

## BREAKFAST

PANCAKES, SYRUP, SAUSAGE PATTY, FRUIT, MILK, JUICE

<u>FOOD ITEM</u>	<u>QUANTITY</u>
PANCAKE MIX	$\frac{3}{4}$ CUP PER PERSON
OIL	2 CUPS
SYRUP	2 IND. CUPS PER PERSON
BUTTER	2 IND. CUPS PER PERSON
SAUSAGE	2 PATTIES PER PERSON
MILK	1 OR 2 PER PERSON
JUICE	1 PER PERSON
FRUIT	1 PER PERSON

UTENSILS: FRYING PAN OR GRIDDLE, SPATULA, BOWL

### DIRECTIONS:

Pour pancake mix into mixing bowl. Add 2 cups of water and stir. Add more or less water as needed to make a smooth and moderately runny batter. Add enough oil to coat bottom of pan. Pour batter into pan to make 6 inch pancakes. Flip pancake when bubbles form and break on edges. Put sausage in a cold griddle or pan. Cook over moderate heat turning as sausage cooks. Sausage is done when evenly browned and no pink in middle.

## LUNCH

GRILLED CHEESE SANDWICHES, SOUP, FRUIT, DRINK

<u>FOOD ITEM</u>	<u>QUANTITY</u>
CHEESE	2 SLICES PER SANDWICH
BREAD	2 SLICES PER SANDWICH
BUTTER	1 POUND
CANNED SOUP	AS PROVIDED
FRUIT	1 PER PERSON
DRINK	AS PROVIDED

UTENSILS:            FRYING PAN OR GRIDDLE, POT, KNIFE, CAN OPENER

### DIRECTIONS:

Prepare sandwiches by buttering one side of each slice of bread. Place cheese between unbuttered sides. Heat on griddle until brown on both sides, and cheese melts. Prepare soup according to instructions provided. Mix drink according to package directions.

DINNER

SPAGHETTI WITH MEAT SAUCE, TOSSED SALAD, BREAD, MILK

<u>FOOD ITEM</u>	<u>QUANTITY</u>
SPAGHETTI NOODLES	AS PROVIDED PER NUMBERS
SPAGHETTI SAUCE	AS PROVIDED PER NUMBERS
GROUND BEEF	AS PROVIDED PER NUMBERS
BREAD	AS PROVIDED PER NUMBERS
LETTUCE, TOMATO, DRESSING	AS PROVIDED PER NUMBERS
DRINK	AS PROVIDED

UTENSILS:           LARGE POT, FRYING PAN, LARGE SPOON, PARING KNIFE

DIRECTIONS:

Bring large pot of water to boil. Add spaghetti noodles. Cook until tender, about ten minutes. While spaghetti is cooking, cook ground beef until done, drain grease from meat and add spaghetti sauce to meat. Cook until thoroughly heated. Drain water from noodles. Add noodles to meat sauce or serve sauce over noodles. Heat bread in tin foil, if desired. Mix drink by instructions.