

Sail Voyage 1 & 2 Menu

DAY 1			Tortellini with Veg Marinara Sauce
		<p>Prep: Start the water boiling around 4:30 – it takes a long time in the big pot. Add a little bit of salt and oil to the water. Also about 10 minutes before the garlic bread is ready to go in, heat up the oven. <i>You only need Tortellini for those who will be at dinner or arriving during dinnertime, so maybe only make 4 or 5 boxes!</i></p> <p>Ingredients: 7 boxes of Tortellini 2 Ragu Veg Jars Bread Garlic Spread (mix butter & dried garlic) Salad Dressing, Parm. Cheese</p> <p>Tips and Hints: It's nice to give the sauce more flavors with spices. Also, watch and stir the pasta so that it doesn't get sticky (yuck!) or stick to the bottom of the pot</p>	
DAY 2	Cereal	Deli Sandwiches	Sloppy Joes
	<p>Prep: make certain to put cold milk in the fridge the night before. Take out a bag of each type of cereal.</p> <p>Ingredients: Cereal Milk Fruit</p> <p>Cut up cantaloupe and bananas for a side.</p>	<p>Prep: Presentation is everything! You will be underway so keep the wind in mind when bring things up (ie. Lettuce).</p> <p>Ingredients: Deli meats Bread Mayo, Mustard Lettuce, Tomato, Onions (sliced) 1 block Cheese Fruit Pringles PB & J</p> <p>Tips and Hints: Cut up lettuce, tomatoes, and onion for sandwiches. Also cut up a block of cheese.</p>	<p>Prep: Think about your stove spacing! Cook beef in a deeper pan so it can fit all meat and sauce. You might not be able to cook all corn, so just do as much as fits in pot. Mashed potatoes can be cooked, made, and left covered while using the burners for other things.</p> <p>Ingredients: All ground beef 2 cans of Manwich Sloppy Joe Sauce 1 can of corn 1 Box Mash Potatoes Sandwich Buns Salad Vege Option: 1 can Hormel Veggie Chili</p> <p>Tips and Hints: Cook meat first in a pan with oil and onions if desired. Make sure meat is thorough cooked (no pink!) before adding sauce. Measure mash potatoes according to box and add garlic to taste. Add potato flakes slowly and stir in to help from getting clumpy. Try to have someone cut the buns before dinner also – helps to save some time!</p>
DAY 3	Scambled Eggs	PB & J	Cheesy Alfredo Pasta
	<p>Prep: Get the oven preheated for muffins early. Or, alternatively, decide to make either muffins or toast – might not have enough space for both.</p> <p>Ingredients: 4 dozen eggs Bread (enough for 2 slices each) Muffins Butter Fruit</p> <p>Tips and Hints: For easiest eggs – crack all eggs into big pot. Add some milk, salt, and pepper and whisk with fork. Cook the whole thing on stove and be certain to constantly STIR and scrape the bottom with spatula, getting everything that might stick. Continue until eggs start to take shape. Remove from heat when eggs are hardening but still look too wet. They will continue to cook! If you wait, you'll just have rubbery eggs. ICK! For the muffins, it's nice to sprinkle some sugar on top to give them a bit of a crunchy top.</p>	<p>Prep: If you still have the muffins cooked from breakfast time, have them for lunch!</p> <p>Ingredients: Peanut butter Jelly Bread Pringles Any Deli meat that is left over Goldfish Celery and raisin for ants on a log (maybe?) Cut up carrots and ranch</p> <p>Tips and Hints: You can add things to PB & J Day like ants on a log (celery, PB, and raisin) or have carrots on the side.</p>	<p>Prep: Start the water boiling around 4:30 – 4:45. Get bread going early so it has time to toast.</p> <p>Ingredients: 1 bag of pasta (penne normally) 3 Jars of cheese sauce Bread (2 per person) Garlic spread Salad Salt and pepper Dressing Ham</p> <p>Tips and Hints: Continue to stir pasta and watch it so that it doesn't get clumpy. Once the hot water is drained, rinse warm water over the pasta to stop cooking then a little oil to help separate the noodles. For the sauce, sautéing up some onions and peppers can be nice, then add the sauce to the pasta and cover to keep in the heat. Slice up and fry slices of ham with oil on the side as well so students can add. Use spices!</p>

