

# OVERNIGHT CAMP SESSION 2 MENU



## 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

Tator Tot Bar: Chicken,  
Queso, Lettuce, Onion,  
Bacon, Peppers, etc.

### DINNER

BBQ Chicken  
Mashed Potatoes  
Green Beans

## 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

Chicken Fajitas  
Rick  
Street Corn

## 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 Tator Tot Bar

### DINNER

Meatless Chicken  
Rolls

## WEDNESDAY

### BREAKFAST

Oatmeal  
Breakfast Potato

### LUNCH

Meatless Chicken Nuggets

### DINNER

Meatless BBQ  
Chicken

## THURSDAY

### BREAKFAST

French Toast  
Grits

### LUNCH

Veggie Meatball Sub

### DINNER

Veggie Fajita  
Street Corn

## 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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615-360-2267 ext. 72415

