

SAMPLE Menus

SAMPLE MENU – 1

Item:	Ingredients:	Quantity for 20 people:	How?
Taco Salad**	Doritos	2 large bags	1. Brown hamburger meat, drain 2. Mix the taco seasoning into the meat 3. Chop the lettuce and tomatoes in small pieces 4. Place hamburger mix, lettuce, tomatoes, cheese, and chips in bowl. Campers can make their own tacos or cooks can do it.
	hamburger	5 lbs	
	taco seasoning	2 packages	
	lettuce	2 heads	
	tomatoes	3 tomatoes	
	Shredded cheese	3 packages	
Ants on a log	celery	1 stalk	1. Wash & cut celery in 2" lengths. 2. Put some peanut butter in center and top with raisins.
	Peanut butter	small jar	
	Raisins	3 small containers	
Drink	lemonade or Kool aid;presweetened	3 packages (2 quarts each) (flavor choice)	make 1.5 gallons, bring own container
Pudding cones	pudding (your choice)	4 large packages milk	1. Add milk and cool 2. Dip into cones
	ice cream cones	20 cones	

**** Walking Taco Salad**

1. Open small bag of Doritoes chips. Scoop in hamburger, add cheese, lettuce, tomatoes, etc.
2. Walk and eat it out of the bag. Throw bag away when done.

SAMPLE MENU – 2

Item:	Ingredients:	Quantity for 20 people:	How?
Tacos**	taco shells	40 medium size	1. Brown hamburger meat, drain 2. Mix the taco seasoning into the meat & heat. 3. Chop the lettuce and tomatoes in small pieces 4. Place hamburger mix in shells. Top with cheese, and chips in bowl. Campers can make their own tacos or cooks can do it.
	hamburger	5 lbs	
	taco seasoning	2 packages	
	lettuce	1 head	
	tomatoes	2 tomatoes	
	shredded cheese	3 packages	
Ants on a log	celery	1 stalk	1. Wash & cut celery in 2" lengths. 2. Stuff celery with peanut butter & sprinkle with raisins.
	Peanut butter	small jar	
	Raisins	3 small containers	
Drink	lemonade or Kool aid;presweetened	3 packages (2 quarts each)	make 1.5 gallons, bring own container
Pudding	Pudding, milk	5 packages (choice)	Mix each in Ziploc bag. Squeeze in cone or small paper cup

SAMPLE MENU – 3

Item:	Ingredients:	Quantity for 20 people:	How?
Beans & Hot dogs	hot dogs	18 hot dogs	1. Cut hot dogs in slices/pieces 2. Add dogs to beans and cook in big pot until hot.
	baked beans	4 - 16 oz. cans	
Celery & Carrot sticks	celery	1 bunch	Wash & cut celery & carrots in strips
	carrots	1 bag	
Chips	chips (choice)	1 large bag or	make 1.5 gallons, bring own container
		2 smaller ones	
Drink	lemonade or Kool aid; presweetened	3 packages (2 quarts each) (flavor choice)	
Cookies OR	1 bag	1 bag cookies of choice	
S'mores	marshmallows	2 packages	1. Heat/roast marshmallows over heat on your OWN skewers or clean dowel rods. 2. Place ¼ to ½ chocolate bar on cracker. 3. Top with melted marshmallow.
	Chocolate bars	½ bar per person - 10 bars	
	graham crackers	1 box	
	OR chocolate covered graham crackers	1 box (no chocolate bars needed)	

SAMPLE MENU - 4

Item:	Ingredients:	Quantity for 20 people:	
Sloppy Joes	hamburger	5 lbs	1. Brown hamburger meat, drain. 2. Add ketchup, sliced onion, mustard to the meat. Heat and serve on buns 3. Cook until heated through and serve on buns.
	ketchup	1 bottle	
	Onion	1 small onion	
	Buns	24 hamburger buns	
	Sweet pickles	1 jar	
	mustard	1 small jar	
Ants on a log	celery	1 stalk	1. Wash & cut celery in 2" lengths. 2. Stuff celery with peanut butter & sprinkle with raisins.
	Peanut butter	small jar	
	Raisins	3 small containers	
Chips	Choice of flavor	1 large bag or 2 small ones	
Drink	lemonade or Kool aid; presweetened	3 packages (2 quarts each) (flavor choice)	make 1.5 gallons, bring own container
Brownies	boxed mix	2 packages	Mix and bake in box oven according to instructions on box. Bring own oven.

