

OVERNIGHT CAMP SESSION 7 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 7 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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