

SOUTH PLAINS COUNCIL

CAMP TRES RITOS

2018

CAMP MENU

AND

MEAL PREPARATION GUIDE

BLAZE YOUR OWN TRAIL



Introduction to the Tres Ritos Menu



Welcome to Camp Tres Ritos! This Camp Menu and Meal Preparation Guide is designed to outline the foods that will be distributed at camp throughout the week. This booklet includes the weekly menu, a blank duty roster form, cleaning instructions, and meal guides for each meal.

Each meal guide is on a separate sheet which includes suggested directions to guide patrols in preparing the meal, a list of ingredients obtained from the commissary, and serving portions for each scout. Each time food is picked up at the commissary, the food bins will contain the individual sheets with the menu and directions for that meal.

Patrol Duty Rosters should be created by the unit and organized so that every scout has a chance to cook, clean, and lead. A duty roster such as the one included in this booklet will help make every meal a success. One great idea is to practice using duty rosters and the patrol method on troop campouts. We believe this will compliment the TR patrol experience.

Remember, your troop's adult leaders and the camp staff are here to assist you. Be sure to ask for help if you need it. Enjoy your food and have fun!

DIETARY ACCOMODATIONS



The staff at Camp Tres Ritos is dedicated to providing the highest quality camping experience for every person who attends summer camp. In order to help achieve this goal, the staff is happy to aid individuals with allergies and other dietary restrictions who may prefer other food options. Any individual who would like an accommodation should complete a 2017 Accommodation Request Form found at the end of this document. This form can either be faxed or brought to camp and turned in during check in. This helps communicate clearly to the commissary staff exactly how to fulfill any special requests. Upon check in, individuals with food allergies or dietary restrictions should speak with the food service manager to ensure that all needs are met throughout the week. Any questions about ingredients or substitutions can be directed to the Business Manager.



THE COMMISSARY PROCEDURES

The commissary occupies the north half of the troop services building located next to the flag grounds. This is the location where food for each meal is distributed to the units. The procedures for meal pick up are explained below.

The Bin Exchange Program

1. Food for meals is distributed in plastic food bins. The food will be packed by troop in no more than three bins. Extra bins will be provided for troops that request a bin for each patrol.
2. Two scouts per bin (up to six scouts total depending on troop size) should be assigned to return the food bins from the last meal to the commissary and retrieve the full bins for the current meal.
3. Bins from the previous meal must be returned before receiving a filled bin.
4. Food bins must be clean. The spigot and hose at the commissary can be used if needed.
5. Only dry goods still in the original unopened package can be returned.
6. Inform the commissary staff of any recurring quantity issues or dietary needs.
7. Before returning to the campsite, check the quantities of the items in the food bins. Return any unneeded items and ask for any additional items to prevent food waste or shortage.
8. At a central location in the campsite, under the direction of the SPL, distribute the food to each patrol. Adult leaders are encouraged to supervise this process.

Meal Pickup Times

Breakfast: 6:30 am

Lunch 11:50 am

Dinner 4:30 pm



STAPLE GOODS

The food items distributed each meal are listed on the individual meal sheets. In addition to those items, other goods, called staple goods, are provided to the scouts. At the beginning of the week, each patrol will be given a supply of all of the staple items. At any meal distribution time during the week, scouts can ask for additional staple goods if they have run out of their supply.

- | | |
|-----------------|-------------------------|
| • Paper Towels | • Drink Mix |
| • Toilet Paper | • Canned Corn |
| • Garbage Bags | • Canned Green Beans |
| • Aluminum Foil | • Apples |
| • Scrubby Pads | • Oranges |
| • Dish Soap | • Peanut Butter Packets |
| • Cooking Oil | • Jelly Packets |



INVITE THE CAMP STAFF

Any staff member can be invited to your troop's campsite to eat meals with you. To invite a staffer, just ask! This is a great way to get to know the staff better. Don't forget to invite the office staff, business staff, and the ranger staff! Adults are welcome to participate, too!



SATURDAY LUNCH

If your troop is looking for a quick trip home without a stop for lunch, we can help! For a small fee, the commissary can provide sack lunches for your unit on the way out of camp. The lunches include sandwiches, chips, a piece of fruit, a treat, and a juice box. To order lunches, please fill out an order form found at the end of this guide. The form can be faxed to camp prior to arrival, or can be turned in during check-in.

SPECIAL REQUESTS

In addition to the regular meal items and staple goods available, the commissary can help accommodate other special requests, too. If your troop wants to adjust a meal and make it that much more special, just notify the commissary staff upon arrival to camp!

DISHWASHING INSTRUCTIONS

Equipment Needed

Dish soap
Dishcloth / sponge / scrubby
Three dishpans
Warm water
Cool water
Sanitizer tablets / cap-full of bleach
Dirty dishes



Instructions

1. Set up 3 dishpans:
 - ◇ Bin #1—Warm water with soap added
 - ◇ Bin #2—Cool rinse water with nothing in it
 - ◇ Bin #3—Cool water with a sanitizer tablet or 1 cap-full of bleach
2. Scrape large food particles from plates and cooking utensils into the trash.
3. Rinse cooking items in the appropriate area of your camp site.
4. Wash dishes in Bin #1.
5. Rinse dishes in Bin #2.
6. Sanitize dishes in Bin #3. Let dishes soak for at least 1 minute.
7. Collect meal trash and tie up garbage bags. Place trash at the road-side outside of your campsite for pick up before 7:00 pm every day.



