



# 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
<b>SUNDAY</b>	N/A	N/A	Spaghetti, Roasted Veggies & Garlic Bread
<b>MONDAY</b>	Eggs, Bacon, Hash Browns & Biscuits Cereal Bar	Chicken Sandwiches & Waffle Fries	<b>Cookout!</b> Chicken Fajitas with Peppers & Onions, Sautéed Potatoes, S'mores & Peach Cobbler
<b>TUESDAY</b>	Chicken Biscuits with Gravy, Eggs & Cereal Bar	Cheese Quesadilla, Mexican Rice, Chips, and Queso	Fried/Grilled Chicken Tenders, Mashed Potatoes, Green Beans & Rolls
<b>WEDNESDAY</b>	French Toast Sticks, Sausage, Eggs & Cereal Bar	Turkey & Cheese Croissants, Fruit Salad & Chips	<b>Pizza Day</b>
<b>THURSDAY</b>	Chicken and Waffles with Eggs Cereal Bar	Corn Dogs & Fries	Grilled Chicken, Rice, Green Beans & Rolls
<b>FRIDAY</b>	Pancakes, Bacon, Sausage, Eggs & Cereal Bar	<b>Wrap Day!</b> Fried/Grilled Chicken with Chips	The Classic American Hamburger, Mac & Cheese, Roasted Broccoli
<b>SATURDAY</b>	Cinnamon Biscuits, Sausage Links & Cereal Bar	N/A	N/A

**QUESTIONS? CONTACT OUR STAFF:**  
**Hunter Martin, [hmartin@ymcamidtn.org](mailto:hmartin@ymcamidtn.org)**  
**Rachel Gonzalez, [rgonzalez@ymcamidtn.org](mailto:rgonzalez@ymcamidtn.org)**





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

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

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