

HEALTHY STARTS HERE

DAY CAMP MEAL OFFERINGS

MONDAY

Meatball Sub, Broccoli & Spinach
Corn Sandwich 🌱

TUESDAY

Tacos, Rice, Noodles & Mexican
Fiesta Bowl 🌱

WEDNESDAY

Hamburgers, Cole Slaw &
Spinach, Cranberry & Feta Wrap 🌱

THURSDAY

Mini Corn Dogs, Hash Brown
Potatoes &
Veggies on Artisan Bread 🌱

FRIDAY

Hot Pocket, Carrots & Stir
Fry Noodle Bowl 🌱

SESSION 3

*Menu is subject to change.

🌱Vegetarian options available
upon request.

Please email dietary
restrictions to Trent Cooks at
tcooks@ymcamidtn.org.




HEALTHY STARTS HERE

OVERNIGHT CAMP MEAL OFFERINGS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST 8:00	Pastries, Cereal & Fruit	French Toast & Bacon	Hasbrown Casserole, Baked Apples & Sausage	Waffles, Breakfast Potatoes & Bacon	Cheese Eggs, Biscuits & Sausage	Pancakes, Breakfast Potatoes & Sausage	Biscuit Bar & Bacon
LUNCH 12:00		Meatball Sub & Broccoli  Spinach Corn Sandwich	Hot Pocket & Carrots  Stir Fry Noodle Bowl	Tacos, Rice & Black Beans  Mexican Fiesta Bowl	Chicken Patties & Cole Slaw  Spinach, Cranberry & Feta Cheese Wrap	Mini Corn Dogs & Hash Brown Potatoes  Veggies on Artisan Bread	
DINNER 6:00	Pizza, Bosco Stix, Marinara Sauce, & Brownies  Veggie Pizza	Meatloaf, Mac & Cheese, Beans, Rolls & Vanilla Cake  Grilled Cheese with Tomato	Sweet & Sour Chicken, Rice, Seasonal Veggies & Chocolate Chip Cake  3 Salad Platter	Spaghetti, Peas, Garlic Rolls & Lemon Bars  Garden Salad Wrap	Cajun Chicken, Rice, Beans, Rolls & Fruit Bars  Veggie Bowl	Hamburgers, Hot Dogs, Baked Beans & Cole Slaw  Veggie Sandwich	Pizza & Chicken

SESSION 3

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