TRASH PICK UP

7:00 pm daily



USING A DUTCH OVEN

Tips

- For easier clean up, line your Dutch oven with foil before cooking.
- Do not allow a Dutch oven to sit in water or allow water to stand in it for a long period of time.
- Do not use soap. The soap will get into the pores of the metal and will taint your next meal.
- Do not place an empty Dutch oven over a hot fire. It can cause it to crack or warp.
- Never put cold liquid into a very hot Dutch oven. It can crack!

Cleaning Instructions

1. Remove all food particles by using a plastic scraper.
2. Place a small amount of water in the Dutch oven and heat it to almost boiling with the lid on until the food particles are soft enough to wipe out using a plastic scraper, paper towel, or a piece of balled up foil.
3. Continue scraping the Dutch oven until all the food particles are gone.
4. Rinse the Dutch oven with clean water.
5. Allow the Dutch oven to air dry.
6. Apply a thin coat of cooking oil to inside, outside, and lid. Use a clean sheet of paper towel to apply the oil.

FOOD HANDLING GUIDELINES



- Food must be in temperature control at all times. Cold items must hold at 41 degrees or less until ready to be prepared.
- Before food prep occurs at individual sites, hands must be thoroughly washed at the hand washing station with soap and dried with paper towels.
- Containers that are used to haul food must be washed, rinsed, and sanitized just like the other utensils and equipment.
- Leftovers can not be kept for later consumption unless they do not require refrigeration.
- Appropriately dispose of all unused food.
- Hands must be washed at the hand washing station using soap and running water after handling raw meats.
- Raw animal products must be cooked to the proper temperatures. The center needs to meet cooking requirements for 15 seconds: ground beef and pork - 155; eggs, steak, and bacon - 145. Use a meat thermometer to check temperatures.

INTERNAL MEAT TEMPERATURES

Steak 145°
Bacon 145°
Eggs 145°
Ground Beef 155°
Ground Pork 155°

Food Code

(A) Except as specified under (B) of this section, if time only, rather than time in conjunction with temperature, is used as the public health control for a working supply of potentially hazardous food before cooking, or for ready-to-eat potentially hazardous food that is displayed or held for service for immediate consumption:

- (1) The food shall be marked or otherwise identified to indicate the time that is 4 hours past the point in time when the food is removed from temperature control,
- (2) The food shall be cooked and served, served if ready-to-eat, or discarded, within 4 hours from the point in time when the food is removed from temperature control,
- (3) The food in unmarked containers or packages or marked to exceed a 4 hour limit shall be discarded, and

B) In a food establishment that serves a highly susceptible population, time only, rather than time in conjunction with temperature, may not be used as the public health control for raw eggs.

“Highly susceptible population” means a group of persons who are more likely than other populations to experience food borne disease because they are immune compromised, older adults, or preschool age children.



2017 TRES RITOS MENU

Menu subject to change

	BREAKFAST	LUNCH	DINNER
SUNDAY			<u>*CAMP WIDE MEAL*</u> Hot Dogs Chili Chips Salad Dessert Drink
MONDAY	Oatmeal Toast Cereal Milk	Walking Tacos Apple Sauce Carrots Dessert Drink	Chicken Stir Fry Rice Mixed Fruit Dessert Drink
TUESDAY	French Toast Sausage Juice Milk	Grilled Ham & Cheese Soup Crackers Pickles Dessert Drink	Spaghetti Noodles Meat Sauce Garlic Bread Salad Dessert Drink
WEDNESDAY	Breakfast Sandwiches Hash Brown Patties Milk	Cold Cut Sandwiches Soup Pickles Drink (Sack Lunch Option Available)	Swiss Chicken Rolls Salad Dessert Drink
THURSDAY	Pancakes Bacon Milk Juice	Ravioli Chips Watermelon Drink	Cheeseburgers Chips Drink Dessert
FRIDAY	Breakfast Burritos Juice Milk	Chicken Patty Sandwiches Pretzels Fruit Dessert Drink	<u>*CAMP WIDE MEAL*</u> Steak Potatoes Salad Cobbler Drink
SATURDAY	Cereal Pastries Granola Bars Milk	Fruit and vegetable staples are available at all meals.	



Sunday Dinner

**Hot Dogs, Chili, Chips,
Salad, Dessert, and Drink**

CAMP WIDE MEAL

The first meal of the week will be served in the dining pavilion. Your troop's campsite host will provide your dining time. After the meal, your troop will reassemble at the campsite and await emergency drill orientation.



**HAVE A GREAT TIME AT THE
OPENING CAMPFIRE!**

INGREDIENTS LIST

Hot Dogs

Hot Dog Buns

Chili

Shredded Cheddar Cheese

Tomatoes

Onions

Relish Packets

Ketchup Packets

Mustard Packets

Chips

Salad Mix

Salad Dressing Packets

Dessert

EQUIPMENT LIST

None

COOKED PORTION / SCOUT

1 - 2 chili dogs

Condiments if desired

1 cup salad with dressing

Dessert portion

Drink



Monday Breakfast

Oatmeal, Toast, Cereal, and Milk

1. Read all the directions before beginning.
2. Have all scouts who are cooking wash their hands.
3. Gather cooking equipment before cooking.
4. While the food is cooking, set the table.
5. Fill a medium pot 3/4 full with water. Place on stove and heat until it is hot, not boiling.
6. While the water is heating up, make toast if desired.
7. **Toast some bread:**
 - a. Butter one side of each slice of bread.
 - b. Heat the griddle or frying pan on the stove.
 - c. Place butter side down until it is brown.
 - d. Place the toast in a bowl, with a cover to keep it warm until the water is heated.
8. When the water is hot enough, remove it from the heat.
9. Place all food items on the table for the meal.
10. Place water on the stove to heat for cleanup.
11. Call patrol to wash hands and gather in the dining area.
12. To make oatmeal portion, add 1/2 cup of hot water to bowl or cup and stir.
13. Say grace.
14. Eat. If you're still hungry, tell your SPL.
15. Clean up.