SAMPLE MENU - 5

Item:	Ingredients:	Quantity for 20 people:	
Pizza Bagels	bagels or English muffins (choice)	20 (2/person when cut in half)	1. Place sauce, toppings, and cheese on bread. 2. Place in Aluminum foil and heat until cheese is melted. slice or dice for topping on pizza.
	pizza sauce	2 jars	
	Shredded mozzarella cheese	4 packages	
	pepperoni	1 package	
	onion	1 small	
	Charcoal or firewood	1 bag	
Carrots & Celery sticks	celery	1 stalk	1. Wash & cut celery in 2" lengths. 2. Put peanut butter in some, leave some blank. 3. Place carrots in water to stay fresh
	peanut butter	small jar	
	Carrots	1 bag baby carrots	
Drink	lemonade or Kool aid; presweetened	3 packages (2 quarts each) (flavor choice)	make 1.5 gallons, bring own container
S'mores	marshmallows	2 packages	1. Heat/roast marshmallows over heat on your OWN skewers or clean dowel rods. 2. Place ¼ to ½ chocolate bar on cracker. 3. Top with melted marshmallow.
	Chocolate bars	½ bar/person = 10 bars	
	graham crackers	1 box	
	OR chocolate covered graham crackers	1 box (no chocolate bars needed)	

SAMPLE MENU - 6

Item:	Ingredients:	Quantity for 20 people:	
Hamburgers	hamburger	5 lbs or 20 patties	1. Make patties & cook on grill over charcoal fire. Slice to fit bun. Charcoal starter-bring your own
	Ketchup & mustard	1 bottle each	
	hamburger Buns	24 hamburger buns	
	pickles	1 jar (choice-dill,sweet)	
	Lettuce or onions	1 head, 1 onion	
	Cheese slices, optional	count for girls who want them only.	
	charcoal	1 small bag	
Ants on a log	celery	1 stalk	1. Wash & cut celery in 2" lengths. 2. Put peanut butter in center and top with raisins.
	Peanut butter	small jar	
	Raisins	3 small containers	
Chips	Choice of flavor	1 large bag or 2 small ones	
Drink	lemonade or Kool aid; presweetened	3 packages (2 quarts each) (flavor choice)	make 1.5 gallons, bring own container
Brownies, cookies, or cake mix	boxed mix	2 packages	Mix and bake in box oven according to instructions on box.

SAMPLE MENU - 7

Item:	Ingredients:	Quantity for 20 people:	
Tin Foil Dinners	hamburger	6 lbs	1. Make patties 2. Slice/dice vegetables 3. Place meat & vegetables in heavy Al foil or 2 sheets of foil. 4. Cook until done. Place on coals. Turn often. 5. Add ketchup to taste 6. Mark child's name with marker on foil.
	carrots	1 bag	
	potatoes	1 bag	
	Onions	2 large	
	Green peppers	2 large	
	season salt	1 small bottle	
	Ketchup	1 bottle	
	charcoal	1 bag	
Baked apples	apples	1/person	1. Core apples or bake whole. Add cinnamon. 2. Wrap in Al foil and bake over coals.
	cinnamon	1 jar cinnamon	
Drink	lemonade or Kool aid	3 packages (2 quarts each) (flavor choice) or box drinks	make 1.5 gallons, bring own container

