

# DAY CAMP SESSION 3 LUNCH MENU



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MONDAY

Mini Corn Dogs  
Hamburger  
Hot Dog  
Corn

## TUESDAY

Cheese & Pepperoni Stix  
Hamburger  
Hot Dog  
Chips  
Rosted Potatoes

## WEDNESDAY

Pulled Pork  
Hamburger  
Hot Dog  
Green Beans

## THURSDAY

Grilled Cheese  
Hamburger  
Hot Dog  
Corn On The Cob

## FRIDAY

Chicken Nuggets  
Hamburger  
Hot Dog  
Baked Beans

✓ Hummus Quesadillas  
✓ White Bean & Herb  
Zucchini Noodles

✓ Kale, Black Bean &  
Avocado Burrito Bowl

✓ Butternut Squash  
Linguine With Fried Sage

✓ Vegetable Paella  
✓ Butternut Squash Chili

Spaghetti Squash Burrito  
Bowl ✓

## 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