INGREDIENTS LIST

Instant Oatmeal Packets

Brown Sugar

Raisins

White Bread Slices

Whipped Butter Packets

Cereal

Milk

EQUIPMENT LIST

1 medium pot

1 griddle, frying pan, or Sheppard's stove

1 ladle or measuring cup

1 spatula

1 covered pot or plate

COOKED PORTION / SCOUT

1 serving oatmeal

Raisins and brown sugar if desired

2 slices toast

1 box cereal

1 carton milk

Philmont Grace

For food, for raiment, for life
For opportunity, for friendship
and fellowship,
We thank Thee, O Lord. Amen.



Monday Lunch

Walking Tacos, Apple Sauce, Carrots, and Drink

1. Read all the directions before beginning.
2. Have all scouts who are cooking wash their hands.
3. While the food is cooking, set the table.
4. Make drink mix following directions on the package.
5. **Cook the ground beef:**
 - a. Heat cooking oil in frying pan. Add ground beef, breaking it apart with a spoon. Continually stir ground beef until it is brown all the way through.
 - b. While the beef is cooking, using a sharp knife, chop up the lettuce and tomatoes.
 - c. When the ground beef is brown, carefully pour ground beef into a strainer to drain the liquid into the trash. Add taco sauce as desired.
6. Place all food items on the table.
7. Place water on the stove to heat for clean up.
8. Call patrol to wash hands and gather in the dining area.
9. Say grace.
10. The tacos are assembled by adding the ground beef, lettuce and tomatoes to the bag of corn chips.
11. Eat. If you're still hungry, tell your SPL.
12. Clean up.

Philmont Grace

For food, for raiment, for life
For opportunity, for friendship
and fellowship,
We thank Thee, O Lord. Amen.

This meal can also be made as a one pot meal!

- Brown ground beef, drain.
- Add all corn chips, taco sauce, diced tomatoes to beef and mix up thoroughly.
- Scouts can add lettuce as desired and eat on a plate.

MAKE IT A TROOP TACO BAR!

Brown all the ground beef together, using several frying pans and create one large batch of taco meat. Set up a central area with the fixings and create a taco bar!

INGREDIENTS LIST

Corn Chips

Ground Beef

Head Lettuce

Taco Seasoning

Tomatoes

Shredded Cheddar Cheese

Onions

Apple Sauce

Baby Carrots

EQUIPMENT LIST

1 frying pan or Sheppard's stove

1 large spoon or spatula

1 strainer or slotted spoon

1 cutting board

1 knife

1 pitcher

COOKED PORTION / SCOUT

2 bags corn chips

1/2 cup ground beef

1/2 cup lettuce

Diced tomatoes if desired

Carrots if desired

Drink



Monday Dinner

Chicken Stir Fry, Rice, Mixed Fruit, Dessert, and Drink

1. Read all the directions before beginning.
2. Have all scouts who are cooking wash their hands.
3. Gather cooking equipment before cooking.
4. While the food is cooking, set the table.
5. Make drink mix following directions on the package.
6. **Make the rice according to the to box instructions.**
7. **Prepare the chicken and the vegetables as follows:**
 - a. Heat a small amount of cooking oil in the 2 frying pans.
 - b. To one frying pan, add the chicken bullion, 1 cup water, and chicken. Make sure bullion is dissolved before adding chicken.
 - c. Add the vegetables to the other frying pan.
 - d. Stir both thoroughly and simmer for about 10 minutes, heating the contents completely.
8. Once all the food items are cooked, place them on the table.
9. Place water on the stove to heat for cleanup.
10. Call patrol to wash hands and gather in the dining area.
11. Say grace.
12. Scouts can assemble chicken and rice as desired.
13. Eat. If you're still hungry, tell your SPL.
14. Clean up.

THIS MEAL CAN ALSO BE MADE IN A DUTCH OVEN EITHER OVER A PROPANE STOVE OR CHARCOAL

- Request charcoal from the commissary.
- Light coals 1/2 hour before cooking.
- Place water, rice, bullion, chicken, and vegetables in Dutch oven.
- Place hot charcoal under Dutch oven, and then place more hot coals on top of lid.
- Let cook for about 20-30 minutes.

INGREDIENTS LIST

Diced Precooked Chicken

Rice

Mixed Vegetables

Mixed Fruit Cups

Soy Sauce Packets

Chicken Flavoring

Salad Mix

Salad Dressing Packets

Dessert

EQUIPMENT LIST

2 large frying pans, griddle, or Sheppard's stove

1 large spoon

1 large pot

1 pitcher

COOKED PORTION / SCOUT

1 cup (4 oz) chicken

1/2 cup vegetables

1 cup rice

1 cup mixed fruit

1 soy sauce packet

Drink

Dessert portion

**You can invite any staff member to
eat with you! Just make sure to
ask !**

The Summit Bechtel Grace

For this time and this place,
For Your goodness and grace,
For each friend we embrace,
We thank Thee, Oh Lord. Amen.