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	Cereal	Tuna Salad Sandwiches	Chili & Rice
DAY 4	<p>Prep: make certain to put cold milk in the fridge the night before. Take out a bag of each type of cereal.</p> <p>Ingredients: Cereal Milk</p> <p>1 Can Fruit Salad</p>	<p>Ingredients: 1 Can Tuna ½ Jar Sweet Relish Bread Lettuce, Tomato Cheese Mayo and celery, onions, carrots Pringles</p> <p>Tips and Hints: Open and thoroughly drain tuna. Break up the tuna and add some spices like garlic and oregano to the tuna as well as ½ jar of relish. Also cut up celery, onions, and carrots into small pieces. Go easy on the mayo because people can always add their own. You can also add a pinch of sugar for taste.</p>	<p>Prep: Get rice water going... and cheese grating!</p> <p>Ingredients: 10 Cans Hormel Chili 2 14oz Boxes Uncle Ben's White Rice Saltines Fresh Veggies Cheese Sour Cream Crystal Hot Sauce</p> <p>Tips and Hints: Cook up Chili and Rice. Grate cheese. Chop up onions and peppers for toppings.</p>
DAY 5	<p style="text-align: center;">Oatmeal</p> <p>Prep: If you are underway to the Baths, be sure not to overfill the pot with water and use a big ladle. If too windy, serve down below.</p> <p>Ingredients: Oatmeal Fruit</p> <p>Tips and Hints: Make sure you have something to put the empty oatmeal packets in – either an extra bag or a cup so they don't blow away!</p>	<p style="text-align: center;">Spanish Town Lunch</p> <p>Tips and Hints: PB & J is available if you do not want to eat on shore.</p>	<p style="text-align: center;">Garden Burgers</p> <p>Prep: Again, think about your stove spacing! You will probably want two sauté pans for burgers or bake them in the oven, a big pot for mash and a small for beans.</p> <p>Ingredients: All Garden Burgers 1 Box Mashed Potatoes 1 Big Can Baked Beans Buns or bread Salad Mustard, ketchup, dressing</p> <p>Tips and Hints: Even though they're Garden Burgers, they like to be cooked! Put them with some oil. You can put the warm ones into the oven on a foil tray to keep them warm. Follow directions for potatoes and spice up with garlic and oregano. You can try to make a nice dressing with mustard, balsamic vinegar, and spices if you're feeling creative!</p>
DAY 6	<p style="text-align: center;">French Toast</p> <p>Prep: French toast takes focus and precision. Be certain to watch that the bread is being thoroughly cooked.</p> <p>Ingredients: 2 dozen eggs 2 Milk Bread Cinnamon, sugar Syrup Butter Fruit</p> <p>Tips and Hints: Mix eggs and milk in a big bowl and whip together. Add cinnamon. Preheat pans for low-medium heat and have non-stick spray. Dip bread into mixture and LIGHTLY coat. Put on warm pan and let cook, flip. Repeat if necessary. They should be cooked through and not still drippy when you remove them.</p>	<p style="text-align: center;">PB & J</p> <p>Prep: Try to make this meal interesting with your own creativity!</p> <p>Ingredients: Peanut butter Jelly Bread Pringles Any Deli meat that is left over Goldfish Celery and raisin for ants on a log (maybe?) Cut up carrots and ranch</p> <p>Tips and Hints: You can add things to PB & J Day like ants on a log (celery, PB, and raisin) or have carrots on the side.</p>	<p style="text-align: center;">Tomato Stroganoff</p> <p>Prep: Read the directions!! Make certain your water and milk combo are correct or else you might end up with soup. Start water boiling first thing!</p> <p>Ingredients: 10 Stroganoff packets 4 Hunts diced tomatoes Bread Garlic Spread Butter Onions Salt and pepper</p> <p>Tips and Hints: Start by measure out water and milk and following directions on packet. Open and be certain to thorough drain the tomatoes. Once done, you can add the tomatoes, onions, and spices as desired.</p>

