

## Camp Y.I. Sample Menu

### Breakfast

\*Strawberries, Bananas, Apples, Oranges, Grapes,  
Fresh Pineapple, Cantaloupe  
Eggs  
Biscuits or Muffins-  
Bacon or Sausage  
Yogurt Bar -add your own toppings; granola, raisins,  
Cranraisens, almonds, chocolate chips  
Oatmeal Bar-cinnamon, brown sugar, chocolate  
chips, almonds  
Pancake bar-add your own toppings  
Cereal  
Granola

### Salad Bar - offered at lunch & dinner

Romaine  
Spinach  
Iceberg  
Tomatoes  
Cucumbers  
Carrots  
Celery  
Peppers  
Cheese  
Olives  
Radishes  
Beets  
Hummus  
Beans (Garbanzo, Kidney &/or Black)  
Homemade Ranch  
Homemade Vinaigrette

### Lunch

Baked Potato Bar  
Sandwiches-  
Turkey, Ham, PBJ, Grilled Cheese,  
Chicken salad, Tuna Salad  
Hamburgers  
Hot Dogs-all beef  
Bake Beans  
Pasta Salad  
Chips  
Fruit\*\*

### Dinner

Spaghetti	Green Beans
Grilled Chicken	Pinto Beans
Philly Cheese Steak	Mac & Cheese
Chicken Tenders	Corn
Taco Tuesday	Rice

*Vegetarian, Vegan and gluten free options  
available if needed.*

### Beverages

Breakfast-milk, soy, almond milk,  
orange or cranberry juice  
Lunch/Dinner-Most meals we serve water  
first. Refills may either be  
water or Bug Juice... a camp  
tradition

*Filtered water is always available*