

# OVERNIGHT CAMP SESSION 10 MENU



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MONDAY

### BREAKFAST

Cheese Eggs  
Breakfast Potato  
Grits

### LUNCH

Green Beans  
Chicken Patty  
BBQ Diced Chicken

### DINNER

Peas  
Beef & Noodles  
Rolls

## TUESDAY

### BREAKFAST

Eggs/ Pancakes  
Breakfast Potato  
Oatmeal

### LUNCH

Rick & Black Beans  
Chicken Tacos  
Beef Tacos

### DINNER

Rice & Gravy  
BBQ Chicken  
Cornbread

## WEDNESDAY

### BREAKFAST

Cheese Eggs  
Breakfast Potato  
Grits

### LUNCH

Street Corn  
Rib Patty  
Chicken Leg

### DINNER

Mashed Potato  
Green Beans  
Turkey & Gravy  
Rolls

## THURSDAY

### BREAKFAST

Eggs  
French Toast  
Hashbrowns

### LUNCH

Mixed Veggies  
Pizza  
Mozzerella Stix

### DINNER

Glazed Carrots  
Chicken Alfredo  
Rolls

## FRIDAY

### BREAKFAST

Hashbrown Casserole  
Apples  
Grits

### LUNCH

Broccoli  
Baked Potato Bar  
(Sour Cream, Cheese,  
Butter, Bacon Bits, Salsa)

### DINNER

Green Beans  
Baked Ziti  
Garlic Toast

## SUNDAY

### DINNER

Chef's Choice

### BREAKFAST ALTERNATIVES:

Breakfast Pastries  
Hard Boiled Eggs  
Bacon & Sausage  
Biscuits  
Fruit  
Cold Cereal Bar

### LUNCH ALTERNATIVES:

Salad  
Fruit  
Turkey & Cheese Sandwich  
Sun Butter & Jelly Sandwich

### DINNER ALTERNATIVES:

Salad  
Fruit  
Turkey & Cheese Sandwich  
Sunbutter Sandwich  
Dessert

\*Alternatives made available daily.

# OVERNIGHT CAMP SESSION 10 VEGAN & VEGETARIAN MENU



## MONDAY

### BREAKFAST

Breakfast Potato  
Grits

### LUNCH

Meatless Chicken Patty  
Meatless BBQ Chicken

### DINNER

Creamy Noodles &  
Spinach

## TUESDAY

### BREAKFAST

Pancakes  
Breakfast Potato

### LUNCH

Veggie Tacos

### DINNER

BBQ Cauliflower  
Wings

## WEDNESDAY

### BREAKFAST

Oatmeal  
Breakfast Potato

### LUNCH

Tofu Patty

### DINNER

Meatless Turkey &  
Gravy

## THURSDAY

### BREAKFAST

French Toast  
Hashbrowns

### LUNCH

Veggie Pizza

### DINNER

Veggie Alfredo

## FRIDAY

### BREAKFAST

Hashbrown Casserole  
Apples

### LUNCH

Grilled Cheese

### DINNER

Veggie Baked Ziti

## 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

### AJ JORDAN

**Overnight Camp Director**

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