

EXTENDED DAY CAMP SESSION 8 MENU



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

BREAKFAST

Eggs
Pancakes
Breakfast Potatoes

LUNCH

Rib Patty
Hot Dogs
Beans

DINNER

Spaghetti
Veggie Spaghetti
Green Beans
Garlic Bread

TUESDAY

BREAKFAST

French Toast Sticks
Cheese Eggs
Bacon & Sausage

LUNCH

Chicken Tenders
BBQ Diced Chicken
Fries

DINNER

Tortilla Bown
Tacos
Black Beans
Spanish Rice

WEDNESDAY

BREAKFAST

Eggs
Pancakes
Hashbrowns

LUNCH

Mini Corn Dogs
Chicken Nuggets
Pasta Salad

DINNER

Baked Ziti
Pasta Casserole
Veggies
Rolls

THURSDAY

BREAKFAST

Eggs
Hashbrown Casserole
Baked Apples

LUNCH

Pizza
Wings
Hot Pockets

DINNER

Herb Seasoned Chicken
Chicken Parmesean
Spanish Rice
Peas

FRIDAY

BREAKFAST

French Toast Sticks
Eggs
Breakfast Potatoes

LUNCH

Hamburger or Brat
Veggie Burger
Potato Salad

DINNER

Grilled Cheese
Sloppy Joe on a Bun
Corn
Carrots

SUNDAY

DINNER

BBQ Chicken
Roasted Chicken
Mashed Potatoes
Green Beans

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.

EXTENDED DAY CAMP SESSION 8

VEGAN & VEGETARIAN MENU



MONDAY

BREAKFAST

Tofu Scramble
Sweet Potatoes

LUNCH

Pepper Parmesean
Beans

DINNER

Zucchini & Spinach
Pasta Bake

TUESDAY

BREAKFAST

Spinach Mushroom
Scrambled Eggs

LUNCH

Sicilian Brussel Sprouts

DINNER

Creamy Tomato Basil
Pasta

WEDNESDAY

BREAKFAST

Tofu Noodle Bowl

LUNCH

Grilled Veggie
Sandwich

DINNER

Mushroom Spaghetti

THURSDAY

BREAKFAST

Baked Eggs In Tomato
Cups

LUNCH

Southwestern Fiesta
Salad

DINNER

Veggie Stir Fry
Penne with Veggies

FRIDAY

BREAKFAST

Tofu Benedict

LUNCH

Veggie Burgers
Fries

DINNER

Summer Veggie Saute

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

JESSE HALL

Overnight Camp Director

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615-360-2267 ext. 72415