SAMPLE MENU - 8

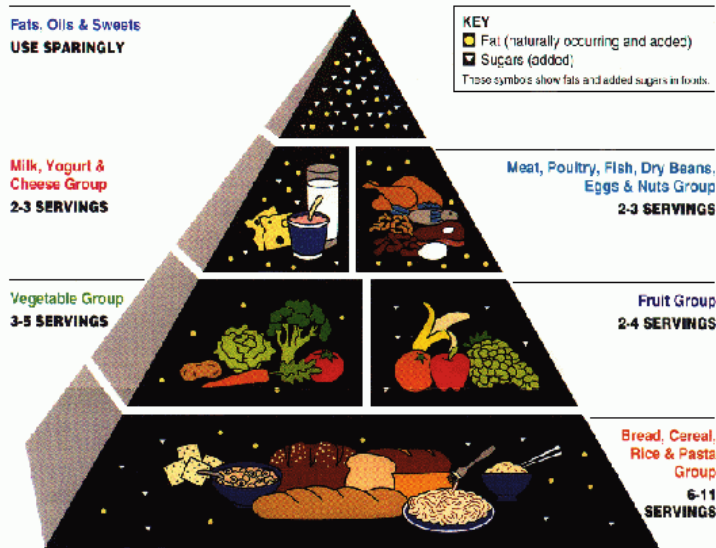
Item:	Ingredients:	Quantity for 20 people:	
Stir Fry Chicken	chicken	3 cans chicken	1. Cook chicken until brown. Add sauce. 2. Cut or slice vegetables into bite size pieces. 3. Add vegetables to chicken and cook until just done, but still a little crunchy. Serve.
	carrots	2 bags	
	Celery	1 bunch	
	broccoli	1-2 bunches	
	Onion	1 onion	
	Potatoes	10-15 potatoes	
Biscuits	biscuit mix	1 box or 3 cans	Mix and bake in box oven according to instructions on box.
Drink	lemonade or Kool aid; presweetened	3 packages (2 quarts each) (flavor choice)	make 1.5 gallons
Peach cobbler	cake mix	2 packages	Make cake mix on box. Add peaches to bottom of pan. Pour cake on top. Either bake in box oven or cook in dutch oven
	peaches	2 cans peaches	
	butter	2 sticks	

SAMPLE MENU - 9

Item:	Ingredients:	Quantity for 20 people:	
Pigs in a Blanket	Hot dogs Ketchup mustard	3 packages of 8	1. Wrap hot dogs in the biscuit dough. Will take 1-2 biscuits/hot dog.
	or biscuit mix	1 box or 4 cans (1 can=10) water, using box mix	2. Bake in box oven according to instructions on box. May take a little longer because of hot dog inside.
Vegetables	Celery	1 bunch	Cut into strips. Baby carrots or cut up large carrots into strips.
	Carrots	1 bunch	
Drink	lemonade or Kool aid; presweetened	3 packages (2 quarts each) (flavor choice)	make 1.5 gallons, bring own container
Cookies OR Fruit	Cookies	1 package	Any flavor desired. Open and serve.
	Peaches, pineapples, fruit cocktail	4 large cans fruit or fresh fruit (seasonal)	Open and serve.

SAMPLE MENU - 10

Item:	Ingredients:	Quantity for 20 people:	
One-pot Stew	Mixed vegetables Tomato sauce Hamburger	5 cans vegetables 2 cans tomato sauce 2 lbs meat	1. Cook hamburger until done, drain. 2. Add all ingredients in big pot and cook.
Biscuits	Biscuits Jelly or butter	1 box or 2-3 cans (1 can=10) water, using box mix small tub butter small jar jelly	2. Bake in box oven according to instructions on box.
Salad	Bagged salad mix Salad dressing – 2 flavors	4-5 bags 2 small bottles – 1/each flavor	Portion in individual bowls, or serve from big bowl
Drink	lemonade or Kool aid; presweetened	3 packages (2 quarts each) (flavor choice)	make 1.5 gallons, bring own container
Fruit OR	Choose Peaches, pineapples, or fruit cocktail	4 large cans fruit or fresh fruit (seasonal ones only)	Open and serve.
Cookies	Choose flavor	1 package	



Encourage girls to choose foods from each food group to make a balanced meal.