

QUICK AND EASY BREAKFAST B#1

Ease of Preparation: Easy

Assorted Muffins
Cheerios Cereal
Granola Bars
Apples
Orange Juice
Milk

Instructions for Breakfast Preparation

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. **Wash your hands** and all work areas before starting. If you've been sick recently, do not prepare food.
3. Set serving tables with table cover, muffins, cereal, granola bars, fruit, juice and milk.
4. Remind everyone to **wash their hands**.
5. **Say the Summit Grace**.
6. After breakfast, clean up and dispose of waste properly.
7. Everyone then packs up their Summit2Go lunches and fills their water bottles.

MOUNTAIN MAN BREAKFAST B#2

Ease of Preparation: Regular

Egg Patties (Precooked)

Sausage Patties (Precooked)

Cheese Slices

Sliced Bread (white/wheat)

Banana

Grape Juice

Milk

Instructions for Breakfast Preparation

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. **Wash your hands** and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place at least one inch of water in large steam table pan. Place two smaller steam table pans on top, and spray with cooking spray. Spread out thawed egg patties in pans. Cover and place on medium heat, turning eggs occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
4. Place at least one inch of water in another large steam table pan. Place two smaller steam table pans on top, and spray with cooking spray. Shingle thawed sausage patties in the pans. This arrangement allows you to make enough space to cook all the sausage patties at once, overlapping as necessary to fit in the pan. Cover and place on medium heat, turning patties occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
5. Place egg on one slice of bread. Place sausage and cheese on the egg and place the other slice of bread on top of the sandwich.
6. Set serving tables with table cover, fruit, juice and milk.
7. When egg, sausage and cheese sandwiches are ready, bring them to the table.
8. Remind everyone to **wash their hands**.
9. **Say the Summit Grace.**
10. After breakfast, clean up and dispose of waste properly.
11. Everyone then packs up their Summit2Go lunches and fills their water bottles.

RISE AND SHINE BREAKFAST B#3

Ease of Preparation: Long

Scrambled Eggs

Shredded cheese

French Toast

Sliced Ham

Syrup (regular or sugar-free)/Butter/Jelly

Apple

Grape Juice

Milk

Instructions for Breakfast Preparation

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. **Wash your hands** and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place at least one inch of water in large steam table pan. Place smaller steam table pans on top, and spray with cooking spray. Spread out French toast in pans. Cover and place on medium heat, turning occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
4. Place enough ham in the skillets to cover the bottom of the pans and heat on medium until hot. Repeat until all ham is heated.
5. Spray skillet with cooking spray. Pour eggs in the pan and add shredded cheese. Use spatula to scramble. Cook eggs until they are fluffy and no liquid is left in the pan.
6. Set serving tables with table cover, syrups, squeeze butter, jelly, fruit, juice, milk.
7. When eggs, French toast and ham are done bring them to the serving table.
8. Remind everyone to **wash their hands**.
9. **Say the Summit Grace**.
10. After breakfast, clean up and dispose of waste properly.
11. Everyone then packs up their Summit2Go lunches and fills their water bottles.

FRENCH TOAST BREAKFAST B#4

Ease of Preparation: Regular

French Toast

Bacon (Precooked)

Syrup (regular or sugar-free)/Butter

Apple

Grape Juice

Milk

Instructions for Breakfast Preparation

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. **Wash your hands** and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place at least one inch of water in large steam table pan. Place smaller steam table pans on top, and spray with cooking spray. Spread out French toast in pans. Cover and place on medium heat, turning occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
4. Place thawed bacon in the skillets to cover the bottom of the pans and heat on medium until hot. Repeat until all bacon is heated.
5. Set serving tables with table cover, syrup, fruit, juice and milk.
6. When French toast and bacon are done bring them to the serving table.
7. Remind everyone to **wash their hands**.
8. **Say the Summit Grace.**
9. After breakfast, clean up and dispose of waste properly.
10. Everyone then packs up their Summit2Go lunches and fills their water bottles.

