

Breakfast Main Dishes

1st dish: French toast

Ingredients (for one serving):

½ egg
¼ tablespoon milk
dash of cinnamon
2 slices bread
margarine
syrup

Equipment

medium mixing bowl
fork
flipper
griddle or frying pan

Instructions: Beat egg, milk, cinnamon together. Then dip bread in to mix. Third cook on stove in griddle or frying pan till brown.

One serving of grain. Must go with fruit, dairy and meat.

2nd dish: Pancakes

Ingredients:

One box pancake mix, (two pancakes)
Milk
Water
eggs

Equipment

griddle or frying pan
flipper
medium mixing bowl

Instructions: Mix amounts of milk water, egg and pancake mix as instructed on box to make batter. Pour small amounts of batter on to griddle of frying pan. Cook on low heat ?till bubbles

stop? Then flip over and wait till done.

One serving grain. Must have fruit, dairy and meat included in meal. Add fruit, to batter for one serving fruit (½ if canned or 1 fresh medium fruit or 1/2 berries) you can add coca mix to batter for chocolate pancakes (one serving dairy and one individual pack) or ½ cup nuts for one serving meat

3rd dish: Breakfast Burritos

Ingredients

One egg
one potato
4 sausage links
½ cup onion
2 ounces Pepper Jack cheese
Jalapeño powder
Cajun seasoning
1 tortilla
salt
pepper

Equipment

aluminum foil
frying pan
medium mixing bowl
flipper
pot
coals the night before.

Instructions: Night before wash and partially cook potatoes in aluminum foil. In the morning cook the sausage links then dice them and the potato, onion and cheese. Third cook the potato in the frying pan with the seasonings till lightly brown then add the sausage and onion in. When the potato is fully

brown add the eggs and cheese.
Mix and cook till eggs are done.
Put tortillas between 2 pieces of
aluminum foil and put on top of
boiling water to soften. Fill the
tortillas.

2 Servings grain, 1 serving veg, 2
servings meat, 1 serving dairy.
Must go with fruit.

4th dish: Breakfast hash

Ingredients

One medium potato
4 sausage links
½ cup onion
2 eggs
2 ounces shredded cheddar

Equipment

Cutting board,
Knife
frying pan
mixing bowl
fork
flipper.

Instructions: Wash potatoes.
Crack and beat eggs. Dice
potatoes, sausage links, and onion.
Cook potato till light brown. Add
sausage links, and onion. Cook till
potato is fully brown, and then add
eggs. Cook till eggs are done. Add
shredded cheddar on top and let
melt.

1 serving grain, two servings
protein, one serving veg., 1 serving
dairy. Must go with fruit.

5th dish: Zip-Lock Bag breakfast

Ingredients

2 eggs

4 sausage links

1 tortilla

salsa

2 ounces cheddar cheese,

Optional: onion, green pepper,
japaleno.

Equipment

Pot
aluminum foil
tongs
flipper
frying pan.

Instructions: Brown sausage in
frying pan. Then cook onion, green
pepper, and japaleno if using.
Crack 2 eggs into Zip lock bag,
and then add sausage, onion,
pepper, and japaleno. Seal bag and
mix stuff by squishing bag. Cook
bag in boiling water until egg is
done. Meanwhile put tortilla
between aluminum foil to soften.
Then remove tortilla and bag with
tongs. Put stuff in bag onto the
tortilla. Add shredded egg and
salsa. roll into burrito

1 serving grain, 1 serving veg. 1
serving dairy, 2 servings protein.
Must go with fruit.

6th dish: Sausage and gravy.

Ingredients:

Sausage
Flour
Butter
Milk
Salt

pepper.(see Mr. Larry for
amounts)

Equipment

?Grilling pan?
measuring spoons and cups, ?
saucepan?
slotted spoon.

Instructions: Brown sausage in pan. Remove with slotted spoon and put to the side. Melt butter in same pan. Stir in flour when mixed add in milk. Stir till thick. Then add sausage and sauce. Add salt and pepper to taste.

One serving grain. ?One serving dairy?, One serving protein> Must go with fruit and veggie.

Hints when you must have a fruit or veggie try having fruit or veggie juice, or add fresh or canned fruit. If you need to add dairy try milk or chocolate milk.

7th dish: Mountain Man Breakfast

Ingredients

1 ½ eggs
¼ lb hash brown potato
1/8 lb of favorite cheese
1/16 lb of ground sausage
salt
pepper
onion

Equipment

Frying pan
Flipper

Instructions: Cook sausage and drain grease. Move sausage to one side of pan and cook egg on other side. When eggs are done add hash brown potato mix and continue to cook when hash browns are almost done add cheese and let melt. Add salt, pepper and onion to taste.

One serving grain, 2 servings protein, one serving dairy, Must go with fruit and or veggie.