Tuesday Breakfast

French Toast, Sausage, Juice, and Milk

1. Read all the directions before beginning.
2. Have all scouts who are cooking wash their hands.
3. While the food is cooking, set the table.
4. **Cook the French toast:**
 - a. Crack eggs into a medium bowl. For every 3 eggs, add 1/2 cup milk. Mix with a whisk.
 - b. Place the frying pan on the heat source. Grease the frying pan lightly with butter.
 - c. Dip each slice of bread into the egg mixture one at a time.
 - d. Place the slices of bread on the hot griddle.
 - e. When the French toast is golden brown on one side, turn it over and cook the other side until it is golden brown. This process should take about 2-4 minutes.
 - f. Cook all the slices of bread. When each slice is done, place it in a container with foil or a lid on it to keep it warm.
5. **Heat the sausage links:**
 - a. Heat frying pan with a small amount of cooking oil for the sausage. Wait about 3 minutes and add the sausage.
 - b. When it is brown on one side, turn it over.
6. Place all food items on the table.
7. Place water on the stove to heat for cleanup.
8. Call patrol to wash hands and gather in the dining area.
9. Say grace.
10. Eat. If you're still hungry, tell your SPL.
11. Clean up.

INGREDIENTS LIST

White Bread Slices

Eggs

Sausage Links

Syrup Packets

Whipped Butter Packets

Juice

Milk

EQUIPMENT LIST

1 medium bowl

1 whisk

2 frying pans, griddle, or
Sheppard's stove

2 spatulas

1 covered pot or plate

COOKED PORTION / SCOUT

4 slices French toast

2 pieces sausage

1 box cereal

1 carton milk

1 carton juice

Philmont Grace

For food, for raiment, for life
For opportunity, for friendship
and fellowship,
We thank Thee, O Lord. Amen.



Tuesday Lunch

Grilled Ham & Cheese, Soup, Crackers, Pickles and Drink

1. Read all the directions before beginning.
2. Have all scouts who are cooking wash their hands.
3. Gather cooking equipment before cooking.
4. While the food is cooking, set the table.
5. Make drink mix following directions on the package.
6. **Heat the soup:**
 - a. Pour soup into medium pot. Check soup can or box for additional cooking instructions (addition of water).
 - b. Place on stove to heat with a medium flame.
 - c. Stir the soup. When the soup is hot, remove it from the stove.
7. **Make grilled cheese sandwiches:**
 - a. Butter one side of each slice of bread.
 - b. Heat the griddle or frying pan on the stove.
 - c. For each sandwich, place one slice of bread on the griddle, butter side down. Place one slice of cheese, two slices of ham, another piece of cheese, and another piece of bread, butter side up. Let cook for about 3 minutes. (Note: ham can be omitted if desired).
 - d. Check the bottom of the sandwich. If it is brown, turn it over with a spatula and cook the other side until brown.
8. Place all food items on the table for the meal.
9. Place water on the stove to heat for cleanup.
10. Call patrol to wash hands and gather in the dining area.
11. Say grace.
12. Eat. If you're still hungry, tell your SPL.
13. Clean up.

INGREDIENTS LIST

White Bread Slices

Ham Slices

American Cheese Slices

Stick Butter

Soup

Crackers

Pickle Spears

EQUIPMENT LIST

1 medium pot

1 griddle, frying pan, or Sheppard's stove

1 ladle

1 large spoon

1 spatula

1 covered pot or plate

1 pitcher

COOKED PORTION / SCOUT

2 grilled ham and cheese sandwiches

1 cup soup

4-6 crackers

1 pickle

Drink

Northern Tier Wilderness Grace

For food, for raiment, For life and opportunity,
For sun and rain, For water and portage trails,
For friendship and fellowship,
We thank Thee, Oh Lord. Amen.



Tuesday Dinner

Spaghetti, Meat Sauce, Garlic Bread, Dessert, and Drink

1. Read all the directions before beginning.
2. Have all scouts who are cooking wash their hands.
3. While the food is cooking, set the table.
4. Make drink mix following directions on the package.
5. Begin heating the water for the pasta. Then begin heating the meat sauce.

6. Cook the pasta:

- a. Fill a large pot 3/4 full with water. Heat to boiling.
- b. When the water boils, break up the pasta to fit in the pot. Cook according to package directions (about 10-15 minutes). Stir occasionally.
- c. When the pasta is done, carefully pour into a strainer to drain the water. Use a slotted spoon or tongs to transfer pasta to serving bowl.

7. Make the meat sauce:

- a. Brown the ground beef—heat 2 tablespoons cooking oil in frying pan. Add ground beef, breaking it apart with a spoon. Continually stir ground beef until it is brown all the way through.
- b. When the ground beef is browned, carefully pour ground beef into a strainer to drain the liquid.
- c. Pour the strained beef into a medium pot, add sauce and stir thoroughly until the sauce is heated—use a small flame.

8. Prepare the garlic bread:

- a. Wrap the loaf in foil and place on heat if desired to toast, turning frequently.
 - b. After toasting, cut into 2 inch slices.
9. Place all food items on the table.
 10. Place water on the stove to heat for cleanup.
 11. Call patrol to wash hands and gather in the dining area.
 12. Say grace.
 13. Eat. If you're still hungry, tell your SPL.
 14. Clean up.

DUTCH OVEN PASTA

1. Light charcoal until white (1/2 hour before cooking).
2. Heat small amount of cooking oil in Dutch oven.
3. Brown ground beef as instructed.
4. Add sauce.
5. Add uncooked pasta on top with 1 cup water.
6. Place 5 hot coals on bottom and 8 hot coals on top of lid.
7. Let cook for 30 minutes.

Simple Thanks Grace

Thank the Lord for the food we eat,
For camping fun and Scouts we meet,
For rushing streams and calm cool breeze,
For rolling meadows and tall green trees. Amen.