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	Cereal	Mac & Cheese	Beach BBQ
DAY 7	<p>Prep: make certain to put cold milk in the fridge the night before. Take out a bag of each type of cereal.</p> <p>Ingredients: Cereal Milk Fruit</p>	<p>Prep: This is probably a rotation day, so it's vital that water gets put on early, normally around 11:15</p> <p>Ingredients: 9 boxes Mac and Cheese Pringles Fruit – apples, banana, pineapples</p> <p>Tips and Hints: It's better to open all the boxes and pull out the cheese packets before water boils. Then you can put all noodles in together so they cook at the same rate STIR! So that you don't get clumps. The noodles only need to cook for a few minutes (much less than the box calls for). If too long you get Mac & Yack. ICK! You do not need as much butter as called for probably, so just add a little with powder and milk until you get a good texture.</p>	<p>Remember to bring a little money if you want to buy sodas at the beach bar!</p>
DAY 8	Oatmeal	Deli Sandwiches	Mexican Night with Bean Casserole
	<p>Prep: You will be underway to the Baths, so be sure not to overfill the pot with water and use a big ladle. If too windy, serve down below.</p> <p>Ingredients: Oatmeal Fruit Raisons Bananas Apples</p> <p>Tips and Hints: Make sure you have something to put the empty oatmeal packets in – either a extra bag or a cup so they don't blow away!</p>	<p>Prep: Presentation is everything! Keep the wind in mind when bringing things up (ie. Lettuce).</p> <p>Ingredients: Deli meats Bread Mayo, Mustard Lettuce, Tomato, Onions (sliced) 1 block Cheese Fruit Pringles PB & J</p> <p>Tips and Hints: Cut up lettuce, tomatoes, and onion for sandwiches. Also cut up a block of cheese.</p>	<p>Prep: This night is excellent and requires a lot of chopping, grating, and good use of stove space. Try to see if you can recruit other shipmates to help grate cheese or slice veggies. It's a buffet style meal as people can pick and choose toppings</p> <p>Ingredients: All Beef 3 Seasoning packets 1 14oz box White Rice Uncle Ben's 3 Cans Refried Beans 2 Cans Black beans Lettuce Tomatoes, Onions Cheese Sour Cream Tortillas</p> <p>Tips and Hints: Get the water going for rice first. Then start cooking up meat and cook all the way through (no pink!). At the same time, someone should be chopping up veggies and grating cheese. You can sauté the peppers and onions fajita-style or leave them raw. Make the layered bean casserole by spreading the refried beans on the bottom of a cake pan, then add the drained black beans on top and then cover with grated cheese. Put in the oven until ready to eat dinner. <i>Note: we may not have tortillas or beef. If so, just make it taco salad instead of burritos or use chicken instead of beef.</i></p>
DAY 9	Scambled Eggs	Tuscan White Bean Soup	Chicken Caesar Salad & Rice
	<p>Prep: Get the oven preheated for muffins early. Or, alternatively, decide to make either muffins or toast – might not have enough space for both.</p> <p>Ingredients: 4 dozen eggs Bread (enough for 2 slices each) Muffins Butter Fruit</p> <p>Tips and Hints: For easiest eggs – crack all eggs into big pot. Add some milk, salt, and pepper and whisk with fork. Cook the whole thing on stove and be certain to constantly STIR and scrape the bottom with spatula, getting everything that might stick. Continue until eggs start to take shape. Remove from heat when eggs are hardening but still look too wet. They will continue to cook! If you wait, you'll just have rubbery eggs. ICK! For the muffins, it's nice to sprinkle some sugar on top to give them a bit of a crunchy top.</p>	<p>Prep: Again, this probably a rotation day, so be sure to get water on around 11:15.</p> <p>Ingredients: 4 Alessie Soup Bags Saltines 2 Blocks Cheese Parmesan Cheese Salt and Pepper</p> <p>Tips and Hints: Follow directions on soup. Cut up cheese. Extra yummy soup by adding slices of cheese and crushed up saltines with some pepper.