

OVERNIGHT CAMP SESSION 9 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 9z

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

615-360-2267 ext. 72428

AJ JORDAN

Overnight Camp Director

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