

Troop 33

Camp Menu

Menu Items made by: Troop 33 Scouts & ASM's
Put together by: Chris Silva
June, 2020

Menu Item made by: Davis Tomita (Hawk)

Name of Dish	Grains	Protein	Vegetables	Fruit	Drink	Dessert
Pizza Grilled Cheese	Bread	Pepperoni or Sausage	Basil or Mushroom	N/A	POG or Soda	Cookies

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
White Bread	1 Pack	\$3	\$3	Butter	1 Stick	\$4	\$44-45
Pepperoni	1 Pack	\$3	\$6	Tomato Paste	1 Can	\$1-2	\$45-47
Italian Sausage	1 lb	\$5	\$11	Garlic	1 Bulb	\$3	\$48-50
Basil	1 Pack	\$3	\$14	Olive Oil	3 tbsp.	Already Have	
Mushroom	1 Pack	\$3	\$17	Sugar	½ tsp.	Already Have	
Mozzarella Cheese	1 Pack	\$5	\$22	Salt	1 tbsp.	Already Have	
POG	2Gallon	\$10	\$32	Pepper	1 tbsp.	Already Have	
Soda	1 Pack	\$5	\$37				
Cookies	1 Pack	\$3-4	\$40-41			E/T:\$	\$48-50

1. First, you want to make your sauce. Take your jar of marinara sauce and dump it into a pot and heat the pot on medium heat and let the sauce sit until it begins to bubble once it starts to bubble you can turn off the heat and begin to work on your
2. Grab a large pan and heat the pan on low heat so the pan can get warmed up. Grab your sausage (As much as needed) and take off the skin. Once you take off the skin, you want to place the sausage into the pan and chop the sausage up into bite size pieces. You can also add oregano and basil for more taste. After the sausage is well-browned, set aside and begin to make your agenes
3. (Optional) You can also make mushrooms. Cut off the stem of the mushroom and cut the mushroom vertically. Make sure you Cut it not too thick and not too skinny, Grab your pan and put it onto medium heat. Then add your mushrooms and let it cook until they are tender and lightly brown. Add salt and pepper for taste, Then set aside.
4. Grab a medium-sized pan and add about 1 and a half tablespoon of butter into the pan. Once the butter is melted place one bread into the pan and wait until golden brown. Once it is golden brown, add your marinara sauce and spread it on the bread. Then add your mozzarella cheese and add your pepperoni and your sausage. if you want, you can also add your cooked mushrooms and your basil, After that then you place another piece of bread on top, butter the pan again and flip it onto the other side. After both sides are golden brown take it off the pan and you have your pizza grilled cheese

Menu Item made by: Tyler Kawamoto (Hawk)

Name of Dish	Grains	Protein	Vegetables	Dairy	Drink	Dessert
French Toast	Brioche Buns	Eggs	N/A	Milk, Butter	N/A	N/A

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Eggs	1	\$4	\$4				
Cinnamon	1 tsp.	\$2	\$6				
Butter	4 tbsp.	\$3	\$9				
Milk	¼ cup	\$3	\$12				
Sugar	2 tbsp.	\$2	\$14				
Maple Syrup	½ cup	\$4	\$18				
Brioche Buns	8	\$8	\$26				
Vanilla Extract	½ tsp	\$5	\$31				
						E/T:\$	\$31

1. In a small bowl, combine Cinnamon, and sugar and set aside briefly
2. In a 10-inch or 12-inch skillet. melt butter over medium heat. Whisk together cinnamon mixture, eggs, milk, and vanilla and pour into a shallow container such as a pie plate.
3. Dip bread in egg mixture. Fry slices until golden brown, then flip to cook the other side. Serve with syrup

Menu Item made by: Logan Smith (Hawk)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Chili w/ Rice	Rice	Ground Beef	Carrots & Apples	Cheese	POG	Oreos