</p>	<p>Prep: Read the directions!! Make certain your water and milk combo are correct or else you might end up with soup. Start water bowling first thing!</p> <p>Ingredients: 4 small chicken cans 6 Alessi Sun Dried Tomato Risotto 1 can Corn 3 Crouton Boxes Caesar Dressing and Bacon Bits Big Salad</p> <p>Tips and Hints: Start water for risotto and follow the directions on the packet. Open chicken, drain, and separate crumps with a fork. In a pan with oil, brown chicken with some garlic. Make up salad and only add dressing just before serving.</p>

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	Pancakes	Grilled Cheese	Summertime Thanksgiving
DAY 10	<p>Prep: Need to get going early! Get out two pans and make sure PAM spray is close by.</p> <p>Ingredients: 8 & ¾ cups of Krustaez Pancake Mix 6 & ¾ cups of Water Syrup, Honey, Cinnamon Fruits</p> <p>Tips and Hints: You will be making a quarter of the bag; use the ratio above. Heat up pans at medium-low heat otherwise they will burn. Be certain to spray the pan between batches. You can put a tray in the oven to keep them warm. You can add sliced bananas and cinnamon if the students are interested. Cut up cantaloupe and bananas for a side.</p>	<p>Prep: Get going ASAP on grilling. See if you can recruit one other person to help butter bread and open cheese while two people grill.</p> <p>Ingredients: Bread Cheese Tomatoes Butter and ketchup Pringles</p> <p>Tips and Hints: Heat up pans at medium. Lightly butter the outside pieces of bread. Once on the skillet, cover with a lid – this helps to hold in heat and melt cheese. Flip and repeat. Sandwiches can be kept warm in a tin in the oven until lunch time. Make some with tomatoes and leftover Deli meat if people will like it.</p>	<p>Prep: This is a big and filling meal! Do not add salt! Watch stove spacing.</p> <p>Ingredients: 7 Turkey cans 6 Stove top stuffing 4 Sour Cream and chive potatoes 2 Cranberry Jelly 3 Gravy Packets Salad</p> <p>Tips and Hints: Drain and separate chicken with a fork to get rid of big clumps. Brown in a pan with oil and garlic. Only use 50% of less of the butter in the stuffing. With stuffing, beware of making mush! Don't add too much liquid and don't stir too much. Go easy on butter in general so we don't run out! Follow the instructions on the gravy and try to reheat it before serving.</p>
	Cereal	Ramen Noodle Soup	Tortellini with Veg Marinara Sauce
DAY 11	<p>Prep: make certain to put cold milk in the fridge the night before. Take out a bag of each type of cereal.</p> <p>Ingredients: Cereal Milk Fruit</p>	<p>Prep: Get water going early</p> <p>Ingredients: 15 packets of Ramen Saltines</p> <p>Salad if desired</p> <p>Tips and Hints: Get two pots for Ramen going so that there is more broth and less boiling time. You can add onions and spices to spruce it up.</p>	<p>Prep: Start the water boiling around 4:30 – it takes a long time in the big pot. Add a little bit of salt and oil to the water. Also about 10 minutes before the garlic bread is ready to go in, heat up the oven.</p> <p>Ingredients: 7 Boxes of Tortellini 2 Ragu Veg Jars Bread Garlic Spread (mix butter, garlic powder, oregano) Salad Dressing, Parm. Cheese</p> <p>Tips and Hints: It's nice to give the sauce more flavors with spices. Also, watch and stir the pasta so that it doesn't get sticky (yuck!) or stick to the bottom of the pot.</p>
	French Toast	Chicken Salad Sandwiches	Chili & Rice
