

# OVERNIGHT CAMP SESSION 9 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 9 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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