INGREDIENTS LIST

Ground Beef
Spaghetti Noodles
Marinara Sauce
Garlic Bread
Salad Mix
Salad Dressing Packet
Dessert

EQUIPMENT LIST

1 large pot
1 strainer
1 frying pan
2 medium pots
2 large spoons
1 spaghetti spoon
1 cutting board
1 knife
1 pitcher

COOKED PORTION / SCOUT

1 cup pasta
1/2-3/4 cup meat sauce
2 pieces garlic bread
Dessert portion
Drink



Wednesday Breakfast

Breakfast Sandwiches, Hash Brown Patties, and Milk

1. Read all the directions before beginning.
2. Have all scouts who are cooking wash their hands.
3. While the food is cooking, set the table.
4. **Cook the hash browns:**
 - a. Heat 2 tablespoons of cooking oil in a frying pan. Place hash browns in frying pan.
 - b. Fry the hash brown patties until golden on both sides.
 - c. Remove when warmed and place in a covered bowl.
5. **Heat the sausage and egg patties:**
 - a. Heat another frying pan with 2 tablespoons of cooking oil.
 - b. Add the sausage patties and warm on both sides. Remove when warmed and place in a covered bowl.
 - c. Add the egg patties and warm on both sides. Remove when warmed and place in a covered bowl.
6. If desired, heat or toast the English muffins.
7. Place all food items on the table. Assemble breakfast sandwiches as desired.
8. Place water on the stove to heat for cleanup.
9. Call patrol to wash hands and gather in the dining area.
10. Say grace.
11. Eat. If you're still hungry, tell your SPL.
12. Clean up.

INGREDIENTS LIST

English Muffins

Egg Patties

Sausage Patties

Hash Brown Patties

American Cheese Slices

Whipped Butter Packets

Milk

EQUIPMENT LIST

2 large frying pans, griddle, or Sheppard's stove

1 spatula or turning fork

3 covered pots or plates

COOKED PORTION / SCOUT

2 English muffins with egg patty, cheese, and sausage

2 hash brown patties

1 carton milk

Philmont Grace

For food, for raiment, for life
For opportunity, for friendship
and fellowship,
We thank Thee, O Lord. Amen.



Wednesday

Lunch

Cold Cut Sandwiches, Pickles, Soup, and Drink

1. Read all the directions before beginning.
2. Have all scouts who are cooking wash their hands.
3. While the food is cooking, set the table.
4. **Heat the soup:**
 - a. In a medium pot, heat soup according to the directions on the label.
 - b. When heated, remove from heat.
5. Cut up tomato into slices for sandwiches.
6. Rinse lettuce, separate leaves.
7. Make drink mix following directions on the package.
8. Place all food items on the table.
9. Place water on the stove to heat for cleanup.
10. Call patrol to wash hands and gather in dining area.
11. Say grace.
12. Eat. If you're still hungry, tell your SPL.
13. Clean up.

Simple Thanks Grace

Thank the Lord for the food we eat,
For camping fun and Scouts we meet,
For rushing streams and calm cool breeze,
For rolling meadows and tall green trees.
Amen.

INGREDIENTS LIST

White Bread Slices
Ham Slices
Turkey Slices
American Cheese Slices
Tomatoes
Head Lettuce
Mustard Packets
Mayonnaise Packets
Pickle Spears
Soup

EQUIPMENT LIST

1 medium pot
1 ladle
1 knife
1 cutting board
1 pitcher

COOKED PORTION / SCOUT

2 sandwiches with meat & cheese
1 cup soup
1 pickle
Drink



Wednesday Dinner

Swiss Chicken, Rolls, Dessert, and Drink

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1. Read all the directions before beginning.
 2. Light charcoal 1/2 hour before cooking.
 3. Have all scouts who are cooking wash their hands.
 4. While the food is cooking, set the table.
 5. Make drink mix following directions on the package.
 6. Place Dutch oven on top of 10-12 hot coals.
 7. **Cook the Swiss chicken:**
 - a. Chop onion and place inside Dutch oven with one stick of butter. Cook onion until pieces are clear.
 - b. Mix powdered chicken flavoring, 3 cups of water, chicken, undiluted mushroom soup, rice, and Swiss cheese to Dutch oven.
 - c. If mix seems dry, add more water (up to 2 cups).
 - d. Cover Dutch oven. Place 8 hot coals on lid.
 - e. Stir mixture every 15 minutes until rice is tender. Make sure to stir ingredients on the bottom of the pot.
 8. Canned corn can also be added to Swiss chicken mixture if desired.
 9. Place all food items on the table.
 10. Place water on the stove to heat for cleanup.
 11. Call patrol to wash hands, and gather in dining area.
 12. Say grace.
 13. Eat. If you're still hungry, tell your SPL.
 14. Clean up.

This meal can also be cooked in a large pot on a propane stove.

THE SEA BASE GRACE
Bless the Creature of the sea,
Bless this person I call me,
Bless these Keys, You made so grand,
Bless the sun that warms this land,
Bless the fellowship we feel,
As we gather for this meal. Amen.