DAY 12	<p>Prep: French toast takes focus and precision. Be certain to watch that the bread is being thoroughly cooked.</p> <p>Ingredients: 2 dozen eggs 2 Milk Bread Cinnamon, sugar Syrup Butter Fruit</p> <p>Tips and Hints: Mix eggs and milk in a big bowl and whip together. Add cinnamon. Preheat pans for low-medium heat and have non-stick spray. Dip bread into mixture and LIGHTLY coat. Put on warm pan and let cook, flip. Repeat if necessary. They should be cooked through and not still drippy when you remove them.</p>	<p>Ingredients: 1 small & 1 large Can Chicken Bread Lettuce, Tomato Cheese Mayo and celery and onions Salt and Pepper Pringles</p> <p>Tips and Hints: Break up the chicken and add some spices like garlic or red pepper flakes. Also cut up celery, onions, and carrots into small pieces. Go easy on the mayo because people can always add their own. Cut up cheese, lettuce and tomatoes for topping. Also, you can try Warm Chicken Salad. Cook up chicken in a pan with spices, add veggies. No mayo necessary!</p>	<p>Prep: Get rice water going... and cheese grating!</p> <p>Ingredients: 10 Cans Hormel Chili 2 14oz Boxes Uncle Ben's White Rice Saltines Fresh Veggies Cheese Sour Cream Crystal Hot Sauce</p> <p>Tips and Hints: Cook up Chili and Rice. Grate cheese. Chop up onions and peppers for toppings.</p>

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DAY 13	Scrambled Eggs	Tortilla Soup	Beach BBQ
	<p>Prep: Get the oven preheated for muffins early. Or, alternatively, decide to make either muffins or toast – might not have enough space for both.</p> <p>Ingredients: 4 dozen eggs Bread (enough for 2 slices each) Muffins Butter Fruit</p> <p>Tips and Hints: For easiest eggs – crack all eggs into big pot. Add some milk, salt, and pepper and whisk with fork. Cook the whole thing on stove and be certain to constantly STIR and scrape the bottom with spatula, getting everything that might stick. Continue until eggs start to take shape. Remove from heat when eggs are hardening but still look too wet. They will continue to cook! If you wait, you'll just have rubbery eggs. ICK! For the muffins, it's nice to sprinkle some sugar on top to give them a bit of a crunchy top.</p>	<p>Prep: Rotation Day, so get water boiling early! Be sure to measure correctly by packet.</p> <p>Ingredients: 3 Bear Creek Tortilla Soup Packets Saltines Cheese Crystal Sauce</p> <p>Tips and Hints: This meal is pretty simple and really good! Grate cheese and beware of portions, it's very filling!</p>	
DAY 14	Oatmeal	Tuna Salad Sandwiches	Thai Peanut Chicken with Brown Rice
	<p>Ingredients: Oatmeal Fruit Raisins Bananas Apples</p> <p>Tips and Hints: Make sure you have something to put the empty oatmeal packets in – either a extra bag or a cup so they don't blow away!</p>	<p>Ingredients: 1 Can Tuna ½ Jar Sweet Relish Bread Lettuce, Tomato Cheese Mayo and celery, onions, carrots Pringles</p> <p>Tips and Hints: Open and thoroughly drain tuna. Break up the tuna and add some spices like garlic and oregano to the tuna as well as ½ jar of relish. Also cut up celery, onions, and carrots into small pieces. Go easy on the mayo because people can always add their own. You can also add a pinch of sugar for taste.</p>	<p>Prep: Dig out the fresh veggies, adds something nice to the meal!</p> <p>Ingredients: 3 Large Cans Chicken 3 Packs Thai Peanut Sauce 2 Cans Coconut Milk 3 Cans Chop Suey Veggies – pepper, onion, carrots 3 14oz Brown Rice Boxes Crunchy Peanut Butter</p> <p>Tips and Hints: Open, drain, and break up chicken. Boil water for rice. Cook chicken separately if there are vegetarians onboard, else, add with chopped up veggies a little bit of oil in a big pot. Add Chop Suey veggies and sauce. You will probably not need all the coconut milk, so add slowly. A few scoops of PB add some texture. <i>Check for peanut allergies onboard, so you can take some chicken out without sauce.</i></p>
DAY 15	Cereal		
	<p>Prep: make certain to put cold milk in the fridge the night before. Take out a bag of each type of cereal.</p> <p>Ingredients: Cereal Milk Fruit</p>	<p>Cheese Burgers in Paradise in Cane Garden</p> <p>PB & J Available as well</p>	Sydney's Peace and Love BBQ

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	Pancakes	Chicken Salad Sandwiches	Franks and Beans!
