

Welcome to Camp Waubeeka

We are glad you are here! We have put together some basic guidelines for food service at Waubeeka. Please remember that the Commissary staff are here to make your culinary experience this summer the best it can be. If there is anything we can do to improve that experience, please let us know how we can assist. If you have questions or need additional supplies, please ask!



To cut down on waste, the Commissary staff have determined appropriate portions for you and your fellow scouts. If you feel that you need more food or less food, please let the Commissary staff know and we will make the appropriate adjustments to your portions. The portions per person will be written for each meal, next to the ingredient.

Food Pick Up Times are: 6:50 AM, 11:50 AM, and 4:50 PM - The scouts that pick up the food should arrive at the commissary in buddy pairs!

Please make sure that the Commissary Staff is aware of any dietary restrictions and/or allergies.

To avoid too much repetition on the menus here are some basic guidelines for meal preparation:

- For each meal, you will need to select the appropriate amount of cooks and assistants
- Make sure that all scouts working with food have thoroughly washed their hands before working with food, and that scouts handling food wear the provided plastic gloves.
- Gloves should be changed anytime the food handler switches from working with raw food to other foods. It is very important to prevent cross-contamination between different foods.
- Make sure different utensils cutting boards are used to prepare different types of food (ex. Don't use the same board for meat and for vegetables)
- Remember to follow the 3-bucket method when washing dishes
- You will be provided with a meat thermometer to make sure that food has been cooked properly. Insert the tip of the thermometer into the center of the piece of food.
 - Beef should be cooked to a minimum of 155°F
 - Chicken should be cooked to a minimum of 165°F

NOTE: Some staff members will be joining you for lunch and dinner meals.

If there is anything that you'd like to discuss please feel free to talk with the Camp director or the Food Services Team.

Enjoy your stay in Sunny Camp Waubeeka,
- The Commissary Staff

Camp Waubeeka Menu

Sunday:

Dinner: Pulled Pork & BBQ Chicken

Monday:

Breakfast: Scrambled Eggs and Bacon

Lunch: Hot Lunch @ McIntyre

Dinner: Quesadillas

Tuesday:

Breakfast: Pancakes and Sausage

Lunch: Grilled Cheese w/ Tomato Soup

Dinner: Pasta w/ Meat Sauce

Wednesday:

Breakfast: Omelettes and Bacon

Lunch: Philly Cheesesteaks

Dinner: Noodles with Chicken

Thursday:

Breakfast: French Toast and Sausage

Lunch: Camp Pizza

Dinner: Sloppy Joes, Baked Beans and Potatoes

Friday:

Breakfast: Fried Egg Sandwiches

Lunch: Hot Lunch @ McIntyre

Dinner: BBQ

Saturday:

Breakfast: Grab and Go @McIntyre

GRACES FOR USE BY SCOUTS AND SCOUTERS

GOSHEN GRACE

For Goodness
For Opportunity
For Strength
For Happiness
For Enjoyment
For Nourishment
We thank Thee, O God.

PHILMONT GRACE

For Food
For Raiment
For Life
For Opportunity
For Friendship and Fellowship
We thank Thee, O Lord.

MORNING GRACES

Gracious Giver of all good,
We thank Thee for the rest and food.
Grant all we do and say,
Is in thy service today.

Our Father, we thank Thee for this new day and for Thy loving us. Help us to be mindful of Thee in these happy, sunlit hours.

Heavenly Father, we thank Thee for Thy care through the night and for this new day. Guide us by Thy Spirit and at close of this day may we not be ashamed before Thee.

NOON GRACES

Father, for this meal,
We would speak the praise we feel.
Health and strength we have from Thee,
Help us, O God, to faithful be.

Heavenly Father, help us to see the beautiful things in earth and sky which are tokens of Thy love. Walk with us in the days we spend together here. May the food we eat and all Thy blessings help us to better serve Thee.