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Ground Beef	1 lb	\$8	\$8	Baby Carrots	1 bag	\$3	\$34
Onion	1	\$1.50	\$9.50	Rice	2 cups	\$3	\$37
Tomatoes	3	\$1	\$10.50	Oreos	1 Pack	\$4	\$41
Tomato Sauce (15oz.)	1 can	\$1.50	\$12				
Kidney Beans (15oz.)	1 can	\$2	\$14				
Chili Powder	1 tsp.	\$2	\$16				
Garlic Powder	1 tsp.	\$5	\$21				
Salt and pepper	1 Pack	\$2	\$23				
POG	1 gal.	\$8	\$31			E/T:	\$41

Menu Item made by: Oliver Nishikawa (Leadership)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Breakfast Burrito	Tortillas	Eggs	Bell Pepper, Onion	Cheese	N/A	N/A

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Eggs	6 Pack	\$3	\$3	Olive Oil	1 Bottle	\$5	\$29
Bell Pepper	1	\$2	\$5				
Onion	1	\$1	\$6				
Black Beans	1 Can	\$2	\$8				
Salt & Pepper	1 Pack	\$2	\$10				
Cheese	1 Bag	\$4	\$14				
Tortilla	1 Pack	\$4	\$18				
Sour Cream	1	\$3	\$21				
Salsa	1	\$3	\$24			E/T:\$	\$29

Menu Item made by: Parker Smith (Flaming Arrow)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Hot Ham and Swiss Croissant	Croissant	Ham	Grapes & carrots	Swiss Cheese	POG	N/A

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Honey	1 Bottle	\$4	\$4				
Brown Sugar	1 Pack	\$3	\$7				
Croissant	1 Pack	\$5	\$12				
Swiss Cheese	1 Pack	\$4	\$16				
Ham	1 Pack	\$5	\$21				
POG	1 gal.	\$8	\$29				
Grapes	1 Bag	\$4	\$33				
Carrots	1 Bag	\$3	\$36				
						E/T:\$	\$36

Menu Item made by: Christian Host-Madsen (Panther)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Chili Dogs	Hot Dog Buns	Beef & Sausage	N/A	Cheese	N/A	N/A

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Sausage	1 Pack	\$	\$				
Hot Dog Buns	1 Pack	\$	\$				
Ground Beef	1 lb.	\$	\$				
Tomato Sauce	1 Can	\$	\$				
Kidney Beans	1 Can	\$	\$				
Shredded Cheese	1 Bag	\$	\$				
						E/T:\$	\$

Menu Item made by: Jayden Chow (Panther)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Chili w/ Rice	N/A	Ground Beef	Onion	Cheese	N/A	N/A

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Vegetable Oil	3 tbsp.	\$4	\$4	Dried Hot Chilies	1-2	\$3	\$32
Ground Beef	1 lb.	\$4	\$8	Kidney beans	1 Can	\$4	\$36
Salt and Pepper	1 Pack	\$2	\$10	Shredded Cheese	1 Pack	\$3	\$39
Large Onion	1	\$2	\$12	Rice	1 Bag	\$5	\$44
Garlic (minced)	1 tbsp.	\$6	\$18				
Chili Powder	2 tsp.	\$3	\$21				
Ground Cumin	1 tsp.	\$3	\$24				
Oregano Leaves (fresh)	1 tbsp.	\$3	\$27				
Chopped Tomatoes	2 cups	\$2	\$29			E/T:\$	\$44

Menu Item made by: Leo Tokumi (Wolf)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Chicken Alfredo	Fettuccine	Chicken	Onion	Half and Half	POG	N/A

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Fettuccine Noodles	1 Box	\$5.00	\$5.00				
Half and Half Creamer	1 Bottle	\$4.30	\$9.30				
Onion	1 Onion	\$2.00	\$11.30				
Garlic	1 Clove	\$1.50	\$12.80				
Mushrooms	1 Pack	\$2.30	\$15.10				
Salt & Pepper	1 Pack	\$2.00	\$17.10				
POG	1 Gal.	\$5.00	\$22.10				
Chicken Breast	1 Pack	\$3.00	\$25.10				
						E/T:\$	\$25.10