INGREDIENTS LIST
Diced Precooked Chicken
Rice
Onions
Whipped Butter Packets
Chicken Flavoring
Mushroom Soup
Shredded Swiss Cheese
Rolls
Salad Mix
Salad Dressing Packets
Drink
Dessert
Charcoal (if requested)
EQUIPMENT LIST
1 Dutch oven or large pot
1 large spoon
1 cutting board
1 knife
1 pitcher
COOKED PORTION / SCOUT
1 cup Swiss chicken
2 rolls
Dessert portion
Drink



Thursday Breakfast

Pancakes, Bacon, Milk, and Juice

1. Read all the directions before beginning.
2. Have all scouts who are cooking wash their hands.
3. While the food is cooking, set the table.
4. **Make the pancakes:**
 - a. Prepare pancake mix according to directions on container.
 - b. Heat a frying pan on a medium flame and grease with a small amount of butter or cooking oil.
 - c. Pour small spoonfuls of pancake batter onto the hot griddle, making 4 inch circles. Make sure there is about an inch between pancakes.
 - d. When sides of the pancakes are bubbling and dry, use a spatula to turn it over. Cook the other side until done (about 2 minutes).
 - e. If the pancakes are burning, lower the flame.
 - f. As the pancakes are finished, place them into a bowl or pot with a lid to keep them warm.
5. **Cook the bacon:**
 - a. Heat frying pan until hot. Place bacon in frying pan, turning when one side is cooked to your liking. Cook until done.
 - b. Place cooked bacon on serving platter with paper towels to soak up grease.
 - c. Cover with foil to keep warm.
6. Remove the griddles from the flames to cool before clean up.
7. Place all food items on the table.
8. Place water on the stove to heat for cleanup.
9. Call patrol to wash hands and gather in the dining area.
10. Say grace.
11. Eat. If you're still hungry, tell your SPL.
12. Clean up.

INGREDIENTS LIST

Bacon

Pancake Mix

Whipped Butter Packets

Syrup Packets

Milk

Juice

EQUIPMENT LIST

2 frying pans, griddle, or
Sheppard's stove

1 tongs

1 large pot

1 large spoon

2 covered pots or plates

1 spatula

COOKED PORTION / SCOUT

4 pancakes

Syrup and butter if desired

4 pieces bacon

1 carton milk

1 carton juice

1 cereal serving

Northern Tier Wilderness Grace

For food, for raiment, For life and opportunity,
For sun and rain, For water and portage trails,
For friendship and fellowship,
We thank Thee, Oh Lord. Amen.



Thursday Lunch

Ravioli, Chips, Watermelon, and Drink

1. Read all the directions before beginning.
2. Have all scouts who are cooking wash their hands.
3. While the food is cooking, set the table.
4. Pour Ravioli into a pot, heat until warm
5. Chop Watermelon Prepare the salad:
6. Make the drink mix following directions on package.
7. Place all food items on the table.
8. Place water on the stove to heat for cleanup.
9. Call patrol to wash hands and gather in the dining area.
10. Say grace.
11. Eat. If you're still hungry, tell your SPL.
12. Clean up.

Philmont Grace

For food, for raiment, for life
For opportunity, for friendship
and fellowship,
We thank Thee, O Lord. Amen.

You can invite any staff
member to eat with you!
Just make sure to ask!

INGREDIENTS LIST

Ravioli

Chips

Watermelon

Drink

EQUIPMENT LIST

1 Dutch oven

1 griddle or Sheppard's stove

1 spatula

1 cutting board

1 knife

1 frying pan if needed

1 slotted metal spoon

1 large bowl or pot

1 covered pot or plate

1 pitcher

COOKED PORTION / SCOUT

1 cup Ravioli

1 bag of chips

1 Slice of Watermelon

Drink



Thursday Dinner

Cheese Burgers, Chips, and Drink

1. Read all the directions before beginning.
2. Have all scouts who are cooking wash their hands.
3. While the food is cooking, set the table.
4. Make drink mix following directions on the package.
5. **Grill the burgers:**
 - a. Heat the griddle. Place the burgers on the grill.
 - b. Cook about 4-6 minutes on each side.
 - c. **USE A MEAT THERMOMETER—BURGERS MUST BE COOKED INTERNALLY TO 165 DEGREES.**
6. While the burgers are cooking, wash and slice the tomatoes and onions and wash the lettuce.
7. Place all food items on the table.
8. Place water on the stove to heat for cleanup.
9. Call patrol to wash hands and gather in dining area.
10. Say grace.
11. Eat. If you're still hungry, tell your SPL.
12. Clean up.

THE SEA BASE GRACE

Bless the Creature of the sea, Bless this person I call me,
Bless these Keys, You made so grand,
Bless the sun that warms this land,
Bless the fellowship we feel,
As we gather for this meal. Amen.

INGREDIENTS LIST

Beef Burgers
Hamburger Buns
Cheddar Cheese Slices
Tomatoes
Onions
Head Lettuce
Pickle Chips
Chips
Ketchup Packets
Mustard Packets
Mayonnaise Packets
Dessert
Charcoal (if requested)

EQUIPMENT LIST

1 griddle, grill, or Sheppard's stove
1 spatula
1 cutting board
1 knife
1 pitcher

COOKED PORTION / SCOUT

1 - 2 cheese burgers
Condiments if desired
1 bag chips
Drink



Friday Breakfast

Breakfast Burritos, Juice, and Milk

1. Read all the directions before beginning.
2. Have all scouts who are cooking wash their hands.
3. While the food is cooking, set the table.
4. **Cook the sausage:**
 - a. Heat 2 tablespoons of cooking oil in a frying pan.
 - b. Place the ground sausage in a hot frying pan, breaking it up into crumbles and constantly stir until no longer pink. Drain sausage through a strainer or use a slotted spoon.
5. **Cook the scrambled eggs:**
 - a. Crack the eggs into a large mixing bowl.
 - b. Beat the eggs with a fork or whisk until mixture has an even consistency and is a little foamy. Set aside.
 - c. Cut up the onions and peppers into small pieces.
 - d. Heat a frying pan with 2 tablespoons of cooking oil.
 - e. Add the onions and peppers to the frying pan. Cook until soft.
 - f. Pour egg mixture into frying pan with the vegetables, and stir constantly until eggs are firm.
6. Add the cooked sausage to the mixture.
7. Place all food items on the table.
8. Place water on the stove to heat for cleanup.
9. Call patrol to wash hands and gather in the dining area.
10. Say grace.
11. Assemble burritos with egg, sausage, vegetables, and cheese rolled up in a tortilla.
12. Eat. If you're still hungry, tell your SPL.
13. Clean up.