AMERICAN FAMILY BREAKFAST B#5

Ease of Preparation: Regular

Pancakes (Precooked)
Sausage patties (Precooked)
Syrup (regular or sugar-free)/Butter
Banana
Orange Juice
Milk

Instructions for Breakfast Preparation

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. **Wash your hands** and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place at least one inch of water in large steam table pan. Place smaller steam table pans on top, and spray with cooking spray. Spread out pancakes in pans. Cover and place on medium heat, turning occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
4. Place at least one inch of water in another large steam table pan. Place two smaller steam table pans on top, and spray with cooking spray. Shingle thawed sausage patties in the pans. This arrangement allows you to make enough space to cook all the sausage patties at once, overlapping as necessary to fit in the pan. Cover and place on medium heat, turning patties occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
5. Set serving tables with table cover, syrup, fruit, juice and milk.
6. When pancakes and sausage are done bring them to the serving table.
7. Set serving tables with table cover,
8. Remind everyone to **wash their hands**.
9. **Say the Summit Grace**.
10. After breakfast, clean up and dispose of waste properly.
11. Everyone then packs up their Summit2Go lunches and fills their water bottles.

BREAKFAST TORTILLAS B#6

Ease of Preparation: Long

Tortilla Wraps
Scrambled Eggs
Bacon
Shredded Cheese
Peppers
Onion
Salsa
Apple
Orange Juice
Milk

Instructions for Breakfast Preparation

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. **Wash your hands** and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place at least one inch of water in large steam table pan. Place smaller steam table pans on top, and spray with cooking spray. Spread out flour tortillas in pans. Cover and place on medium heat, turning occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
4. Place thawed bacon in the skillets to cover the bottom of the pans and heat on medium until hot. Repeat until all bacon is heated.
5. Chop onion into small pieces. Mix liquid eggs, onion pieces and green pepper pieces in a bowl.
6. Spray skillet with cooking spray. Pour egg mixture in the pan and add shredded cheese. Use spatula to scramble. Cook eggs until they are fluffy and no liquid is left in the pan. Repeat until all egg mixture is cooked.
7. Set serving tables with table cover, fruit, juice and milk.
8. When eggs, tortillas and bacon are done bring them to the serving table (to allow all persons to make their own tortilla wrap).
9. Remind everyone to **wash their hands**.
10. **Say the Summit Grace.**
11. After breakfast, clean up and dispose of waste properly.
12. Everyone then packs up their Summit2Go lunches and fills their water bottles.

BREAKFAST MUFFIN SANDWICHES B#7

Ease of Preparation: Regular

English Muffins

Egg Patties (Precooked)

Ham slices

Cheese Slices

Orange

Apple Juice

Milk

Instructions for Breakfast Preparation

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. **Wash your hands** and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place at least one inch of water in large steam table pan. Place two smaller steam table pans on top, and spray with cooking spray. Spread out thawed egg patties in pans. Cover and place on medium heat, turning eggs occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
4. Place enough ham in the skillets to cover the bottom of the pans and heat on medium until hot. Repeat until all ham is heated.
5. Split English muffin and place egg, ham and cheese to make a sandwich.
6. Set serving tables with table cover, fruit, juice and milk.
7. When egg, ham and cheese muffin sandwiches are ready, bring them to the table.
8. Remind everyone to **wash their hands**.
9. **Say the Summit Grace.**
10. After breakfast, clean up and dispose of waste properly.
11. Everyone then packs up their Summit2Go lunches and fills their water bottles.

SUNNY SIDE UP BREAKFAST B#8

Ease of Preparation: Long

Pancakes

Scrambled Eggs

Shredded Cheese

Ham/Pepper/Onions

Sausage

Toast (white and wheat)