Our Father in heaven as the day leads on, let us not forget our obligation to honor and serve Thee. We thank Thee for these gifts of Thy bounty. Bless them to our use and our use and our lives to Thy service.

EVENING GRACES

Tireless Guardian on our way,
Thou hast kept us well this day.
While we thank Thee, we request continued care, pardon and rest.

Heavenly Father, we thank Thee for this day and for Thy presence in it. Forgive us if we have not made it a better day and help us to be tomorrow what we have failed to be today.

Our Father God, we thank Thee for this evening meal. As Thou hast been mindful of us, so help us to be mindful of Thee, that we may know and do Thy will.

OTHER GRACES

We thank Thee, our Heavenly Father, for this food; bless us as we partake of it that it may strengthen us for Thy service.

For health and strength and daily food, we give Thee thanks, O God.

For this and all Thy mercies, God, make us grateful.

For food and health and friendship, we give thanks to Thee, O God. Be present at our table, Lord. Be here and everywhere adored. These mercies bless and grant that we may ever love and serve but Thee.

Morning (Noontime/Evening) is here, the board is spread.
We thank Thee, Lord, for daily bread.

THE WAYFARER'S GRACE

For all the glory of the way,
For Thy protection night and day;
For roof-tree, fire, bed and board;
For friend and home, we thank Thee Lord.

A SCOUT IS REVERENT

Waubeeka: Monday Breakfast: Scrambled Eggs w/ Bacon

Food Items needed for this meal (per person):

Eggs (2)	Cheddar Cheese ($\frac{1}{3}$ cup)	Bacon (2 pcs)
Juice	Cereal (1)	
Milk (1)	Fresh Fruit (1)	
Cooking Oil	Plates and Utensils	

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Place bacon on preheated skillet making sure that it is flat
- Fry until brown and crispy, then place on a plate with a paper towel and cover
TIP: you can save the bacon grease to cook with later as it adds flavor
- While the veggies cook crack your eggs (~2 per person) in a bowl, whisking them together with some salt and pepper
- Sprinkle cheese
- Follow instructions on the juice can and mix with water in a jug/pitcher, DO NOT DRINK FROM THE CAN as it is very concentrated

