

# OVERNIGHT CAMP SESSION 3 MENU



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MONDAY

### BREAKFAST

Cheesy Eggs  
Breakfast Potato  
Oatmeal

### LUNCH

Green Beans  
Chicken Legs  
Chicken Patty

### DINNER

Beef Mac  
Plan Macaroni  
Walking Taco  
Garlic Sticks

## TUESDAY

### BREAKFAST

Pancakes  
Breakfast Potato  
Grits

### LUNCH

Rick & Beans  
Chicken Quesadilla  
Beef Bean Burrito

### DINNER

Peas  
Meatloaf  
Mac & Cheese  
Rolls

## WEDNESDAY

### BREAKFAST

Egg & Cheese Muffin  
Breakfast Potato  
Oatmeal

### LUNCH

Fries  
Chicken Tenders

### DINNER

Green Beans  
Chicken Parm  
Noodles

## THURSDAY

### BREAKFAST

French Toast  
Breakfast Potato  
Oatmeal

### LUNCH

Seasonal Veggies  
Ravioli

### DINNER

Sliced Carrots  
Turkey Tetrazzini  
Rolls

## FRIDAY

### BREAKFAST

Hashbrown Casserole  
Biscuit & Grits

### LUNCH

Fries  
Fish Patty  
Turkey Burgers

### DINNER

Coleslaw  
Grilled Chicken  
Hamburger

## SUNDAY DINNER

Roasted Potato  
BBQ Pulled Pork  
Meatless BBQ

### 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

Veggie Mararoni  
Garlic Sticks

## TUESDAY

### BREAKFAST

Pancakes  
Breakfast Potato

### LUNCH

Cheese Quesadilla

### DINNER

Peas  
Veggie Meatloaf

## WEDNESDAY

### BREAKFAST

Oatmeal  
Breakfast Potato

### LUNCH

Meatless Chicken Tenders

### DINNER

Eggplant Parm

## THURSDAY

### BREAKFAST

French Toast  
Hashbrowns

### LUNCH

Veggie Ravioli

### DINNER

Veggie Tetrazzini

## FRIDAY

### BREAKFAST

Hashbrown Casserole  
Apples

### LUNCH

Veggie Burger

### DINNER

Meatless Herb Chicken  
Spicy Beans Veggie

## 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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