Banana

Apple Juice

Milk

Syrup/Butter

Instructions for Breakfast Preparation

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. **Wash your hands** and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place at least one inch of water in large steam table pan. Place smaller steam table pans on top, and spray with cooking spray. Spread out pancakes in pans. Cover and place on medium heat, turning occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
4. Place at least one inch of water in another large steam table pan. Place two smaller steam table pans on top, and spray with cooking spray. Shingle thawed sausage patties in the pans. This arrangement allows you to make enough space to cook all the sausage patties at once, overlapping as necessary to fit in the pan. Cover and place on medium heat, turning patties occasionally. **DO NOT USE YOUR STEAM PAN WITHOUT WATER!**
5. Chop onion into small pieces. Chop ham into small pieces. Mix liquid eggs, ham, onion pieces and green pepper pieces in a bowl.
6. Spray skillet with cooking spray. Pour egg mixture in the pan and add shredded cheese. Use spatula to scramble. Cook eggs until they are fluffy and no liquid is left in the pan. Repeat until all egg mixture is cooked.
7. Make toast from white and wheat bread if desired.
8. Set serving tables with table cover, bread (white/wheat), squeeze butter, jelly, syrup, fruit, juice and milk.
9. When pancakes, sausage and eggs are done bring them to the serving table.
10. Remind everyone to **wash their hands**.
11. **Say the Summit Grace**.
12. After breakfast, clean up and dispose of waste properly.
13. Everyone then packs up their Summit2Go lunches and fills their water bottles.

SUM THIN HOT BREAKFAST B#9

Ease of Preparation: Regular

Instant Oatmeal varieties / Grits

Hot cocoa or milk

Nutri Grain Bars

English Muffin

Butter/Jelly

Orange

Apple Juice

Instructions for Breakfast Preparation

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. **Wash your hands** and all work areas before starting. If you've been sick recently, do not prepare food.
3. Place two gallons of water in pots and bring to boil. Keep hot for making oatmeal, grits and cocoa. Add more water to the pot often to make sure everyone has enough.
4. Set serving tables with table cover, packages of Oatmeal, Grits, English muffins, squeeze butter, jelly, fruit, juice, cocoa mix and milk.
5. All members of the unit can mix hot water with oatmeal, grits or cocoa for themselves.
6. Remind everyone to **wash their hands**.
7. **Say the Summit Grace**.
8. After breakfast, clean up and dispose of waste properly.
9. Everyone then packs up their Summit2Go lunches and fills their water bottles.

CEREAL AND PASTRY BREAKFAST B#10

Ease of Preparation: Easy

Corn Pops Cereal or Cheerios

Milk

Pop Tarts

Banana

Grape Juice

Instructions for Breakfast Preparation

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. **Wash your hands** and all work areas before starting. If you've been sick recently, do not prepare food.
3. Set serving tables with table cover, cereal, Pop Tarts, fruit, juice and milk.
4. Remind everyone to **wash their hands**.
5. **Say the Summit Grace**.
6. After breakfast, clean up and dispose of waste properly.
7. Everyone then packs up their Summit2Go lunches and fills their water bottles.

LET'S GO BREAKFAST B#11

Ease of Preparation: Easy

Assorted Danish

Nutri Grain Bars

Cocoa Puffs Cereal or Cheerios

Milk

Orange

Apple Juice

Instructions for Breakfast Preparation

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. **Wash your hands** and all work areas before starting. If you've been sick recently, do not prepare food.
3. Set serving tables with table cover, Danish, Nutri Grain bars, cereal, fruit, juice and milk.
4. Remind everyone to **wash their hands**.
5. **Say the Summit Grace**.
6. After breakfast, clean up and dispose of waste properly.
7. Everyone then packs up their Summit2Go lunches and fills their water bottles.

QUICK AND EASY BREAKFAST B#12

Ease of Preparation: Easy

Bagels and Cream Cheese

Granola Bar

Cinnamon Toast Crunch Cereal or Cheerios

Milk

Apple

Orange Juice

Instructions for Breakfast Preparation

1. Read all instructions twice before starting. Keep perishable food in your cooler. Add ice if you will not prepare the meal right away.
2. **Wash your hands** and all work areas before starting. If you've been sick recently, do not prepare food.
3. Set serving tables with table cover, bagels, cream cheese, granola bars, cereal, fruit, juice and milk.
4. Remind everyone to **wash their hands**.
5. **Say the Summit Grace**.
6. After breakfast, clean up and dispose of waste properly.
7. Everyone then packs up their Summit2Go lunches and fills their water bottles.