

# EXTENDED DAY CAMP SESSION 6 MENU



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MONDAY

### BREAKFAST

French Toast Stick  
Eggs  
Bacon & Sausage

### LUNCH

Chicken Patties  
Corn on the Cob  
Tator Tots

### DINNER

Pasta Bake  
Ravoli with Sauce  
Corn on the Cob  
Garlic Bread

## TUESDAY

### BREAKFAST

Eggs  
Hashbrown Casserole  
Baked Apples

### LUNCH

Chicken Fajitas  
Nacho Chips  
Spanish Rice

### DINNER

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

## WEDNESDAY

### BREAKFAST

Eggs  
Pancakes  
Breakfast Potatoes

### LUNCH

Chicken Tenders  
BBQ Diced Chicken  
Fries

### DINNER

Meatloaf  
Cheeseburger Pasta  
Mac & Cheese  
Greens

## THURSDAY

### BREAKFAST

French Toast Sticks  
Cheese Eggs  
Bacon & Sausage

### LUNCH

Corn Dogs  
Hot Dogs  
Sweet Potato Fries

### DINNER

BBQ Chicken  
Roast Chicken  
Mashed Potatoes  
Green Beans

## 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

Sweet & Sour Chicken  
Chicken & Snap Peas  
Stir Fry Veggies  
Rice

### 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 6

## VEGAN & VEGETARIAN MENU



### MONDAY

#### BREAKFAST

Tofu Scramble  
Sweet Potatoes

#### LUNCH

Pepper Parmesean  
Beans

#### DINNER

Hummus Quesadillas  
Black Bean Burritos

### TUESDAY

#### BREAKFAST

Spinach Mushroom  
Scrambled Eggs

#### LUNCH

Sicilian Brussel Sprouts

#### DINNER

Red Beans & Rice

### WEDNESDAY

#### BREAKFAST

Tofu Noodle Bowl

#### LUNCH

Grilled Veggie  
Sandwich

#### DINNER

Butternut Squash &  
Black Beans

### THURSDAY

#### BREAKFAST

Baked Eggs In Tomato  
Cups

#### LUNCH

Southwestern Fiesta  
Salad

#### DINNER

Veggie Cabbage Rolls  
Veggie Pasta Salad

### FRIDAY

#### BREAKFAST

Tofu Benedict

#### LUNCH

Veggie Burgers  
Fries

#### DINNER

Spaghetti Squash  
Burrito Bowl

### 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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615-360-2267 ext. 72415

