

FAMILY CAMP SESSION 5 MENU



SUNDAY

DINNER

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

MONDAY

BREAKFAST

French Toast Sticks
Cheese Eggs
Bacon
Sausage

LUNCH

Chicken Legs
Corn on the Cob
Chicken Patties
Tator Tots

DINNER

Pasta Bake
Ravoli with Sauce
Corn on the Cob
Green Beans

TUESDAY

BREAKFAST

Eggs
Hashbrown Casserole
Baked Apples
Sausage

LUNCH

Chicken Fajitas
Nacho Chips
Spanish Rice
Beans

DINNER

Taco Salad Casserole
Tacos- Beef, Chicken, Veggie
Black Beans
Rice

WEDNESDAY

BREAKFAST

Eggs
Pancakes
Breakfast Potatoes
Bacon

WEDNESDAY

BREAKFAST

Tofu Noddle Bowl

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.

MONDAY

BREAKFAST

Tofu Scramble
Sweet Potatoes

LUNCH

Pepper Parmesean
Beans

DINNER

Hummus Quesadillas
Black Bean Burrito

TUESDAY

BREAKFAST

Spinach Mushroom
Scrambled Eggs

LUNCH

Sicilian Brussel Sprouts

DINNER

Red Beans & Rice

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 FAMILY CAMP MENU?

Reach out our Kitchen Operations Director or our Overnight
Camp Director via phone or email.



TRENT COOKS

Kitchen Operations Director
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615-360-2267 ext. 72428



JESSE HALL

Overnight Camp Director
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