Be sure to say grace before the meal and enjoy your breakfast

~~~Reminder: Monday Lunch is at McIntyre Pavilion~~~

Waubeeka Monday Dinner: Quesadillas and Salad

Food items needed for this meal (per person):

Tortillas (2)	Chicken (4oz)
Butter	Cooking Oil
Onions	Salsa (¼ cup)
Salad Veggies	Salad Dressing (1)
Bug Juice	Plates and Utensils
Cheese (⅓ cup)	

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Heat cooking oil in a pan until small bubbles form, add chicken and cook until browned and crispy making sure to stir frequently or it will stick to the pan
- OPTIONAL: dice some onion small and saute in the leftover oil until soft
- Sprinkle a tortilla with cheese, chicken, and onion, then place a second tortilla on top like a sandwich
- Melt ~1 tbsp of butter in a skillet and cook each side of the quesadilla on low heat so that the cheese can melt
- Cut in half and serve with salsa and/or sour cream
- For the salad, cut the vegetables to desired size and place into one container, serve using tongs
- Follow the instruction on the bag of juice mix and combine in a pitcher or jug

Dessert will be given out with the Staff Hunt after the Flag Ceremony.

Be sure to say grace before the meal and enjoy your dinner

Waubeeeka: Tuesday Breakfast: Pancakes and Sausages

Food items needed for this meal:

Pancake Batter (½ cup)	Syrup (¼ cup)
Butter	Sausage Link (2)
Cereal (1)	Fresh Fruit (1)
Juice	Milk (1)
Plates and Utensils	

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food **MUST wash hands thoroughly before beginning and should wear gloves while working with the food.**

- Preheat the skillet over medium heat.
- Place the sausage, making sure they are flat and not overlapping.
- Cook for 2-3 minutes, until they are golden brown and slightly crispy

- Mix the pancake batter according to the instructions on the container in a large pot, making sure to whisk thoroughly to avoid any chunks
- Once the batter is mixed, preheat a large skillet, placing ~½ tbsp of butter per pancake and heating it on low until it starts to bubble
- Pour batter into the pan using a ladle and let cook undisturbed until the edges begin to bubble
- Flip and allow to finish cooking

- Serve the pancakes with butter, fruit, and syrup
- Follow instructions on the juice can and mix with water in a jug/pitcher, **DO NOT DRINK FROM THE CAN** as it is very concentrated

Be sure to say grace before the meal and enjoy your breakfast

Waubeeka: Tuesday Lunch: Grilled Cheese and Tomato Soup

Food items needed for this meal

Bread (2)	Butter (1 tbsp)
American Cheese (2pcs)	Tomato Soup (½ cup)
Pickles	Bug Juice
Cookies (1)	Soup Crackers (2 pcs)
Plates and Utensils	

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Be sure to cook on LOW HEAT for this meal or else the soup and sandwiches will burn
- You will need a 1:1 ratio of the soup base to water to make the soup
 - This means that however much soup base you add to the pot you add that much water
- Heat the soup on a low flame, stirring frequently until the soup is hot
- DO NOT BOIL, just simmer
- While the soup cooks, place 2 slices of cheese in between bread, and butter both sides
- Heat a skillet and place the sandwich on it
- Flip the sandwich once the bread has toasted
- COOK ON LOW so that the cheese can melt without the bread burning. You can also place a cover on the pan to keep the heat inside, but make sure to check frequently
- For the salad, cut the vegetables to desired size and place into one container, serve using tongs
- Follow the instruction on the bag of juice mix and combine in a pitcher or jug

Be sure to say grace before the meal and enjoy your lunch

Waubeeka Tuesday Dinner: Pasta w/ Sauce

Food items needed for this meal:

Pasta (½ cup)	Pasta Sauce (⅓ cup)
Meatballs (4)	Cooking Oil
Parmesan (¼ cup)	Bread Sticks (2)
Salad Veggies	Salad Dressing
Bug Juice	Italian Seasoning
Plates and Utensils	

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Bring a large pot of water to a boil, adding a pinch of salt
- Add pasta noodles to the pot and let cook for 8-10 minutes (8 if al dente)
- Cook your meatballs WHILE the pasta cooks
- IF USING SAUCE
 - Pour pasta sauce into a saucepan or pot on the stovetop, letting it heat until warm
 - Add meatballs and bring the mixture to a boil over a medium-high heat
 - Reduce to a simmer and let cook, covered, for ~20 minutes
- IF NOT USING SAUCE
