



CAMP WIDJIWAGAN WEEKLY MENU | SESSIONS 1, 3, 5, 7, 9

Salad bar will be served daily during lunch and dinner. Gluten free, dairy free, vegetarian and vegan options available. Please make sure it is marked on your Health Information Form.

	BREAKFAST	LUNCH	DINNER
SUNDAY	N/A	N/A	Spaghetti, Roasted Veggies & Garlic Bread
MONDAY	Eggs, Bacon, Hash Browns & Biscuits Cereal Bar	Chicken Sandwiches & Waffle Fries	Cookout! Chicken Fajitas with Peppers & Onions, Sautéed Potatoes, S'mores & Peach Cobbler
TUESDAY	Chicken Biscuits with Gravy, Eggs & Cereal Bar	Taco Tuesday! Chicken, Beef, Rice, Beans, Chips & Queso	Fried/Grilled Chicken Tenders, Mashed Potatoes, Roasted Broccoli & Rolls
WEDNESDAY	French Toast Sticks, Sausage, Eggs & Cereal Bar	Turkey & Cheese Croissants, Fruit Salad & Chips	Pizza Day
THURSDAY	Breakfast Casserole, Hashbrown Patties, Eggs & Cereal Bar	Corn Dogs & Fries	Grilled Chicken, Rice, Green Beans & Rolls
FRIDAY	Pancakes, Bacon, Sausage, Eggs & Cereal Bar	Wrap Day! Fried/Grilled Chicken with Chips	The Classic American Hamburger, Chips & Cookies
SATURDAY	Cinnamon Biscuits, Sausage Links & Cereal Bar	N/A	N/A

QUESTIONS? CONTACT OUR STAFF:
Hunter Martin, hmartin@ymcamidtn.org
Rachel Gonzalez, rgonzalez@ymcamidtn.org





CAMP WIDJIWAGAN WEEKLY MENU | SESSIONS 2, 4, 6, 8, 10

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	BREAKFAST	LUNCH	DINNER
SUNDAY	N/A	N/A	Chicken Alfredo, Roasted Vegetables & Garlic Bread
MONDAY	Eggs, Bacon, Hash Browns, Biscuits & Cereal Bar	Philly Cheese Steak Sandwiches with Potato Logs	Cookout! Chicken Fajitas with Peppers & Onions, Sautéed Potatoes, S'mores & Peach Cobbler
TUESDAY	Yogurt Parfait Bar, Fresh Fruit & Cereal Bar	Taco Tuesday! Chicken, Beef, Rice, Beans, Chips & Queso	Fried/Grilled Chicken Tenders, Mashed Potatoes, Roasted Broccoli & Rolls
WEDNESDAY	French Toast Sticks, Sausage, Eggs & Cereal Bar	Ham & Cheese Croissants, Fruit Salad & Chips	Pizza Day
THURSDAY	Breakfast Casserole, Hashbrown Patties, Eggs & Cereal Bar	Hot Dogs & Fries	Smokey Mountain Chicken, Scalloped Potatoes, Roasted Vegetables & Rolls
FRIDAY	Waffles, Bacon, Sausage, Eggs & Cereal Bar	Wrap Day! Fried/Grilled Chicken with Chips	The Classic American Hamburger, Chips, & Cookies
SATURDAY	Cinnamon Biscuits, Sausage Links & Cereal Bar	N/A	N/A

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