

# OVERNIGHT CAMP SESSION 4 MENU



## 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

Chicken or Beef Gyro  
Rice  
Salad

## 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 4 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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