

DAY CAMP SESSION 10 LUNCH MENU



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

Chicken Patty
Hamburger
Hot Dog
Corn

TUESDAY

Cheese Pizza
Pepperoni Pizza
Hamburger
Hot Dog
Roasted Potatoes
Chips

WEDNESDAY

Chicken Nuggets
Hamburger
Hot Dog
Mixed Veggies
Corn On The Cob

THURSDAY

Pork Chop Patty
Hamburger
Hot Dog
Baked Beans

FRIDAY

Chicken Legs
Hamburger
Hot Dog
Coleslaw
Green Beans

✓ Chickpea & Spinach
Pita

Sweet Potato & Chickpea
Shepherds Pie ✓

✓ Vegan Nuggets
✓ Mushroom Ravioli

✓ White Bean & Herb
Zucchini Noodles

✓ Veggie Burgers
✓ Moroccan Spiced Carrots

AVAILABLE DAILY:

Salad Bar
Fruit Bar
Turkey & Cheese Sandwich
Sun Butter & Jelly Sandwich
with Cheese Stick
Juice

DIETARY RESTRICTIONS?

Does your child have any food allergies or dietary restrictions? If so, please include this information on the online health form through our registration portal. We will accommodate your child's meals to their needs. You can always pack your child lunch if they have certain preferences.

NUT FREE FACILITY

We are a nut free facility and ask that no food or other products containing nuts be sent with a camper or in a care package.

HAVE QUESTIONS ABOUT DAY CAMP LUNCH?

Reach out to our Kitchen Operations Director or our Day Camp Director via phone or email.



TRENT COOKS

Kitchen Operations Director
tcook@ymcamidtn.org
615-360-2267 ext. 72428



REUBEN SMITH

Day Camp Director
rsmith@ymcamidtn.org
615-360-2267 ext. 72429