

EXTENDED DAY CAMP SESSION 9 MENU



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

BREAKFAST

French Toast Sticks
Eggs
Bacon & Sausage

LUNCH

Chicken Patties
Corn on the Cob
Tator Tots

DINNER

Pasta Bake
Ravoli with Sauce
Corn on the Cob
Rolls

TUESDAY

BREAKFAST

Eggs
Hashbrown Casserole
Baked Apples

LUNCH

Chicken Fajitas
Spanish Rice
Black Beans

DINNER

Taco Casserole
Tacos- Beef, Chicken
or Veggie
Black Beans & Rice

WEDNESDAY

BREAKFAST

Eggs
Pancakes
Breakfast Potatoes

LUNCH

Chicken Tenders
BBQ Diced Chicken
Fries

DINNER

Meatloaf
Cheeseburger Pasta
Mac & Cheese
Greens

THURSDAY

BREAKFAST

Cheese Eggs
French Toast Sticks
Breakfast Potatoes

LUNCH

Corn Dogs
Hot Dogs
Sweet Potato Fries

DINNER

BBQ Chicken
Roast Chicken
Mashed Potatoes
Green Beans

FRIDAY

BREAKFAST

Pancakes
Eggs
Breakfast Potatoes

LUNCH

Hamburger or Brat
Veggie Burger
Potato Salad

DINNER

Lasagna- Meat or
Veggie
Green Beans
Garlic Bread

SUNDAY

DINNER

Sweet & Sour Chicken
Chicken & Snap Peas
Stir Fry Veggies
Rice

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 9

VEGAN & VEGETARIAN MENU



MONDAY

BREAKFAST

Apple Oatmeal
Cinnamon Oatmeal

LUNCH

Cherry Tomato &
Summer Squash Pasta

DINNER

Hummus Quesdillias
Black Bean Burritos

TUESDAY

BREAKFAST

Tofu over Veggies

LUNCH

Thai Pineapple Rice
Black Bean & Corn Salad

DINNER

Red Beans & Rice

WEDNESDAY

BREAKFAST

Loaded Carrot Lox
Bagel

LUNCH

Strawberry Feta
Tossed Salad

DINNER

Butternut Squash &
Black Beans

THURSDAY

BREAKFAST

Vegan Sausage &
Peppers over Rice

LUNCH

Pesto Pasta
Cucumber Salad

DINNER

Veggie Cabbage Rolls
Veggie Pasta Salad

FRIDAY

BREAKFAST

Crispy Falafel & Rice

LUNCH

Veggie Burgers
Fries

DINNER

Spaghetti Squash
Burrito Bowl

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

jwhall@ymcamidtn.org

615-360-2267 ext. 72415

