

OVERNIGHT CAMP SESSION 5 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 5 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

615-360-2267 ext. 72428

AJ JORDAN

Overnight Camp Director

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