

# HEALTHY STARTS HERE

## DAY CAMP MEAL OFFERINGS

### MONDAY

Hot Dogs, Baked Beans  
& Garden Sandwich 🌱

### TUESDAY

Chicken Fajitas, Rice, Noodles  
& Spinach Corn Sandwich 🌱

### WEDNESDAY

Rib Patty, Corn &  
Veggie Pita Sandwich 🌱

### THURSDAY

Chickn Tenders, Corn &  
Veggie Bowl 🌱

### FRIDAY

Chicken Patty, Chips &  
Veggie Wrap with Hummus 🌱

## SESSION 1

\*Menu is subject to change.

🌱Vegetarian options available  
upon request.

Please email dietary  
restrictions to Trent Cooks at  
[tcooks@ymcamidtn.org](mailto:tcooks@ymcamidtn.org).



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## OVERNIGHT CAMP MEAL OFFERINGS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b> 8:00	Pastries, Cereal & Fruit	Cheese Eggs, Bacon & Biscuits	Hashbrown Casserole, Sausage, & Baked Apples	Pancakes, Breakfast Potatoes & Bacon	French Toast, Hash Browns & Bacon	Eggs, Breakfast Potatoes & Turkey Sausage	Biscuit Bar & Fruit
<b>LUNCH</b> 12:00		Hot Dogs & Baked Beans	Chicken Fajitas, Rice & Black Beans	Rib Patty & Corn	Spaghetti & Garlic Bread	Chicken Patty & Tater Tots	Buffet Lunch Deli Sandwiches
<b>DINNER</b> 6:00	Pizza, Bosco Stix, Marinara Sauce, & Brownies	BBQ Chicken, Mash Potatoes & Green Beans	Baked Ziti, Peas, Rolls, & Oatmeal Cookies	Ham, Mac & Cheese Casserole, Summer Veggies, Garlic Rolls & Brookies	Teriyaki Chicken, Rice Casserole & Fruit Bars	Hamburgers, Hot Dogs, Coleslaw & Potato Salad	Pizza & Chicken Tenders
	Veggie Pizza	Garden Sandwich Cheesy Spinach Hot Pocket	Spinach Corn Sandwich Mexican Fiesta Bowl	Veggie Pita Sandwich Stir Fry Noodle Bowl	Veggie Bowl Veggie Wrap	Veggie Wrap with Hummus Spaghetti Lo Mein Bowl	Salad

## SESSION 1

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