

# EXTENDED DAY CAMP SESSION 5 MENU



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MONDAY

### BREAKFAST

Eggs  
Pancakes  
Breakfast Potatoes

### LUNCH

Rib Patty  
Hot Dog  
Beans

### DINNER

Spaghetti  
Veggie Spaghetti  
Green Beans  
Garlic Rolls

## TUESDAY

### BREAKFAST

French Toast Sticks  
Cheese Eggs  
Biscuits

### LUNCH

Chicken Tenders  
BBQ Diced Chicken  
Fries

### DINNER

Tortilla Bowl  
Tacos  
Black Beans  
Spanish Rice

## WEDNESDAY

### BREAKFAST

Eggs  
Pancakes  
Hashbrowns

### LUNCH

Mini Corn Dogs  
Chicken Nuggets  
Pasta Salad

### DINNER

Baked Ziti  
Pasta Casserole  
Seasonal Veggies  
Rolls

## THURSDAY

### BREAKFAST

Eggs  
Hashbrown Casserole  
Baked Apples

### LUNCH

Pizza  
Wings  
Hot Pockets

### DINNER

Herb Seasoned Chicken  
Chicken Parmesean  
Spanish Rice  
Peas

## FRIDAY

### BREAKFAST

French Toast Sticks  
Eggs  
Breakfast Potatoes

### LUNCH

Hamburger or Brat  
Veggie Burger  
Potato Salad

### DINNER

Grilled Cheese  
Sloppy Joe on a Bun  
Corn  
Carrots

## SUNDAY

### DINNER

BBQ Chicken  
Roasted Chicken  
Mashed Potatos  
Green Beans

### 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 5

## VEGAN & VEGETARIAN MENU



### MONDAY

#### BREAKFAST

Apple Oatmeal  
Cinnamon Oatmeal

#### LUNCH

Cherry Tomato &  
Summer Squash Pasta

#### DINNER

Zucchini & Spinach  
Pasta Bake

### TUESDAY

#### BREAKFAST

Tofu over Veggies

#### LUNCH

Thai Pineapple Rice  
Black Bean & Corn Salad

#### DINNER

Creamy Tomato Basil  
Pasta

### WEDNESDAY

#### BREAKFAST

Loaded Carrot Iox  
Bagel

#### LUNCH

Strawberry Feta  
Tossed Salad

#### DINNER

Mushroom Spaghetti

### THURSDAY

#### BREAKFAST

Vegan Sausage &  
Peppers Over Rice

#### LUNCH

Pesto Pasta &  
Potatoes

#### DINNER

Veggie Stir Fry & Rice  
Penne with Veggies

### FRIDAY

#### BREAKFAST

Crispy Falafel & Rice

#### LUNCH

Veggie Burgers  
Fries

#### DINNER

Summer Veggie Saute

### 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**

jwhall@ymcamidtn.org

615-360-2267 ext. 72415

