

Tomahawk Scout Camp

Sioux Commissary Menu 2025



Staple Crate:

The following items are "Staples" that are delivered on 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 after the meal 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 Ranch Mayo Syrup Oatmeal Peanut Butter Bread Jelly	Salt & Pepper Matches Scrubby Paper Towels Dish Soap/Sanitizer Garbage Bags Salsa Ramen Packets Cooking Oil	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					
Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Hoagie Bun	1 Bun	250	42	W	GF Bun
Turkey Slice	4 slices	67	1	M	Hummus
Cheese Slice	1 Slice	70	1	D,S	D: No cheese
Green Leaf Lettuce	1 Leaf	0	0	-	-
Potato Chips	1 Bag	160	15	-	-
Milk 1%	1 Carton	100	12	D	D: Oat Milk
Mayonnaise	1 Packet	94	0	E	E: No Mayonnaise

Cookie	1 Cookie	250	36	E,D,W,S	TBD
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Monday (2973)

Breakfast

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
French Toast Sticks	4 sticks	330	38	W,S	Eggs.
Turkey Patty	2 patties	180	0	M	Scrambled Eggs
Diced Potatoes	4 oz Scoop	213	18	-	-
Cut Fruit	4 oz scoop	100	16	-	-
Syrup	1 Packet	110	29	-	-
Milk 1%	8 oz	100	12	D	Oat Milk
Cereal	1 cup	150	28	-	-
Juice	8 oz	100	25	-	-

Directions: Heat a frying pan and melt a little butter to cook the French Toast Sticks. Sausage patties are pre-cooked, so they only need to be heated up until they sizzle.

Lunch

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
All Beef Hot Dog	1 Hotdog	230	2	M	Veggie Hot Dog
Hotdog Bun	1 Bun	150	22	W	GF Bun
Potato Salad	4 oz Scoop	170	24	E	Potato Chips
Whole Fruit	1 Fruit	100	16	-	-
Juice	8 oz	100	25	-	-

Directions: Meal is delivered hot and ready to eat. Wait to open the heater stack until everyone is ready to eat. Please wash all pans and heater stack with soap after the meal.

Dinner

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Chilli	1 Cup	270	37	W,M,S	Gluten Free Chili, Vegetarian Chilli
Fritos	1Bag	160	15	-	-
Salad Mix	4 oz	20	0	-	-
Ranch Packet	1 Packet	130	0	D	Italian Dressing
Shredded Cheese	2 oz Scoop	110	1	D	Extra Chilli

Desert	1 piece	250	29	TBD	Specialty Desert
<i>Directions: Pour chili cans into a pot. Put the pot on medium heat. Gently stir until bubbling, then serve 1 cup per person. Garnish with sour cream and shredded cheese as desired.</i>					

Thursday (2921)

Breakfast

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Tortilla	1 Tortilla	110	31	W	Extra Eggs
Scrambled Eggs	4 oz Scoop	186	0	E	-
Shredded Cheese	2 oz Scoop	110	1	D	Extra Potato
Sausage Bits	2 oz Scoop	192	1.4	M	Extra Eggs
Diced Potato	4 oz Scoop	213	18	-	-
Milk 1%	8 oz	100	12	D	Oat Milk
Cereal	1 cup	150	28	-	-
Juice	8 oz	100	25	-	-
Fruit	*Varies	100	16	-	-

Directions: Crack eggs, mix them thoroughly in a bowl and add 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 them from sticking. When they're done scrambling, remove from the pan. Repeat steps to cook the rest of the eggs. The sausage is already cooked so it just needs to be warmed. Do the same for potatoes.

Lunch

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Chicken Patty	1 patty	200	12	M,E,D,W,S	E,D,W: Chicken and Rice
Hamburger Bun	1 Bun	140	26	W	M: Veg Patty
Tater Tots	4 oz Scoop	207	19	-	
Baby Carrots	4 oz Scoop	45	10	-	
Ranch Dressing	2 tbs	129	2	D,E,W	
Juice	8 oz	100	25	-	

Whole Fruit	1 Fruit	100	16	-	
<i>Directions: Meal is delivered hot and ready to eat. Wait to open the heater stack until everyone is ready to eat. Please wash all pans and heater stack with soap after the meal.</i>					

Dinner					
Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Tortilla	2 Tortillas	220	62	W	Corn Tortilla Chips
Taco Meat	4 oz Scoop	300	4	M	Seasoned Black Beans
Taco Seasoning			-	-	-
Shredded Cheese	2 oz Scoop	110	1	D	Extra Meat
Milk 1%	8 oz	100	12	D	Oat Milk
Sour Cream	1 Packet	60	1	D	-
Cake	1 Piece	250	29	TBD	Specialty Desert
<i>Directions: Lather your pan with oil or butter from your staple crate and brown the ground beef in a pan, then drain excess fat. Add 3/4 cup water and seasoning mix. Heat until thickened, stirring often. Fill taco shells with meat mixture and let sit and then add toppings and wrap it.</i>					

Wednesday (2815)

Breakfast

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Pancakes	2 Pancakes	230	49	W,D,E	W,D: Specialty Pancake Batter
Sausage Links	2 Links	170	0	M	Veggie Crumble
Fruit	1 per person	100	16	-	-
Orange Juice	8 oz	100	25	-	-
Milk 1%	8 oz	100	12	D	Oat Milk

Directions: Mix in water to pancake mix slowly until desired consistency. When the griddle is hot, grease it with butter and pour in 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.

