

OVERNIGHT CAMP SESSION 7 MENU



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

BREAKFAST

Biscuits & Grits
Breakfast Potato

LUNCH

Chicken Patty
Chips/ Tator Tots
Roll

DINNER

Baked Ziti
Plain Noodles
Walking Taco

TUESDAY

BREAKFAST

Pancakes
Oatmeal

LUNCH

Rice
Chicken Tacos
Beef Tacos

DINNER

Green Beans
Glazed Ham
Mac & Cheese

WEDNESDAY

BREAKFAST

Cheesy Eggs
Biscuit & Gravy
Grits

LUNCH

Rib Patty
Chicken Leg
Hot Dog

DINNER

Red Beans
Grilled Sausage &
Peppers
Egg Rolls

THURSDAY

BREAKFAST

French Toast
Hashbrowns

LUNCH

Mixed Veggies
Pizza
Mozzerella Stix

DINNER

Glazed Carrots
Chicken Alfredo
Rolls

FRIDAY

BREAKFAST

Hashbrown Casserole
Biscuit & Grits

LUNCH

Tomato Soup
Grilled Cheese
Cheese Puffs

DINNER

Baked Beans
Hot Dogs
Hamburgers
Potato Salad

SUNDAY DINNER

Green Beans
Mashed Potato
Oven Fried Chicken

BREAKFAST ALTERNATIVES:

Breakfast Pastries
Bacon or Sausage
Boiled Egg
Cereal Bar
Fruit
Yogurt

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 7 VEGAN & VEGETARIAN MENU



MONDAY

BREAKFAST

Biscuits & Grits
Breakfast Potato

LUNCH

Meatless Chicken Patty

DINNER

Veggie Ziti
Plain Noodles

TUESDAY

BREAKFAST

Pancakes
Oatmeal

LUNCH

Veggie Enchilladas

DINNER

Mac & Cheese
Roasted Portabella

WEDNESDAY

BREAKFAST

Biscuit & Gravy
Grits

LUNCH

Tofu Patty

DINNER

Meatless Sausage &
Peppers

THURSDAY

BREAKFAST

French Toast
Hashbrowns

LUNCH

Veggie Pizza

DINNER

Veggie Alfredo

FRIDAY

BREAKFAST

Hashbrown Casserole
Biscuit & Grits

LUNCH

Grilled Cheese

DINNER

Veggie 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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