

# OVERNIGHT CAMP SESSION 2 MENU



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MONDAY

### BREAKFAST

Cheesy Eggs  
Breakfast Potato  
Oatmeal

### LUNCH

Baked Beans  
Corn Dog  
Hot Dog

### DINNER

Spaghetti  
Walking Taco  
Garlic Bread

## TUESDAY

### BREAKFAST

Pancakes  
Hashbrowns  
Grits

### LUNCH

Rice  
Chicken Fajitas  
Corn or Flour Tortilla

### DINNER

Seasonal Veggies  
Roasted Potatos  
Herb Roasted Chicken

## WEDNESDAY

### BREAKFAST

Biscuits  
Breakfast Potato  
Oatmeal

### LUNCH

Sweet Potato Fries  
Chicken Nuggets  
Sloppy Joe

### DINNER

Glazed Carrots  
Meat Lasagna  
Garlic Rolls

## THURSDAY

### BREAKFAST

French Toast  
Grits

### LUNCH

Corn/ Chips  
Meatball Sub

### DINNER

Green Beans  
Turkey & Gravy  
Cornbread

## FRIDAY

### BREAKFAST

Hashbrown Casserole  
Oatmeal  
Grits

### LUNCH

Roasted Potato  
Hamburgers  
Turkey Burgers

### DINNER

Baked Beans  
Ribs  
Brats  
Potato Salad

## SUNDAY

### DINNER

Mac & Cheese  
Veggie Meatloaf  
Rolls

### 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 2 VEGAN & VEGETARIAN MENU



## MONDAY

### BREAKFAST

Breakfast Potato  
Grits

### LUNCH

Veggie Corn Dog

### DINNER

Veggie Spaghetti

## TUESDAY

### BREAKFAST

Pancakes  
Hashbrowns

### LUNCH

Veggie Fajitas

### DINNER

Meatless Chicken  
Rolls

## WEDNESDAY

### BREAKFAST

Oatmeal  
Breakfast Potato

### LUNCH

Meatless Chicken Nuggets

### DINNER

Veggie Lasagna

## THURSDAY

### BREAKFAST

French Toast  
Grits

### LUNCH

Veggie Meatball Sub

### DINNER

Roasted Tofu  
Cranberry Sauce

## FRIDAY

### BREAKFAST

Hashbrown Casserole  
Grits

### LUNCH

Veggie Burger

### DINNER

Meatless Burger

## 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](mailto:tcook@ymcamidtn.org)

615-360-2267 ext. 72428

### AJ JORDAN

Overnight Camp Director

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