

EXTENDED DAY CAMP SESSION 7 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 7

VEGAN & VEGETARIAN MENU



MONDAY

BREAKFAST

Apple Oatmeal
Cinnamon Oatmeal

LUNCH

Cherry Tomato &
Summer Squash Pasta

DINNER

Chickpea & Spinach
Pita

TUESDAY

BREAKFAST

Tofu over Veggies

LUNCH

Thai Pineapple Rice
Black Bean & Corn Salad

DINNER

Zucchini Burrito Bowl

WEDNESDAY

BREAKFAST

Loaded Carrot Lox
Bagel

LUNCH

Strawberry Feta
Tossed Salad

DINNER

Mushroom Ravioli
Kale Salad

THURSDAY

BREAKFAST

Vegan Sausage &
Peppers over Rice

LUNCH

Pesto Pasta
Cucumber Salad

DINNER

Couscous with Olives
& Sundried Tomatos

FRIDAY

BREAKFAST

Crispy Falafel with
Rice

LUNCH

Veggie Burgers
Fries

DINNER

Cran-orange Couscous
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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