

## S bar F Scout Ranch 2008 Tentative Patrol Cooking Menus

### **BREAKFAST**

#### Monday

Oranges  
Fruit Loops with Milk  
Scrambled Eggs  
Diced Ham  
Bread & Butter  
Jelly

#### Tuesday

Rice Krispies with Milk  
Egg Sandwich with Ham &  
Cheese on English Muffin  
Trix cereal with Milk  
Butter

#### Wednesday

Orange Juice  
Apple Cinnamon Toasted  
Oats with Milk  
French Toast with syrup  
Sausage Links  
Butter

#### Thursday

Apple Juice  
Pop Tarts  
Raisin Bran with Milk  
Fresh Oranges  
Granola Bar

#### Friday

Corn Flakes  
Apple Pancakes  
W/syrup  
Sausage patty  
Butter  
Milk

#### Saturday

Fresh Peaches  
Frosted Flakes with Milk  
Sweet Rolls

### **LUNCH**

Cold Cuts & Cheese  
Potato Chips  
Lettuce & Tomatoes  
Whole Wheat Bread  
Mustard-Mayo  
Nutty Bars  
Strawberry Punch

Hot Dog on Bun  
Mustard and Relish  
Cheese Sticks  
BBQ Chips  
Apples  
Orange Beverage

Cold Cuts  
Peanut Butter & Jelly  
Lettuce & Tomatoes  
Chips  
Applesauce  
Snack Cake  
Raspberry Punch

Sloppy Joe Sandwiches  
Sour Cream & Onion Chips  
Macaroni & Cheese  
Bread & Butter  
Pears  
Grape Drink

Cold cuts & cheese  
Potato chips  
White bread  
BBQ Chips  
Mustard and Mayo  
Orange Beverage

### **DINNER**

Hamburger on Bun  
Pork & Beans  
Mayo Potato Salad  
Applesauce  
Chocolate Pudding  
Chocolate Milk

Pan Fried Chicken Patty  
Buttered Corn  
Lettuce, tomatoes, &  
dressing  
Sliced Peaches  
Cookies  
Milk

Grilled Ham Steaks  
Tiny Whole Potatoes  
Pineapple Tidbits  
Cookies  
Bread & Butter  
Chocolate Milk

#### **Optional Meal**

Sliced Turkey  
Shoestring Potatoes  
Tomatoes and Sliced  
Cheese  
Deli Buns  
Fruit Cocktail  
Milk

Charcoal Broiled Steak  
Hash Browns  
Corn on the Cob - Cobblets  
Bread & Butter  
Snack Cake  
Chocolate Milk

For its nutritional value, we substitute turkey meat products where possible.