

# HEALTHY STARTS HERE

## DAY CAMP MEAL OFFERINGS

### MONDAY

Corn Dogs, Chips, Carrots & Spaghetti Lo Mein Bowl 🌱

### TUESDAY

BBQ Pulled Pork, Coleslaw & Cheesy Spinach Hot Pocket 🌱

### WEDNESDAY

Chicken Legs, Green Beans & Mexican Fiesta Bowl 🌱

### THURSDAY

BBQ Sandwich, Potato Salad & Stir Fry Noodle Bowl 🌱

### FRIDAY

Pork Chop Patty Sandwich, Broccoli & Veggie Wrap 🌱

## SESSION 2

\*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	Pancakes, Breakfast Potatoes & Sausage	Cheese Eggs, Bacon & Biscuits	Waffles, Bacon & Sausage	Hash Browns, Baked Apples & Bacon	Eggs, Breakfast Potatoes & Turkey Sausage	Waffle Bar & Bacon
<b>LUNCH</b> 12:00		Corn Dogs & Sweet Potato Fries	BBQ Pulled Pork & Coleslaw	Ground Beef, Macaroni & Garlic Bread	BBQ Sandwich & Potato Salad	Pork Chop Patty Sandwich & Broccoli	Chicken Tenders & Fries
		 Spaghetti Lo Mein Bowl	 Cheesy Spinach Hot Pocket	 Mexican Fiesta Bowl	 Stir Fry Noodle Bowl	 Veggie Wrap	
<b>DINNER</b> 6:00	Pizza, Bosco Stix, Marinara Sauce, & Brownies	BBQ Chicken, Mash Potatoes & Corn Rolls	Tacos, Spanish Rice, Black Beans & Blondies	Chicken Spinach Alfredo, Glazed Carrots, Garlic Rolls & Chocolate Chip Cookies	Cheesy Burrito Casserole, Tortilla Chips & Fruit Bars	Hamburgers Hot Dogs, Baked Beans & Potato Salad	Pizza & BBQ Meatballs
	 Veggie Pizza	 Spinach Corn Sandwich	 Garden Sandwich	 Veggie Pita Sandwich	 Veggie Bowl	 Veggie Wrap With Hummus	

## SESSION 2

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