	1 cup/person

Everyone can make their own sandwiches. Follow directions on the drink mix package.

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; flip 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 it over medium heat.

Friday Breakfast: Pancakes and Sausage

Pancake Mix	1 box/patrol
Sausage Links	2/person
Butter	staple
Orange Juice	½ gal./patrol
Syrup	staple
Yogurt	1/person

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

Friday Lunch: Turkey, Spinach & Cheese Wrap

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

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.

Friday Supper: California Burger and Tater Rounds

Hamburger Bun	2/person
Hamburger	2/person
Lettuce Head	1/patrol
Tomato	2/patrol
Onion	1/patrol
Tator Rounds	10/person
Milk	½ gal/patrol
Oatmeal Cream Pie	1/person
Mayo/Ketchup/Mustard	staple

Cook hamburgers over 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. Place the tater 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, Fruit, Hi-C
packed troop style & delivered with Friday Supper