

Tomahawk Scout Camp

Sioux Commissary Menu 2022



Staple Crate:

The following items are “Staples” that are delivered Sunday with dinner. You can request any of the following items in writing by submitting one of the orange request cards found in the campsite folders. You can expect items to be delivered the meal after the card is received. Any last-minute requests should be made directly to your commissioner or call Central Services at 612-261-2455.

Ketchup Mustard Oatmeal Peanut Butter Bread Jelly Cereal Butter	Orange Juice Salt & Pepper Matches Scrubby Paper Towels Dish Soap/Sanitizer Garbage Bags Hot Sauce	Please Return Food Crates after each meal to your food bench along with any containers. Please clean containers with soap and water after use. Check the staple crates often and let your dining director know if you need anything!
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TIPS FOR SUCCESS:

1. Plan ahead! Know your patrol roles ahead of time!
2. Double check the food crates for each of the items listed on the menu for the meal **RIGHT AWAY**
3. Heat a large pot of water for dishes before each meal
4. Always wash your hands before handling any food
5. Check in with your dining director at **EVERY MEAL!** This way they can make sure you have everything you need and you don't miss anything!

*Note that all specialty items listed below are only available when requested on the food count sheets submitted at check in.

SUNDAY DINNER: Sliced Turkey and Cheese Hoagie

Hoagie Bun Sliced Turkey Cheese Slices Lettuce Bag of Chips Mayo Dessert	1 Per Person 4 Slices Per Person 1 Slice Per Person 1 Piece Per Person 1 Bag Per Person 1 Packet Per Person 1 Package Per Person	Directions: Everyone makes their own sandwich.
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Vegetarian Alternative: Chick Pea Vegetable Wrap pre-made by kitchen staff.

Gluten Free: Use the gluten free bun provided, make your sandwich first to avoid contamination.

Dairy Free: The bun is dairy free, don't use the cheese!

MONDAY BREAKFAST: Scrambled Eggs and Sausage

Orange Juice	*1 serves 32	Directions: Heat a frying pan and melt a little butter to fry the eggs. Sausages are pre-cooked, so they only need to be heated up until they sizzle.
Eggs	2 Per Person	
Sausage Links	2 Links Per Person	
Milk	1 Carton Per Person	
Fruit	*Varies	

Vegetarian Alternative: Yogurt cups and granola to replace the calories from the sausage.

Gluten Free: No alternative needed.

Dairy Free: No alternative needed.

MONDAY LUNCH: Corn Dogs and Mac n' Cheese

Corn Dog	2 Per Person	Directions: Meal is delivered hot and ready to eat. Wait to open heater stack until everyone is ready to eat. Please wash all pans and heater stack with soap after meal.
Mac n' Cheese	1/2 cup Per Person	
Fruit Cocktail	1 cup Per Person	

Vegetarian Alternative: 2 vegetarian corn dogs.

Gluten Free: 2 hot dogs and gluten free buns provided. Gluten free mac and cheese will be provided.

Dairy Free: 2 hot dogs and chicken salad.

MONDAY DINNER: Chili

Chili	1 Cup Per Person	Directions: Pour chili cans into a pot. Put pot on medium heat. Gently stir until bubbling, then serve 1 cup per person. Garnish with sour cream and shredded cheese as desired.
Fritos	1 Bag Per Person	
Shredded Cheese	2 oz Per Person	
Sour Cream	1 Packet Per Person	
Salad Mix	1 Bag Per Person	
Ranch Dressing	1 Packet Per Person	
Dessert	1 Package Per Person	

Vegetarian Alternative: Use can of chili with no beef in separate pot.

Gluten Free: No alternative needed.

Dairy Free: No cheese and sour cream.