 - Heat a teaspoon of oil in a skillet
 - Sear the meatballs on all sides for ~15 minutes until cooked thoroughly
- The meatballs should have an internal temperature of 165°F

Be sure to say grace before the meal and enjoy your dinner

Waubeeeka: Wednesday Breakfast: Omelettes and Bacon

Food Items needed for this meal:

Eggs (2)	Cheddar Cheese (1/3 cup)
Peppers	Onions
Tomato	Bacon (2 pcs)
Juice	Cereal (1)
Milk (1)	Fresh Fruit
Cooking Oil	Plates and Utensils

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Place bacon on preheated skillet making sure that it is flat
- Fry until brown and crispy, then place on a plate with a paper towel and cover
TIP: you can save the bacon grease to cook with later as it adds flavor
- Combine ~1 tbsp of oil (can add bacon grease here) and heat until small bubbles form
- Cook onion and pepper first until the onion is translucent and the pepper becomes soft
- Add tomato and stir until desired texture is reached
- While the veggies cook crack your eggs (~2 per person) in a bowl, whisking them together with some salt and pepper
- Make sure there is still enough grease in the pan so the eggs don't stick and pour them over the veggie mix
- Let cook undisturbed until small bubbles appear on the top, then flip
TIP: cooking an omelet is very similar to cooking pancakes this way
- Sprinkle cheese over half of the omelet and fold
- Follow instructions on the juice can and mix with water in a jug/pitcher, DO NOT DRINK FROM THE CAN as it is very concentrated

Be sure to say grace before the meal and enjoy your breakfast

Waubeeka: Wednesday Lunch: Philly Cheese Steak

Food Items needed for this meal

Steak Strips	Rolls
Onions	Cooking Oil
Peppers	Chips (1)
Cheese	

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Add some oil to a preheated skillet
- Dice onions and peppers into small slices, then add to the skillet with some salt and pepper
- Cook the onions and peppers and cook until they become soft (~ 5 minutes)
- Put the vegetables into a bowl on the side and over to keep warm
- On the same skillet place the steak strips and cook until tender (~ 3 minutes)
- Make sure you don't overcook them otherwise they will be very tough to chew
- For the salad, cut the vegetables to desired size and place into one container, serve using tongs
- Follow the instruction on the bag of juice mix and combine in a pitcher or jug

Be sure to say grace before the meal and enjoy your lunch

Waubeeka: Wednesday Dinner: Noodles and Chicken

Food items needed for this meal:

Pasta (½ cup)	Pasta Sauce (⅓ cup)
Cooking Oil	Salad Veggies
Bug Juice	Plates and Utensils
Chicken (3 oz)	

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Bring a large pot of water to a boil, adding a pinch of salt
- Add noodles to the pot and let cook for 8-10 minutes
- Once finished boiling, turn off heat and strain the water, leaving the noodles in the pot
- Cook your chicken WHILE the pasta cooks
 - Heat chicken in pan for 5 minutes
 - Once finished, place on a plate for serving
- Prepare your sauce WHILE the pasta cooks
 - Pour pasta sauce into a saucepan or pot on the stovetop, letting it heat until warm
 - Once finished, turn off heat and serve from saucepan

Be sure to say grace before the meal and enjoy your dinner

Waubeeka: Thursday Breakfast: French Toast w/ Sausage

Food Items needed for this meal:

Bread (2)	Eggs
Butter (1 tbsp)	Sausage (2)
Syrup (¼ cup)	Vanilla
Milk	Cereal (1)
Juice	Fresh Fruit
Cinnamon	Plates and Utensils

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food **MUST wash hands thoroughly before beginning and should wear gloves while working with the food.**

- Heat a skillet over medium heat. Add the sausage and cook until browned
- The French Toast batter is made of eggs, milk, cinnamon, and vanilla extract in a large pot
- Crack the eggs in a pot, adding cinnamon and vanilla to taste
- Add milk slowly until you reach a liquidy but still relatively thick
 - *The ratio of eggs to milk is usually 5 eggs to ½ cup*
- Add cinnamon and vanilla to taste, but remember, you can always add more but you can't remove if you add too much
- Heat a skillet over medium heat and melt some butter (~1 tbsp per serving)
- Dip the bread in the French Toast batter and add to the pan
- Once the bread begins to bubble around the edges, flip carefully and allow the other side to cook
- Serve with butter and syrup
