

FAMILY CAMP SESSION 1 MENU



SUNDAY

DINNER

Meatload
Cheeseburger Casserole
Mashed Potatoes
Peas
Rolls

MONDAY

BREAKFAST

French Toast Sticks
Cheese Eggs
Bacon
Sausage

LUNCH

Corn Dog
Hot Dog
Roasted Potatos
Sweet Potato Fries

DINNER

Roasted Chicken
BBQ Chicken
Corn on the Cob
Rolls

TUESDAY

BREAKFAST

Eggs
Hashbrown Casserole
Baked Apples
Sausage

LUNCH

Chicken Fajitas
Nacho Chips
Spanish Rice
Beans

DINNER

Taco Cornbread Casserole
Tacos- Beef, Chicken, Veggie
Black Beans
Spanish Rice

WEDNESDAY

BREAKFAST

Eggs
Pancakes
Breakfast Potatoes
Bacon



WEDNESDAY

BREAKFAST

Tofu Noddle Bowl

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.

V MONDAY

BREAKFAST

Tofu Scramble
Sweet Potatoes

LUNCH

Pepper Parmesean
Beans

DINNER

Chickpea & Spinach Pita
Potato Chickpea Masala

V TUESDAY

BREAKFAST

Spinach Mushroom
Scrambled Eggs

LUNCH

Sicilian Brussel Sprouts

DINNER

Sweet Potato & Chickpea
Plate
Zucchini Burrito Boat

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 FAMILY CAMP MENU?

Reach out 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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