INGREDIENTS LIST

Eggs
Ground Sausage
Onions
Green Peppers
Shredded Cheddar Cheese
Tortillas
Juice
Milk

EQUIPMENT LIST

2 frying pans, griddle, or Sheppard's stove
1 slotted cooking spoon
1 cutting board
1 knife
1 mixing bowl
1 whisk or fork

COOKED PORTION / SCOUT

2 tortillas filled with eggs, sausage, vegetables & cheese
1 carton juice
1 carton milk

The Summit Bechtel Grace

For this time and this place,
For Your goodness and grace,
For each friend we embrace,
We thank Thee, Oh Lord. Amen.



Friday Lunch

Chicken Patty Sandwiches, Pretzels, Fruit, Dessert, and Drink

1. Read all the directions before beginning.
2. Have all scouts who are cooking wash their hands.
3. While the food is cooking, set the table.
4. Make drink mix following directions on the package.
5. **Cook the Patties:**
 - a. Heat the griddle. Place the patties on the grill.
 - b. Cook about 4-6 minutes on each side.
 - c. ***USE A MEAT THERMOMETER—Patties MUST BE COOKED INTERNALLY TO 165 DEGREES.***
6. While the patties are cooking, wash and slice the tomatoes and onions and wash the lettuce.
7. Place all food items on the table.
8. Place water on the stove to heat for cleanup.
9. Call patrol to wash hands and gather in dining area.
10. Say grace.
11. Eat. If you're still hungry, tell your SPL.
12. Clean up.

Simple Thanks Grace

Thank the Lord for the food we eat,
For camping fun and Scouts we meet,
For rushing streams and calm cool breeze,
For rolling meadows and tall green trees.
Amen.

INGREDIENTS LIST

Grilled Chicken Patties

Hamburger Buns

American Cheese Slice

Tomatoes

Onions

Head Lettuce

Fruit

Pretzels

Ketchup Packets

Mustard Packets

Mayonnaise Packets

Barbeque Sauce Packets

EQUIPMENT LIST

1 griddle, grill, or Sheppard's stove

1 spatula

1 cutting board

1 knife

1 pitcher

COOKED PORTION / SCOUT

1 Chicken Patty Sandwich

Condiments if desired

1 bag pretzels / 1 piece fruit

Drink



Friday
Dinner

**Steak, , Potatoes, Salad,
Dessert, and Drink**



CAMP WIDE MEAL



**HAVE A GREAT TIME AT THE
CLOSING CAMPFIRE!**



Saturday Breakfast

Cereal, Pastries, Granola Bars, and Milk

1. Read all the directions before beginning.
2. Have all scouts who are preparing the meal wash their hands.
3. Set the table with all the food items.
4. Call patrol to wash hands and gather in dining area.
5. Say grace.
6. Eat. If you're still hungry, tell your SPL.
7. Clean up.
8. Being a walk through of the campsite to pick up all garbage and remove traces of human activity.
9. Move trash to the side of the road for pickup.

INGREDIENTS LIST

Cereal

Danish Pastries

Granola Bars

Milk

EQUIPMENT LIST

None

COOKED PORTION / SCOUT

1 box cereal

1 pastry

1 granola bar

1 carton milk

Have a safe trip home!

Philmont Grace

For food, for raiment, for life
For opportunity, for friendship
and fellowship,
We thank Thee, O Lord. Amen.

2018 Camp Tres Saturday Lunch Order Form



This form must be filled out if your unit would like to order sack lunches for the ride home on Saturday. The unit can specify how many lunches are needed. Each lunch costs five dollars, and this fee can be paid alongside camper fees, or can be paid at camp in the leader check out meeting during the week at camp. Completed forms must be turned in during check-in or may be sent to the Council Office by July 1st. Make sure to print clearly and fill out each field. Direct any questions to the South Plains Council office at 806-747-2631

Dates at TR : _____ Week at TR : _____

Unit #: _____ Council: _____ Campsite: _____

Leader Placing Order (First/Last): _____ Attending camp? YES / NO

Number of lunches: _____

Method of payment:

Price per lunch: x \$5.00

☐ Pay at camp (during leader checkout meeting)

Total cost: _____

*Leader Signature: _____ Date: _____

*This signature commits your unit to paying the lunch fee for each meal requested above.

Please note all dietary requests and explain any accommodations needed below:

For Internal Use:

2018 Camp Tres Ritos Accommodation Request Form



This form must be filled out if your unit has a camper, youth or adult, who requires a dietary accommodation or physical accommodation while at camp. Use a separate form for each camper. Completed forms must be turned in during check-in or may be submitted to the Council Office before July 1st. Make sure to print clearly and fill in each field. Direct any questions to the South Plains Council office at 806-747-2631.

Dates at TR: _____ Week at TR _____

Unit #: _____ Council: _____

Campsite: _____ Patrol: _____

Name (First/Last): _____ Date of Birth: _____

Parent/Guardian Name (First/Last): _____ Attending camp? YES / NO

*Parent/Guardian Signature: _____ Date: _____

*This signature authorizes Camp Management to share the medical and dietary request information on this form with appropriate camp staff.

