

**Tuesday, June 15, 1999**



**Breakfast Menu**

**Menu - Juice  
Milk  
French Toast – Syrup & Butter  
Bacon  
Cereal  
Fruit**

**Instructions:**

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**Wash Your Hands – from finger tips to elbows - NOW!!**

**In your large pan pour the egg mix.**

**Add a cup of water to the mix, and stir for 1 minute.**

**Spray some pan coating on your frying pan.**

**Quickly, place a piece of bread in the egg mixture, then flip it over to coat both sides. Remove the bread quickly from the mix and place it in the frying pan. Brown the bottom of the bread and then using your spatula flip the bread over. If you think you can get two pieces of French toast in your frying pan, start the second one.**

**DO NOT LEAVE the BREAD IN the EGG MIX very long – it gets soggy quickly and will fall into pieces when you try to remove it.**

**Place your cooked French toast in a smaller pan and cover it to keep it warm.**

**You can re-spray your frying pan if the French toast starts to stick.**

**When you are finished with both loaves of bread, start on the bacon.**

**Place as many strips of bacon in your pan as comfortable fit. Cook until slightly crisp, turning once.**

**Place cereal, fruit, syrup, butter, juices and milks on the table.**

**You may keep the fruit, drinks (not milk), and unopened cereal in your patrol box as snacks during the day. Send all un-eaten snacks back to the Quartermaster after dinner.**