Menu Item made by: Raiden Maekawa (Flaming Arrow)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Steak & Mashed Potatoes	N/A	Steak	N/A	Butter	POG	Oreos

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Steak	3 lb.	\$21	\$21				
Butter	2 tbsp.	\$4	\$25				
Salt & Pepper	1 Pack	\$2	\$27				
Garlic	1	\$2	\$29				
Onion	1	\$3	\$32				
Potato	3	\$4	\$36				
						E/T:\$	\$36

Steak

1. Place butter on pan and raise to medium heat
2. Season steak with salt, pepper, and garlic
3. Once the butter has melted, pan fry the steak
4. Cook for whatever amount of time depending on how rare you want the steak

Mashed Potatoes

1. Peel potatoes
2. Boil potatoes
3. Mash potatoes
4. Season potatoes with salt, pepper, and butter

Menu Item made by: Zachary Chock (Wolf)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Mini Pizza	Naan Bread	Pepperoni	Spinach	Shredded Cheese	POG	Oreos

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Naan Bread	12 Pack	\$10.50	\$10.50				
Shredded Cheese	1 Pack	\$3.50	\$14.00				
Pepperoni	1 Pack	\$3.50	\$17.50				
Spinach	1 Bag	\$4.00	\$21.50				
Tomato Sauce	1 Can	\$1.30	\$22.80				
Banana	1 Bunch	\$3.00	\$25.80				
POG	1 Gal.	\$4.00	\$29.80				
Oreos	1 Pack	\$4.00	\$33.80				
						E/T:\$	\$33.80

Menu Item made by: Ethan Chock (Flaming Arrow)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Fried Rice	Rice	Portuguese Sausage	Kale, Corn	N/A	POG	Oreos

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Rice	3½ cups	\$4.00	\$4.00				
Portutuese Sausage	1	\$2.00	\$6.00				
Eggs	3	\$ 3.00	\$9.00				
Kale	½ Bunch	\$3.00	\$12.00				
Corn	10 oz.	\$2.00	\$14.00				
Oyster Sauce	3 tbsp.	\$3.50	\$17.50				
Garlic Salt	1 tbsp.	\$3.00	\$20.50				
POG	1 Gal.	\$5.00	\$25.50				
Oreos	1 Pack	\$3.00	\$28.50			E/T:\$	\$28.50

Menu Item made by: Andrew Ishida (Wolf) & Wyatt Okikawa (Leadership)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Grilled Cheese	Bread	N/A	N/A	Cheese	POG	Oreos

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Bread	1 Loaf	\$5.00	\$5.00				
Butter	½ Stick	\$3.50	\$8.50				
Cheese	1 Pack	\$3.00	\$11.50				
POG	1 Gal.	\$5.00	\$16.50				
Oreos	1 Pack	\$4.00	\$20.50				
						E/T:\$	\$20.50

Description made by Wyatt Okikawa (Leadership)

- Take out two slices of bread and apply butter to one side each.
- Place 1 slice on the frying pan buttered side down and add a slice of american cheese.
- Add a second slice of bread buttered side up and flip the sandwich over.
- Wait for bread to brown and cheese to melt.
- Remove sandwich from pan.

Menu Item made by: Mason McMahon (Wolf)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
"Epic Tacos"	Tortilla	Ground Beef	Lettuce	Cheese	N/A	Oreos

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Ground Beef	1 lb	\$5.00	\$5.00				
Shredded Cheese	1 Bag	\$5.00	\$10.00				
Tortillas	1 Bag	\$5.00	\$15.00				
Onions	1	\$1.50	\$16.50				
Lettuce	1 Head	\$3.00	\$19.50				
Lime	1	\$1.00	\$20.50				
Salsa	1 Jar	\$2.00	\$22.50				
Guacamole	1 cont.	\$4.00	\$26.50				
Oreos	1 Pack	\$4.00	\$30.50			E/T:\$	\$30.50