Circle all that apply: Nut Free Gluten Free Vegetarian Dairy Free Egg Free Pork Free

Other (explain below): _____

Please note all medical and dietary requests and explain any accommodations needed below:

For Internal Use:

Tres Ritos PATROL DUTY ROSTER

TROOP #: _____ **PATROL NAME:** _____

DUTY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
FOOD PICKUP					
FOOD PICKUP					
SET TABLE					
COOK					
COOK					
CLEAN UP					
CLEAN UP					
PATROL BOX					
LUNCH			Camp Wide Meal		
FOOD PICKUP					
FOOD PICKUP					
SET TABLE					
COOK					
COOK					
CLEAN UP					
CLEAN UP					
PATROL BOX					
DINNER					Saturday Breakfast
FOOD PICKUP					
FOOD PICKUP					
SET TABLE					
COOK					
COOK					
CLEAN UP					
CLEAN UP					
PATROL BOX					

2018 Weekly Camp Schedule

Sunday

General Camp Schedule

1:00 PM	Check In Begins
	Troop meets Campsite Host in parking lot
	SM gathers Troop Roster, Med Forms, and Meds for each camper
	Troop proceeds to Dining Pavilion for Medical Checks
	Troop proceeds to campsite to set up
	Camp swim checks take place between 1:00 and 4:00 PM
4:45 PM	Camp Wide PLC Meeting (dining pavilion)
5:30 PM	Emergency Drill and Flag Ceremony
6:00 PM	Dinner (dining pavilion)
7:00 PM	Leaders' Meeting (dining pavilion)
7:00 PM	Range Orientation & Campwide Games
8:00 PM	Opening Campfire
9:00 PM	Trading Post Opens after Campfire

Trading Post Hours

8:45AM - 11:45AM
1:45PM - 4:30PM
7:00PM - 10:00PM
After Campfires

Medical Office Medication Times

6:30AM - 7:30AM
4:30PM - 5:30PM
9:00PM - 10:00PM

Monday

General Camp Schedule

6:30 AM	Commissary Open for Breakfast
7:30 AM	Breakfast
9:00 AM	Merit Badge Session 1
10:00 AM	Merit Badge Session 2
11:00 AM	Merit Badge Session 3
11:50 AM	Commissary Open for Lunch
12:30 PM	Lunch
1:00 PM	Rest Period
2:00 PM	Merit Badge Session 4
3:00 PM	Merit Badge Session 5
3:50 PM	Open Program Areas - Open Until 4:30 PM
4:30 PM	Commissary Open for Dinner
5:30 PM	Dinner
7:00 PM	Evening Programs - All Areas Open
9:00 PM	Program Areas Close

Thursday

General Camp Schedule

6:30 AM	Commissary Open for Breakfast
7:30 AM	Breakfast
9:00 AM	Merit Badge Session 1
10:00 AM	Merit Badge Session 2
11:00 AM	Merit Badge Session 3
11:50 AM	Commissary Open for Lunch
12:30 PM	Lunch
1:00 PM	Rest Period
2:00 PM	Merit Badge Session 4
3:00 PM	Merit Badge Session 5
3:50 PM	Open Program Areas - Open Until 4:30 PM
4:30 PM	Commissary Open for Dinner
5:30 PM	Dinner
7:00 PM	Evening Programs - All Areas Open
9:00 PM	Program Areas Close

Tuesday

General Camp Schedule

6:30 AM	Commissary Open for Breakfast
7:30 AM	Breakfast
9:00 AM	Merit Badge Session 1
10:00 AM	Merit Badge Session 2
11:00 AM	Merit Badge Session 3
11:50 AM	Commissary Open for Lunch
12:30 PM	Lunch
1:00 PM	Rest Period
2:00 PM	Merit Badge Session 4
3:00 PM	Merit Badge Session 5
3:50 PM	Open Program Areas - Open Until 4:30 PM
4:30 PM	Commissary Open for Dinner
5:30 PM	Dinner
7:00 PM	Evening Programs - All Areas Open
9:00 PM	Program Areas Close

Friday

General Camp Schedule

6:30 AM	Commissary Open for Breakfast
7:30 AM	Breakfast
9:00 AM	Merit Badge Session 1
10:00 AM	Merit Badge Session 2
11:00 AM	Merit Badge Session 3
11:50 AM	Commissary Open for Lunch
12:30 PM	Lunch
2:00 PM	Camp Wide Event (dining pavilion)
6:00 PM	Camp Wide Flags
6:15 PM	Camp Wide Pig Roast Dinner (dining pavilion)
8:00 PM	Closing Campfire

Wednesday

General Camp Schedule

6:30 AM	Commissary Open for Breakfast
7:30 AM	Breakfast
9:00 AM	Camp Wide Flags
9:15 AM	Camp Wide Games
12:00 PM	Camp Wide Lunch (dining pavilion)
11:30 PM	Leaders Lunch (deicke building)
2:00 PM	Merit Badge Session 4
3:00 PM	Merit Badge Session 5
3:50 PM	Open Program Areas - Open Until 4:30 PM
4:30 PM	Commissary Open for Dinner
5:30 PM	Dinner
7:00 PM	Camp Wide Flags
7:15 PM	Chapel Service
8:00 PM	Order of the Arrow Callout Ceremony

Saturday

General Camp Schedule

6:30 AM	Commissary Open for Breakfast
7:00 AM	Breakfast
7:30 AM	Check Out Begins
	Campsite Hosts Check Out Sites
	Scoutmasters Check Out in Wheeler Office
	Depart - Have a Safe Trip!

This schedule is subject to change. An up to date schedule will be distributed at the Leader's Meeting upon arrival to camp.
The updated schedule will included specific program events, times, and locations.