

# YMCA Triangle Y Summer Camp

## Weekday Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	Weekend Stayover	French toast. Pork sausage link( GF). Scrambled egg patty (GF). Breakfast bar.	Biscuits and gravy w/ sausage crumble (GF). Cheese omelet (GF). Breakfast bar.	Ham style turkey and cheese crosandwich. Hash brown patty (V). Breakfast bar.	Pancakes (V). Sausage patty (GF)or bacon (GF). Fried egg patty (GF). Breakfast Bar.	Egg , sausage and cheese breakfast burrito. Salsa (GF/V) Breakfast Bar.
<b>LUNCH</b>	Weekend Stayover	Corn Dogs and Waffle Fries (GF/V). Corn on the cob. Red bean chili (GF/V). Salad Bar.	Grilled cheese and tomato soup (GF/V). Mixed cooked veggies. Salad Bar- add: tuna salad (GF), humus (GF/V), pita bread (V).	Chicken nuggets w/ BBQ sauce, mac and cheese, mixed veggies. Salad Bar.	Nacho bar w/ tortilla chips (GF/V), seasoned ground beef (GF), pinto bean (GF/V), pico de gallo, corn, cheese sauce, shredded lettuce. Salad Bar.	Hamburger (GF) or hot dogs (GF) on a bun w/ baked beans (GF/V), and mixed veggies. Salad Bar.
<b>DINNER</b>	Spaghetti and Meatballs w/ green beans and breadsticks. Salad Bar.	Baked Chicken Breast (GF) w/ mashed potatoes (GF/V) and gravy, sweet corn, and dinner roll. Salad Bar	Taco Tuesday w/ hard shelled corn tortilla (GF/V), seasoned ground beef, cheese, refried beans (GF/V) and spanish rice (GF/V). Grilled zucchini. Salad Bar *add: shredded lettuce, pico de gallo, salsa , sour cream.	Lasagna w/ ground beef and cheese, cooked carrots and garlic toast	Personal Pan Pizza. Steamed Broccoli. Salad Bar.	Weekend Stayover

**BREAKFAST BAR:** fresh or canned fruit, yogurt, granola (GF), assorted cereals, instant oatmeal (GF), assorted breads (GF) for toasting, jam, peanut butter (upon request).

**BEVERAGES:** milk- whole & 2%, oatmilk. **JUICE:** apple, orange, cranberry

**SALAD BAR:** lettuce mix, baby greens, shredded carrots, grape tomato, sliced cucumber, fresh fruit, pickled beets, garbanzo beans, bacon bits, croutos, assorted dressings, sliced bread, sliced gluten free bread, sliced cheese, peanut butter(upon request), jelly and jams.

**BEVERAGES:** milk- whole & 2%, oatmilk. lemonsade, iced tea.