Menu Item made by: Stellan Atterbom (Leadership)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Mongolian Beef w/ Rice	N/A	Steak	Green Onion	N/A	N/A	N/A

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Vegetable Oil	2 tsp.	\$3.00	\$3.00				
Garlic	1 tbsp.	\$1.50	\$4.50				
Ground Ginger Root	½ tsp.	\$4.00	\$8.50				
Soy Sauce	½ cup	\$2.30	\$10.80				
Brown Sugar	½ cup	\$2.50	\$13.30				
1lb steak	1 lb	\$10.00	\$23.30				
Corn Starch	¼ cup	\$3.20	\$26.50				
Chopped Green Onion	1 ½ cup	\$1.00	\$27.50				
						E/T:\$	\$27.50

Menu Item made by: Kaimana Newman (Leadership)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Chicken Pasta	Penne Pasta	Chicken	Carrots, Zucchini	Parmesan cheese	Hawaiian Sun	Oreos

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Chicken	1 lb	\$5.00	\$5.00				
Penne Pasta	1 Pack	\$3.00	\$8.00				
Olive Oil	1 Bottle	\$8.00	\$16.00				
Parmesan Cheese	1 Pack	\$5.00	\$21.00				
Carrots	1 Pack	\$1.00	\$22.00				
Zucchini	1	\$1.00	\$23.00				
Garlic	1	\$0.50	\$23.50				
Hawaiian Sun	1 Pack	\$3.00	\$26.50				
Oreos	1 Pack	\$5.00	\$31.50			E/T:\$	\$31.50

How to Prep:

- Boil Pasta
- cook chicken w/ garlic and olive oil
- cook vegetables w/ garlic and olive oil
- add everything together
- top with Parmesan cheese

Menu Item made by: Ethan K. (Wolf)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Quesadilla	Tortilla	Ground Beef	N/A	Cheese	POG	N/A

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Tortillas	1 Bag	\$5.00	\$5.00				
Cheese	1 Bag	\$4.00	\$9.00				
Sour Cream	1 cont.	\$2.00	\$11.00				
Salsa	1 jar	\$2.00	\$13.00				
Ground Beef	1lb	\$5.00	\$18.00				
POG	1 Gal.	\$5.00	\$23.00				
						E/T:\$	\$23.00

Menu Item made by: Ama Browning (Hawk)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
BLT Sandwich	White Bread	Bacon	Lettuce & watermelon	N/A	POG	Oreos

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Bacon	10-15	\$5	\$5				
Iceberg Lettuce	1 Head	\$3	\$8				
Large Tomatoes	2	\$2	\$10				
Funyuns (Large)	1 Bag	\$5	\$15				
POG	1 gal.	\$8	\$23				
White Bread	1 loaf	\$4	\$27				
Original Oreos	1 Pack	\$4	\$31				
Watermelon	1	\$4	\$35				
						E/T:\$	\$35

1. Toast Bread
2. Cook bacon
3. Assemble sandwich

Menu Item made by: Brayden Hirotsu (Leadership)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Fried Rice	Rice	Spam	Green Onion	N/A	N/A	N/A

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Rice		\$9.00	\$9.00				
Egg		\$3.00	\$12.00				
Shoyu		\$2.30	\$14.30				
Spam		\$3.00	\$17.30				
Green Onion		\$1.00	\$18.30				
		\$	\$				
		\$	\$				
		\$	\$				
		\$	\$			E/T:\$	\$18.30

Menu Item made by: Kenta Sakamoto (Hawk)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Fettuccine Alfredo	Pasta	Chicken	Carrots	Cheese	Milk	Oreos

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Fettuccine	1 Box	\$3.00	\$3.00				
Unsalted Butter	1 Cup	\$4.00	\$7.00				
Heavy Cream	¾ Pint	\$4.50	\$11.50				
Garlic Powder	1 tsp.	\$3.00	\$14.50				
Romano Cheese	¾ Cup	\$6.00	\$20.50				
Parmesan Cheese	½ Cup	\$3.60	\$24.10				
Salt & Pepper	1 pack	\$2.00	\$26.10				
Milk	1 Qrt.	\$2.00	\$28.10				
Oreos	1 Pack	\$4.00	\$32.10			E/T:\$	\$32.10

