

OVERNIGHT CAMP SESSION 3 MENU



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

BREAKFAST

Cheese Eggs
Breakfast Potato
Grits

LUNCH

Green Beans
Chicken Legs
Chicken Patty

DINNER

Mashed Potato
BBQ Chicken
Roast Chicken
Rolls

TUESDAY

BREAKFAST

Eggs/ Pancakes
Breakfast Potato
Oatmeal

LUNCH

Rick & Beans
Chicken Quesadilla
Beef Burrito

DINNER

Mac & Cheese
Mixed Veggies
Meatloaf
Rolls

WEDNESDAY

BREAKFAST

Cheese Eggs
Breakfast Potato
Grits

LUNCH

Fries
Chicken Tenders
BBQ Diced Chicken

DINNER

Corn on the Cob
Chicken & Cheese
Casserole
Rolls

THURSDAY

BREAKFAST

Eggs
French Toast
Breakfast Potato

LUNCH

Seasonal Veggies
Ravioli
Marinara Sauce

DINNER

Vegetable Blend
Meat Lasagna
Garlic Rolls

FRIDAY

BREAKFAST

Hashbrown Casserole
Apples
Grits

LUNCH

Fries
Hamburger
Turkey Burgers

DINNER

Roasted Potatoes
Herb Roasted Chicken
Green Beans
Rolls

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 3 VEGAN & VEGETARIAN MENU



MONDAY

BREAKFAST

Breakfast Potato
Grits

LUNCH

Meatless Chicken Patty

DINNER

Cauliflower Buffalo Wings
Veggie Roasted Chicken

TUESDAY

BREAKFAST

Pancakes
Breakfast Potato

LUNCH

Cheese Quesadilla
Cheese Burrito

DINNER

Mixed Veggies
Veggie Meatloaf

WEDNESDAY

BREAKFAST

Oatmeal
Breakfast Potato

LUNCH

Meatless Chicken Tenders
Meatless BBQ Chicken

DINNER

Corn on the Cob
Broccoli Casserole

THURSDAY

BREAKFAST

French Toast
Hashbrowns

LUNCH

Veggie Ravioli

DINNER

Vegetable Blend
Veggie Lasagna

FRIDAY

BREAKFAST

Hashbrown Casserole
Apples

LUNCH

Veggie Burger

DINNER

Meatless Herb Chicken
Green Beans

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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