

# OVERNIGHT CAMP SESSION 6 MENU



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MONDAY

### BREAKFAST

French Toast  
Bacon  
Sausage

### LUNCH

Chicken Patty  
Tater Tots

### DINNER

Ravioli with Sauce  
Corn on the Cob  
Seasonal Veggies  
Garlic Bread

## TUESDAY

### BREAKFAST

Hashbrown Casserole  
Baked Apples  
Bacon  
Sausage

### LUNCH

Meatball Sub  
Corn on the Cob

### DINNER

Sweet & Sour Chicken  
Rice  
Stir Fry Veggies

## WEDNESDAY

### BREAKFAST

Waffles  
Breakfast Potatoes  
Bacon  
Sausage

### LUNCH

Chicken Tenders  
Fries

### DINNER

Meatloaf  
Macaroni & Cheese  
Greens  
Corn Muffins

## THURSDAY

### BREAKFAST

Cheese Eggs  
Biscuits  
Bacon  
Sausage

### LUNCH

Grilled Cheese  
Veggie Soup

### DINNER

BBQ Chicken  
Mashed Potatoes  
Green Beans  
Rolls

## FRIDAY

### BREAKFAST

Pancakes  
Breakfast Potatoes  
Bacon  
Sausage

### LUNCH

Chicken Legs  
Green Beans

### DINNER

Hamburgers  
Hot Dogs  
Coleslaw  
Potato Salad

## SUNDAY

### DINNER

Pizza

## SATURDAY

### BREAKFAST

Chicken & Waffle Bar

### BREAKFAST ALTERNATIVES:

Fruit Bar  
Cold Cereal Bar  
Granola & Yogurt Bar

### LUNCH ALTERNATIVES:

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

### DINNER ALTERNATIVES:

Salad Bar  
Fruit Bar  
Dessert Selection

\*Alternatives made available daily.

# OVERNIGHT CAMP SESSION 6 VEGETARIAN MENU



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## MONDAY

### BREAKFAST

Apple Oatmeal  
Cinnamon Spice Oatmeal

### LUNCH

Hummus Quesadillas  
White Bean & Herb Zucchini  
Noodles

### DINNER

Creamy Cherry Tomato &  
Summer Squash Pasta

## TUESDAY

### BREAKFAST

Tofu Over Veggies

### LUNCH

Kale, Black Bean &  
Avocado Burrito Bowl

### DINNER

Thai Pineapple Fried  
Rice

## WEDNESDAY

### BREAKFAST

Loaded Carrot Lox  
Bagel

### LUNCH

Butternut Squash  
Linguine With Fried Sage

### DINNER

Caprese Pasta Salad

## THURSDAY

### BREAKFAST

Vegan Sausage &  
Peppers Over Rice

### LUNCH

Vegetable Paella  
Butternut Squash Chili

### DINNER

Pesto Pasta &  
Potatoes

## FRIDAY

### BREAKFAST

Crispy Falafel & Rice

### LUNCH

Spaghetti Squash  
Burrito Bowl

### DINNER

Veggie Burgers &  
Fries

## 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 THE OVERNIGHT CAMP MENU?

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



### TRENT COOKS

Kitchen Operations Director

tcook@ymcamidtn.org

615-360-2267 ext. 72428

### MATTHEW CRAWFORTH

Overnight Camp Director

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