TUESDAY BREAKFAST: Scrambled Eggs and Bacon

Orange Juice	*1 serves 32	Directions: Crack eggs and mix them thoroughly in a bowl and add a little milk to stretch. Melt butter into a large frying pan and pour half of the eggs into the pan. Move them around in the pan with a spatula to prevent sticking. When they're done, remove from pan. Repeat steps to cook the rest of the eggs. Fry bacon over a low flame and turn slices frequently to prevent curling.
Eggs	2 Eggs Per Person	
Bacon	2 Strips Per Person	
Milk	1 Carton Per Person	
Fruit	*Varies	

Vegetarian Alternative: Yogurt Cup with Granola (substitute for bacon)

Gluten Free: None

Dairy Free: None

TUESDAY LUNCH: Sloppy Joes and Tater Tots

Bun	2 Per Person	Directions: Meal is delivered hot and ready to eat. Wait to open heater stack until everyone is ready to eat. Please wash all pans and heater stack with soap after meal.
Joe Mix	2 servings per person	
Grapes	*Varies	
Tater Tots	*Varies	

Vegetarian Alternative: Egg salad sandwich made by the kitchen staff just for you!

Gluten Free: Egg salad sandwich with a gluten free bun.

Dairy Free: Severe dairy allergies will be provided with an alternate bun.

TUESDAY DINNER: Spaghetti and Meatballs

Spaghetti Sauce	1 Serving Per Person	Directions: Bring a large kettle ½ full of water to a boil; place the noodles into the pot when the water is boiling. Heat the sauce in a medium kettle over a low flame. Heat the meatballs in a pan over a medium heat; when the meatballs are fully cooked, mix them with the sauce. Noodles take roughly 12 minutes to cook; they should be soft but not mushy.
Spaghetti Noodles	1 Serving Per Person	
Meatballs	5 Balls Per Person	
Carrots	1 Bag per patrol	
Ranch Cups	1 cup per person	
Dessert	1 Package Per Person	

Vegetarian Alternative: Veggie Crumble- Heat up in pan to add to spaghetti.

Gluten Free: Use the provided gluten free noodles and the vegetarian crumble to make spaghetti, *the meatballs contain gluten*. Alternate dessert also provided.

Dairy Free: Veggie Crumble- Heat up in pan to add to spaghetti.

The meatballs contain dairy. Alternate dessert also provided.

WEDNESDAY BREAKFAST: Pancakes and Sausage

Pancake Mix	1 Serving Per Person	Directions: Mix in water to pancake mix slowly until desired consistency. 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. The sausages are precooked so they only need to be warmed up.
Sausage Links	2 links per person	
Syrup cups	1 Cup per person	
Milk	1 Carton per person	
Fruit	*varies	
Orange juice		

Vegetarian Alternative: Hardboiled eggs (substitute for sausage)

Gluten Free: Gluten Free pancake mix

Dairy Free: Dairy Free pancake mix, use an oil for cooking.

WEDNESDAY LUNCH: Soft Shell Tacos

Ground Beef	1 Cup per person	Directions: Meal is delivered hot and ready to eat. Wait to open heater stack until everyone is ready to eat. Please wash all pans and heater stack with soap after meal.
Taco Seasoning	1 Slice per person	
Shredded Cheese	2 oz per person	
Shredded Lettuce	2 oz per person	
Sour Cream	1 packet per person	
Tortillas	2 tortillas per person	

Vegetarian Alternative: 2 Bean burritos.

Gluten Free: 2 Corn tortillas

Dairy Free: No sour cream or shredded cheese.

WEDNESDAY DINNER: Cheeseburgers in Paradise (at the beach)

Burger Patty	2 per person	Come to the Beach ready to swim. Please bring a mess kit to eat with.
Bun	1 per person	
Cheese Slice	1 per person	
Baked Bean	½ cup per person	
Potato Chips	1 bag per person	
Cookie	1 per person	

Vegetarian Alternative: Black Bean Patty

Gluten Free: Use the gluten free bun provided. Alternate dessert provided.

Dairy Free: For a severe allergy a gluten free bun will be provided. Alternate dessert provided. No cheese on burger.

