

DAY CAMP SESSION 9 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