- Follow instructions on the juice can and mix with water in a jug/pitcher, DO NOT DRINK FROM THE CAN as it is very concentrated

Be sure to say grace before the meal and enjoy your breakfast

Waubeeeka: Thursday Lunch: Camp Pizza

Food items needed for this meal:

Flat Bread (2 pcs)	Tomato Sauce (1 oz)
Mozzarella Cheese (¼ cup)	Cooking Oil
Pepperoni (5 pcs per pizza)	Salad Veggies
Salad Dressing	Cookies (1)
Bug Juice	Plates and Utensils

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- On a flat surface portion out 2-4 tbsp of tomato sauce onto each piece of bread
- Sprinkle with mozzarella cheese and lay out pepperoni
- Heat up oil in a skillet
- Place flat bread in the pan, cooking until the bottom turns brown on low heat so that the cheese can melt
- Let rest for a few minutes before serving
- For the salad, cut the vegetables to desired size and place into one container, serve using tongs
- Follow the instruction on the bag of juice mix and combine in a pitcher or jug

Be sure to say grace before the meal and enjoy your lunch

Waubeeka: Weeks 1 & 3 Thursday Dinner: Sloppy Joes and Beans

Food Items Needed for this Meal:

Cooking Oil	Salt and Pepper
Ground Beef (¼ cup)	Baked Beans (⅓ cup)
Sloppy Joe Sauce (¼ cup)	Butter (1tbsp)
Hamburger Buns	Bug Juice

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Heat a skillet over medium heat.
- Brown the ground beef in the skillet, breaking it up as it cooks.
- Drain any excess fat and add the sloppy joe sauce. Stir to combine.
- Let it simmer on low for 5–10 minutes, stirring occasionally. Add salt and pepper to taste.
- Toast the hamburger buns in a separate pan, if desired.
- Open the can of baked beans and pour it into the skillet or a separate pan.
- Heat over medium heat for 5 minutes, stirring occasionally until warm.
- Serve both components together and enjoy.

Be sure to say grace before the meal and enjoy your dinner

Waubeeka: Weeks 2 & 4 Thursday Dinner: BBQ Beef Sandwiches w/ Potatoes

Food Items Needed for this Meal:

Cooking Oil

Ground Beef (½ cup)

BBQ Sauce (¼ cup)

Hamburger Buns

Seasoning

Dehydrated Mashed Potato Flakes (½ cup)

Butter (1tbsp)

Bug Juice

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

-Heat a skillet over medium heat.

-Brown the ground beef in the skillet, breaking it up as it cooks.

-Drain any excess fat and add the BBQ sauce. Stir to combine.

-Let it simmer on low for 5–10 minutes, stirring occasionally. Add salt and pepper to taste.

-Toast the hamburger buns in a separate pan, if desired.

-In a pot, bring 2 cups of water to a boil.

-Once the water is boiling, remove from heat and stir in the mashed potato flakes.

-Mix well, adding butter if desired, and stir until smooth and creamy. Adjust the texture with extra water if it's too thick.

-Season with salt and pepper to taste.

-Serve both components together and enjoy.

Be sure to say grace before the meal and enjoy your dinner

Waubeeke: Friday Breakfast: Fried Egg Sandwiches

Food Items needed for this meal:

Eggs

English Muffin

Cheese

Sausage Patties

Butter

Reminder: Delegate the responsibilities for the meal among the scouts. Anyone working with food MUST wash hands thoroughly before beginning and should wear gloves while working with the food.

- Heat skillet on medium heat
- Butter slices of bread and place them butter side down on the skillet until toasted
 - When finished, set on a plate
- Preheat the skillet over medium heat.
- Place the sausage, making sure they are flat and not overlapping.
- Cook for 2-3 minutes, until they are golden brown and slightly crispy
- Crack eggs into skillet, breaking the yolk if desired
 - Cook until the whites are fully set (not clear anymore)
- Place fried egg on bread, with bacon if desired

Be sure to say grace before the meal and enjoy your breakfast

NOTE: Lunch and Dinner are at McIntyre Pavilion.

Equipment Return:

- Please wash ALL cooking equipment before returning.
- Return times are from 1PM-2PM and 7PM-8:30PM on Friday
- Please do not come in between 2PM and 7PM as the commissary staff will be preparing the barbeque.
- Please remain at the quartermaster's window as the Quartermaster checks the equipment back in, and wait until they sign you off.
- If the Staff is busy with another troop or is not there DO NOT leave the equipment on the porch unattended. Every piece of gear must be checked by the Quartermaster