THURSDAY BREAKFAST: Breakfast Sandwich

Sausage Patty	1 patty per person	Directions: Heat a frying pan and melt a little butter to fry the eggs. Sausages are pre-cooked, so they only need to be heated up until they sizzle. Split the muffins in half, butter each side and place over heat to toast. Assemble the egg, sausage and cheese onto the English muffin as a sandwich. This will make one sandwich per person.
Eggs	2 per person	
Cheese Slice	1 slice per person	
English Muffin	1 per person	
Milk	1 carton per person	
Orange Juice		

Vegetarian Alternative: Yogurt cups and granola to replace the calories from the sausage.

Gluten Free: Use the gluten free bread provided in place of the English Muffin.

Dairy Free: For a more severe allergy a dairy free English muffin will be provided.

THURSDAY LUNCH: Chicken Tenders

Chicken Tenders	4 tenders per person	Directions: Meal is delivered hot and ready to eat. Wait to open heater stack until everyone is ready to eat. Please wash all pans and heater stack with soap after meal.
Mac n Cheese	1/2 cup per person	
Broccoli Salad	1 serving per person	
BBQ Sauce	1 cup per person	

Vegetarian Alternative: 6 vegetarian nuggets.

Gluten Free: 4 gluten free tenders, and gluten free mac and cheese.

Dairy Free: Pasta salad

THURSDAY DINNER: Pork Chops and Mashed Potatoes

Pork Chop	1 chop per person	Directions: Fry pork chops on a griddle with a little butter. The pork chop is ready to eat when the center is white. Prepare potatoes using 8 cups of warm water or milk. Add butter for taste.
Mashed Potatoes	1 bag per patrol	
Salad Mix	1 bag per patrol	
Ranch Dressing	1 packet per person	
Milk	1 carton per person	
Dessert	1 per person	

Vegetarian Alternative: Vegetable wrap that is ready to eat!

Gluten Free: Alternative dessert provided.

Dairy Free: Potato: Heat in tinfoil over medium heat. Alternative dessert provided.

FRIDAY BREAKFAST: French Toast and Sausage Patties

Eggs Bread Cinnamon Sausage Patties Milk Fruit Orange Juice	Dozen per patrol 1 Loaf per patrol 1 bag per patrol 2 patties per person 1 carton per person *varies	Directions: Crack eggs into a medium bowl and beat with a fork until they are thoroughly mixed. Add a little milk to stretch the eggs, and mix in the bag of cinnamon. 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 flip when the bottom is lightly browned. Cook sausage patty on a medium heat until lightly browned.
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Vegetarian Alternative: 1 Vegetarian patty.

Gluten Free: Use bread provided to make French toast, cook this first to avoid cross contamination.

Dairy Free: Scramble the two eggs instead of using them to create French toast.

FRIDAY LUNCH: Hot Dogs

Hot Dogs Hot dog buns Potato Chips Baked Beans Fruit Salad	2 Hot Dogs 2 hot dog buns 1 bag per person 1 serving per person 1 serving per person	Directions: Meal is delivered hot and ready to eat. Wait to open heater stack until everyone is ready to eat. Please wash all pans and heater stack with soap after meal.
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Vegetarian Alternative: 2 vegetarian hot dogs.

Gluten Free: Use gluten free bun that is provided. Make your hot dog first to avoid cross contamination

Dairy Free: For a severe allergy a gluten free bun will be provided.

FRIDAY SUPPER: Chicken Breast and Baked Potatoes

Chicken breast Potato Green Beans Ranch Packet	1 per person 1 per person 1 bag per patrol 1 packet per person	Melt a small amount of butter in the bottom of the pan and place chicken in. Allow chicken to cook for several minutes on each side. Chicken is ready to eat when there is no pink left in the center. Scrub and slice the potatoes in half. Put them in a large pot and cover them completely with water (sprinkle a little salt in the water) boil them for about 15-20 minutes or when potatoes are soft all the way through.
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Vegetarian Alternative: Humus and spinach pita pocket. Grill to your satisfaction.

Gluten Free: None.

Dairy Free: None.

SATURDAY MORNING:

Cinnamon Roll, Yogurt, and Fruit. This will be delivered on Saturday Morning at 8am.