DAY 16	<p>Prep: Need to get going early! Get out two pans and make sure PAM spray is close by.</p> <p>Ingredients: 8 & ¾ cups of Krustaez Pancake Mix 6 & ¾ cups of Water Syrup, Honey, Cinnamon Fruits</p> <p>Tips and Hints: You will be making a quarter of the bag; use the ratio above. Heat up pans at medium-low heat otherwise they will burn. Be certain to spray the pan between batches. You can put a tray in the oven to keep them warm. You can add sliced bananas and cinnamon if the students are interested. Cut up cantaloupe and bananas for a side.</p>	<p>Ingredients: 1 small & 1 large Can Chicken Bread Lettuce, Tomato Cheese Mayo and celery and onions Salt and Pepper Pringles</p> <p>Tips and Hints: Break up the chicken and add some spices like garlic and red pepper. Also cut up celery, onions, and carrots into small pieces. Go easy on the mayo because people can always add their own. Cut up cheese, lettuce and tomatoes for topping. Also, you can try Warm Chicken Salad. Cook up chicken in a pan with spices, add veggies. No mayo necessary!</p>	<p>Ingredients: 6 Uncle Ben's Black Beans and Rice Packs All Franks 4 Corn Bread packets honey and butter Salad Crystal Sauce</p> <p>Tips and Hints: Watch measurements for the rice. Add peppers and onions if available. Chop up the franks into smaller pieces so everyone can have a few. Boil or fry franks and serve! Get creative with the salad – add raisin and apples or whatever strikes your fancy.</p>
DAY 17	Oatmeal		Mexican Night with Bean Casserole
	<p>Ingredients: Oatmeal Fruit Raisons Bananas Apples</p> <p>Tips and Hints: Make sure you have something to put the empty oatmeal packets in – either a extra bag or a cup so they don't blow away!</p>	Lunch In West End of PB & J	<p>Prep: This night is excellent and requires a lot of chopping, grating, and good use of stove space. Try to see if you can recruit other shipmates to help grate cheese or slice veggies. It's a buffet style meal as people can pick and choose toppings</p> <p>Ingredients: All Beef 3 Seasoning packets 1 14oz box White Rice Uncle Ben's 3 Cans Refried Beans 2 Cans Black beans Lettuce Tomatoes, Onions Cheese Sour Cream Tortillas</p> <p>Tips and Hints: Get the water going for rice first. Then start cooking up meat and cook all the way through (no pink!). At the same time, someone should be chopping up veggies and grating cheese. You can sauté the peppers and onions fajita-style or leave them raw. Make the layered bean casserole by spreading the refried beans on the bottom of a cake pan, then add the drained black beans on top and then cover with grated cheese. Put in the oven until ready to eat dinner. <i>Note: we may not have tortillas or beef. If so, just make it taco salad instead of burritos or use chicken instead of beef.</i></p>
DAY 18	Cereal	Chicken Salad Sandwiches	Asian Teriyaki Noodles
	<p>Prep: make certain to put cold milk in the fridge the night before. Take out a bag of each type of cereal.</p> <p>Ingredients: Cereal Milk Fruit</p>	<p>Ingredients: 1 small & 1 large Can Chicken Bread Lettuce, Tomato Cheese Mayo and celery and onions Salt and Pepper Pringles</p> <p>Tips and Hints: Break up the chicken and add some spices like garlic and oregano. Also cut up celery, onions, and carrots into small pieces. Go easy on the mayo because people can always add their own. Cut up cheese, lettuce and tomatoes for topping. Also, you can try Warm Chicken Salad. Cook up chicken in a pan with spices, add veggies. No mayo necessary!</p>	<p>Prep: Follow those directions on the packet!</p> <p>Ingredients: 10 Teriyaki Noodle packs 1 large & 1 small Chicken cans 3 Cans baby corn 2 Cans Bamboo shoots Salad Salt & Pepper</p> <p>Tips and Hints: Cook up noodles. Open, drain, and separate chicken before adding. Add corn and bamboo. Viola!</p>

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DAY 19	Pancakes	Lunch in Road Town or PB & J	Cheddar Broccoli Pasta
	<p>Prep: Need to get going early! Get out two pans and make sure PAM spray is close by.</p> <p>Ingredients: 8 & ¾ cups of Krustaez Pancake Mix 6 & ¾ cups of Water Syrup, Honey, Cinnamon Fruits</p> <p>Tips and Hints: You will be making a quarter of the bag; use the ratio above. Heat up pans at medium-low heat otherwise they will burn. Be certain to spray the pan between batches. You can put a tray in the oven to keep them warm. You can add sliced bananas and cinnamon if the students are interested. Cut up cantaloupe and bananas for a side.</p>		<p>Prep: This is a long night for closing program, so get going early on dinner and try to be cleaning up as you go!</p> <p>Ingredients: 10 Packets of Cheddar Broc 1 box Bisquick Cheese Salad</p> <p>Tips and Hints: Follow directions on Packet. Follow Biquick biscuit directions. Add garlic and oregano to spice up and shred cheese on top for cheesy biscuits.</p>
DAY 20	Cereal or Oatmeal	PB & J	West End Final BBQ
	<p>Prep: make certain to put cold milk in the fridge the night before. Take out a bag of each type of cereal.</p> <p>Ingredients: Cereal Oatmeal Milk Fruit</p>	<p>Prep:</p> <p>Ingredients: Peanut Butter Jelly Chips</p>	