

YMCA CAMP MI-TE-NA SAMPLE MENU

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Breakfast Bar	Brunch Fresh Fruit, Bagels, Toast, Cereal, Milk, Yogurt	Fresh Fruit, English Muffins, Cereal, Milk, Yogurt	Fresh Fruit, Bagels, Toast, Cereal, Milk, Yogurt, Granola	Fresh Fruit, Bagels, Toast, Cereal, Milk, Yogurt	Fresh Fruit, Cereal, Milk, Yogurt, Granola	Fresh Fruit, Bagels, Toast, Cereal, Milk, Yogurt, Oatmeal, Hot Chocolate	Fresh Fruit, Bagels, Toast, Cereal, Milk, Yogurt
	Main Meal	Scrambled eggs with onions and peppers, Sausage, Bacon, Home fries	Belgian Waffles, Bacon, Maple Syrup, Juice	Breakfast Burritos, Eggs, Cheese and Sausage, Juice	French Toast Sticks, Fresh Fruit Salad,	Scrambled Eggs, Cheesy Egg Scramble with Ham, English Muffins, Juice	Chocolate Chip Pancakes, Maple Syrup, Juice	Egg Croissant Sandwiches with Bacon and Cheese, Juice
LUNCH	Main Meal	Silver Dollar Pancakes French Toast Sticks Mozzarella Sticks	Grilled Cheese	De-constructed Caesar Wraps Hot Chicken, Dressing, Croutons, Lettuce, Wraps	BLT's Bacon, Lettuce, Tomatoes, Fresh sliced bread, Onions Rings	Pulled Pork, Bulkie Roll, Fresh Veggies and Ranch Dip	Hard Tacos, Ground Beef, Lettuce, Tomato, Salsa, Sour Cream, Tortilla Chips	Chicken and Cheese Subs
	Salad	Potato Skins Boneless BBQ Wings	Taco Salad	Chefs Salad	Cobb Salad	Buffalo Chicken Pasta Salad	Caprese Salad	Italian Trio Salad
	Soup	Fresh Sliced Fruit Full Salad Bar	Tomato Soup	Bacon Corn Chowder	Vegetable Soup	Potato and Leek Soup	Beef Stew	Cheese & Broccoli
DINNER	Main Meal	Enchiladas, Mexican Rice, Mexican Corn Salad	Veggie Lasagna, Meat Lasagna, Bruschetta, Small slices of bread	Salisbury Steak, Roasted Potatoes, Peas, Crescent Rolls	Stuffed Shells, Green Beans, Homemade Sauce, Garlic Bread	Fried Chicken, Green Beans, Fries, Home made Bread	Turkey Dinner Stuffing, Corn, Cranberry Sauce, Mashed Potatoes	BBQ Dinner Hamburgers, Veggie Burgers, Italian Sausage
	Salad	Full Salad Bar	Full Salad Bar	Full Salad Bar	Full Salad Bar	Full Salad Bar	Full Salad Bar	Tossed Salad
	Dessert	Cinnamon Sugar Churros	Sugar Cookies	Strawberry Shortcake on Yellow Cake	Vanilla Pudding	Blondie Brownies	Peach Cobbler	Ice Cream Sandwiches

