

OVERNIGHT CAMP SESSION 8 MENU



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

BREAKFAST

Cheese Eggs
Breakfast Potato
Grits

LUNCH

Baked Beans
Corn Dog
Hot Dog

DINNER

Broccoli
Baked Potato
Casserole
Rolls

TUESDAY

BREAKFAST

Eggs/ Pancakes
Breakfast Potato
Oatmeal

LUNCH

Rice & Black Beans
Chicken Fajitas
Corn or Flour Tortilla

DINNER

Peas
Baked Spaghetti
Gralic Toast

WEDNESDAY

BREAKFAST

Cheese Eggs
Breakfast Potato
Grits

LUNCH

Carrots
Chicken Nuggets
Sloppy Joe

DINNER

Green Beans
Chicken Parm
Garlic Roll
Noodles

THURSDAY

BREAKFAST

Eggs
French Toast
Breakfast Potato

LUNCH

Corn/ Chips
Meatball Sub
Hot Pocket

DINNER

Rice
Stir Fry
Sweet & Sour Chicken
Egg Rolls

FRIDAY

BREAKFAST

Hashbrown Casserole
Apples
Grits

LUNCH

Roasted Potato
Hamburgers
Turkey Burgers

DINNER

Seasonal Veggies
Meatloaf
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 8 VEGAN & VEGETARIAN MENU



MONDAY

BREAKFAST

Breakfast Potato
Grits

LUNCH

Veggie Corn Dog

DINNER

Veggie Potato
Casserole

TUESDAY

BREAKFAST

Pancakes
Breakfast Potato

LUNCH

Veggie Fajitas

DINNER

Veggie Meatloaf

WEDNESDAY

BREAKFAST

Oatmeal
Breakfast Potato

LUNCH

Meatless Chicken Nuggets
Veggie Sloppy Joe

DINNER

Egg Plant Parm

THURSDAY

BREAKFAST

French Toast
Potato

LUNCH

Veggie Hot Pocket

DINNER

Meatless Sweet &
Sour Chicken

FRIDAY

BREAKFAST

Hashbrown Casserole
Apples

LUNCH

Veggie Burger

DINNER

Veggie Meatloaf

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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