Instructions:

1. Boil large pot of lightly salted water
2. Add fettuccine for 9 minutes
3. Drain noodles
4. In a saucepan melt butter into the cream
5. Add salt, pepper, and garlic powder
6. Stir in cheese until melted
7. Add pasta sauce and serve

Menu Item made by: Logan Wong (Panther)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
"Stir Fry"	Udon	Spam	Carrots	N/A	N/A	N/A

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Udon	1 Pack	\$11.00	\$11.00				
Carrots	1 Pack	\$3.00	\$14.00				
Chili Garlic	1 Bottle	\$7.00	\$21.00				
Spam	1 Can	\$3.00	\$24.00				
						E/T:\$	\$24.00

For my meal, this works for any meal. So for my meal it is like a stir fry. You will need some sort of noodles (I use Udon), some sort of vegetable (In my case I used carrots. Cut or buy your carrots matchstick size), chili garlic, and a protein (I used spam). First you want to cut your carrots into thin slices, so it isn't hard to eat. Then you will want to put all your ingredients in a pan and add the noodle's, vegetables, and spam in first. Then on top add your chili garlic and mix it around. Make sure your fire is on around medium-low, so you don't overcook the noodles.

Menu Item made by: Braden Takamure (Hawk)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Omlet	N/A	Egg	Green Onion	Cheese	N/A	N/A

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Egg		\$3.00	\$3.00				
Spam		\$3.00	\$6.00				
Shredded Cheese		\$4.00	\$10.00				
Vegetable Oil		\$4.00	\$14.00				
Green Onion		\$1.00	\$15.00				
						E/T:\$	\$15.00

Menu Item made by: Mr. Hashiro (ASM) (Makes for 9 slices of Punaluu sweetbread)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Sweetbread French Toast	Punaluu Sweet bread	Eggs	Berries and/or bananas	Milk	N/A	N/A

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Butter		\$1.50	\$1.50	Bananas (optional)	1 bunch	\$3.00	\$32.00
Cinnamon		\$1.00	\$2.50	Fresh blueberries (optional)	1 ctn.	\$4.00	\$36.00
Powdered Sugar (optional)		\$2.00	\$4.50				
Fresh Strawberries (optional)		\$5.00	\$9.50				
Punaluu Sweet bread	9 slices	\$6.00	\$15.50				
Eggs	4	\$3.00	\$18.50				
Milk	1 cup	\$3.00	\$21.50				
Vanilla	1 tbsp.	\$5.00	\$26.50				
Syrup	1	\$2.50	\$29.00			E/T:\$	\$36.00

1. Mix eggs, milk, and vanilla in a wide shallow container that can be used to dip the bread in.
2. Melt a little butter in a pan or griddle
3. Dip the bread quickly in egg wash to lightly coat the bread
4. Cook the bread in pan or griddle, flipping once, sprinkle with cinnamon on both sides
5. Optional: serve topped with fresh fruit and sprinkle with powdered sugar

Menu Item made by: Mr. Silva (SM) (Serves 2)

Name of Dish	Grains	Protein	Fruit & Vegetables	Dairy	Drink	Dessert
Reverse sear steak	N/A	Rib eye steak	N/A	N/A	N/A	N/A

Ingredient/Material	Qty.	Price	Subtotal	Ingredient/Material	Qty	Price	Subtotal
Salt & Pepper	1 tsp. ea	\$2.00	\$2.00				
Thyme	1 tbsp.	\$5.00	\$7.00				
Canola oil	3 tbsp.	\$3.50	\$10.50				
Butter	2 tbsp.	\$1.50	\$12.00				
Garlic	2 cloves	\$2.00	\$14.00				
Rib eye steak (2in USDA prime)	1	\$13.00	\$27.00				
						E/T:\$	\$27.00