

# EXTENDED DAY CAMP SESSION 4 MENU



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MONDAY

### BREAKFAST

French Toast Stick  
Cheese Eggs  
Bacon & Sausage

### LUNCH

Corn Dogs  
Hot Dogs  
Sweet Potato Fries

### DINNER

Roasted Chicken  
BBQ Chicken  
Corn on the Cob  
Green Beans

## TUESDAY

### BREAKFAST

Eggs  
Hashbrown Casserole  
Baked Apples

### LUNCH

Chicken Fajitas  
Spanish Rice  
Black Beans

### DINNER

Taco Casserole  
Tacos- Beef, Chicken  
or Veggie  
Black Beans & Rice

## WEDNESDAY

### BREAKFAST

Eggs  
Pancakes  
Breakfast Potatoes

### LUNCH

BBQ Pulled Pork  
Hot Dogs  
Fries

### DINNER

Beef or Veggie Stew  
Sautéed Rice  
Brown Gravy  
Corn Muffins

## THURSDAY

### BREAKFAST

Eggs  
French Toast  
Hashbrowns

### LUNCH

Pizza  
Wings  
Hot Pockets

### DINNER

Chicken Alfredo  
Spinach Casserole  
Carrots  
Rolls

## FRIDAY

### BREAKFAST

Pancakes  
Eggs  
Breakfast Potatoes

### LUNCH

Hamburger or Brat  
Veggie Burger  
Potato Salad

### DINNER

Lasagna- Meat or  
Veggie  
Green Beans  
Garlic Bread

## SUNDAY

### DINNER

Meatloaf  
Cheeseburger  
Casserole  
Mashed Potatoes

### BREAKFAST ALTERNATIVES:

Fruit Bar  
Cold Cereal Bar  
Granola & Yogurt Bar

### LUNCH ALTERNATIVES:

Salad Bar  
Fruit Bar  
Turkey & Cheese Sandwich  
Sun Butter & Jelly Sandwich  
with Cheese Stick

### DINNER ALTERNATIVES:

Salad Bar  
Fruit Bar  
Dessert Selection

\*Alternatives made available daily.

# EXTENDED DAY CAMP SESSION 4 VEGAN & VEGETARIAN MENU



## MONDAY

### BREAKFAST

Tofu Scramble  
Sweet Potatoes

### LUNCH

Pepper Parmesean  
Beans

### DINNER

Chickpea & Spinach  
Pita

## TUESDAY

### BREAKFAST

Spinach Mushroom  
Scrambled Eggs

### LUNCH

Sicilian Brussel Sprouts

### DINNER

Zucchini Burrito Bowl

## WEDNESDAY

### BREAKFAST

Tofu Noodle Bowl

### LUNCH

Grilled Veggie  
Sandwich

### DINNER

Mushroom Ravioli  
Kale Salad

## THURSDAY

### BREAKFAST

Baked Eggs In Tomato  
Cups

### LUNCH

Southwestern Fiesta  
Salad

### DINNER

Couscous with Olives  
& Sundried Tomatos

## FRIDAY

### BREAKFAST

Tofu Benedict

### LUNCH

Veggie Burgers  
Fries

### DINNER

Cran-orange Cousous  
Salad

## 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

### JESSE HALL

Overnight Camp Director

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