

OVERNIGHT CAMP SESSION 7 MENU



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

BREAKFAST

Cheese Eggs
Bacon
Sausage
Biscuits

LUNCH

Corn Dogs
Sweet Potato Fries

DINNER

Chicken Legs
Corn on the Cob
Green Beans
Rolls

TUESDAY

BREAKFAST

Hashbrown Casserole
Baked Apples
Bacon
Sausage

LUNCH

Chicken Fajitas
Spanish Rice
Black Beans

DINNER

Meatloaf
Mashed Potatoes
Peas
Rolls

WEDNESDAY

BREAKFAST

Pancakes
Breakfast Potatoes
Bacon
Sausage

LUNCH

BBQ Pulled Pork
Coleslaw

DINNER

Beef Stew
Sautéed Rice
Corn Muffins

THURSDAY

BREAKFAST

French Toast
Hashbrowns
Bacon
Sausage

LUNCH

Meatball Sub
Corn on the Cob

DINNER

Chicken Alfredo
Carrots
Rolls

FRIDAY

BREAKFAST

Eggs
Breakfast Potatoes
Bacon
Sausage

LUNCH

Chicken Patty
Tater Tots

DINNER

Hamburgers
Hot Dogs
Baked Beans
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 7 VEGETARIAN MENU



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MONDAY

BREAKFAST

Tofu Scramble
Sweet Potatoes

LUNCH

Chickpea & Spinach
Pita

DINNER

Stuffed Zucchini

TUESDAY

BREAKFAST

Spinach Mushroom
Scrambled Eggs

LUNCH

Sweet Potato Chickpea
Shepherds Pie

DINNER

Veggie Chow Mein

WEDNESDAY

BREAKFAST

Tofu Noodle Bowl

LUNCH

Vegan Nuggets
Mushroom Ravioli

DINNER

Roasted Ratatouille

THURSDAY

BREAKFAST

Baked Eggs In Tomato
Cups

LUNCH

White Bean & Herb
Zucchini Noodles

DINNER

Southwestern Fiesta
Salad

FRIDAY

BREAKFAST

Tofu Benedict

LUNCH

Veggie Burgers
Moroccan Spiced Carrots

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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