

YMCA CAMP MENU (sample)

Monday

Chicken Nuggets
Ketchup
Goldfish
Apple
Bottled Water

Tuesday

Turkey and Cheddar Sandwich
Mayo and Mustard
Chips
Orange Slices
Capri-Sun

Wednesday

Hamburger with Cheese Slice on Side
Mayo, Mustard and Ketchup
Chips
Banana
Bottled Water

Thursday

Turkey and Cheddar Wrap
Mayo and Mustard
Hummus and Celery Sticks
Fruit Cup
Capri-Sun

Friday

Pizza Sticks
Baby Carrots with Ranch
Orange Slices
Bottled Water