Lunch

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Corn Dog	1 Corn Dog	220	25	M,E,D,W,S	M: Veggie Corn Dog
Macaroni and Cheese	4 oz Scoop	310	26	M,D,W,S	D: Hot Dog, Pasta Salad
Juice	8 oz	100	25	-	W: Hot Dog
Whole Fruit	1 Fruit	100	16	-	-

Directions: Meal is delivered hot and ready to eat. Wait to open the heater stack until everyone is ready to eat. Please wash all pans and heater stack with soap after the meal.

Dinner

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
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Hamburger Bun	1 Bun	140	26	W	GF Bun
Hamburger Patties	2 Patties	540	0	M	Black Bean Burger
Cheese Slice	1 slice	70	1	D,S	-
Potato Chips	1 Bag	160	15	-	-
Watermelon Slice	1 Slice	85	0	-	-
Milk 1%	8 oz	100	12	D	Almond Milk
Cookie	1 Cookie	250	36	E,D,W,S	Specialty Desert
<i>Come to the Beach ready to swim!</i>					

Thursday (2921)

Breakfast

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Tortilla	1 Tortilla	110	31	W	Extra Eggs
Scrambled Eggs	4 oz Scoop	186	0	E	-
Shredded Cheese	2 oz Scoop	110	1	D	Extra Potato
Sausage Bits	2 oz Scoop	192	1.4	M	Extra Eggs
Diced Potato	4 oz Scoop	213	18	-	-
Milk 1%	8 oz	100	12	D	Oat Milk
Cereal	1 cup	150	28	-	-
Orange Juice	8 oz	100	25	-	-
Fruit	*Varies	100	16	-	-

Directions: Crack eggs, mix them thoroughly in a bowl and add milk to stretch. Melt butter into a large frying pan and pour half of the eggs into the pan. Stir with a spatula to prevent them from sticking. When they're done scrambling, remove from the pan. Repeat steps to cook the rest of the eggs. The sausage is already cooked so it just needs to be warmed up. Do the same for potatoes.

Lunch

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Hamburger Bun	1 Bun	140	26	W	Gluten Free Bun
Sloppy Joe Meat	3 oz Scoop	160	4	M	Veggie Joe
Cheese Slice	1 Slice	70	1	D,S	More Meat
potato Tots	4 oz Scoop	207	19	-	-

Juice	8 oz	100	25	-	-
Fruit	1 Fruit	100	16	-	-
<i>Directions: Meal is delivered hot and ready to eat. Wait to open the heater stack until everyone is ready to eat. Please wash all pans and heater stack with soap after the meal.</i>					

Dinner

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Spaghetti Noodles	4 oz Scoop	380	76	W	Chickpea Noodles
Spaghetti Sauce	4 oz Scoop	70	10	-	-
Meatballs	5 Meatballs	160	5	W,D,S,M	Veggie Crumble
Carrots	2 oz Scoop	23	5	-	-
Desert	1 piece	250	36	TBD	Specialty Desert

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 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

Friday (2339)

Breakfast

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Loaf of Bread	1 per patrol	70	26	W,S	Gluten Free Bread
A Dozen Eggs	1 per patrol	80	0	-	-
Cardamom Spice	1 bag per patrol	0	0	-	-
Sausage Patty	2 patties per person	200	0	M	Veggie Patty
Fruit	*Varies	100	16	-	-
Orange Juice	8-ounce cup	120	30	-	-
Milk 1%	1 Carton per person	110	13	D	Orange Juice

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 cardamom. 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 they 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

Lunch

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
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Hoagie Bun	1 Bun	190	42	W	W: Gluten Free Bun & Pulled Pork
Pulled Pork	4 oz Scoop	226	0	M, W	M: Pulled Jack Fruit
Steak Cut Fries	4 oz Scoop	213	18	W	W: Seasoned Potatoes
Juice	8 oz	100	25	-	-
BBQ Sauce	1 Packet	80	21	-	-
Whole Fruit	1 Fruit	100	16	-	-
<i>Directions: Meal is delivered hot and ready to eat. Wait to open the heater stack until everyone is ready to eat. Please wash all pans and heater stack with soap after the meal.</i>					

Dinner

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Pork Chop	1 Per Person	170	0	M	M: Stuffed Pepper
Mashed Potatoes	4 oz Scoop	180	20	D	D: Baked Potato
Salad Mix	4 oz Serving	20	0	-	-
Ranch Packet	1 Packet	130	0	D	D: Italian Dressing
Desert	1 Piece	250	36	TBD	Specialty Desert
<i>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.</i>					

Saturday

Breakfast

Item	Quantity	Cal.	Carbs	Contains	Dietary Substitutions
Yogurt	2 Packets	180	38	D	DF Yogurt
Pop Tart	1 Package	370	32	W, D	GF/DF Muffin
Apple	1 Apple	95	25	-	-