

FAMILY CAMP SESSION 6 MENU



WEDNESDAY
DINNER
Meatloaf
Cheeseburger Pasta
Mac & Cheese
Greens
Corn Muffin

WEDNESDAY
DINNER
Butternut Squash & Black 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.

THURSDAY
BREAKFAST
French Toast Sticks
Cheese Eggs
Bacon
Sausage
LUNCH
Corn Dog
Hot Dog
Roasted Potatoes
Sweet Potato Fries
DINNER
BBQ Chicken
Roast Chicken
Mashed Potatoes
Green Beans

THURSDAY
BREAKFAST
Baked Eggs in Tomato Cups
LUNCH
Southwestern Fiesta Salad
DINNER
Veggie Cabbage Rolls
Garden Veggie Pasta Salad

FRIDAY
BREAKFAST
Eggs
Pancakes
Breakfast Potatoes
Bacon
LUNCH
Hamburger
Veggie Burgers
Brats
Potato Salad
DINNER
Lasagna- Meat or Veggie
Peas & Carrots
Garlic Rolls

FRIDAY
BREAKFAST
Tofu Benedict
LUNCH
Veggie Burger
Fries
DINNER
Spaghetti Squash Burrito Bowl

SATURDAY
BREAKFAST
Waffle Bar
Chicken Nuggets
Bacon
Waffle Toppings

SATURDAY
BREAKFAST
Waffles
"Chicken" Nuggets

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
jwhall@ymcamidtn.org
615-360-2267 ext. 72415