

# SUMMER SAMPLE MENU



## 2021 FOOD PLANNING WITH COVID-19 AND CAMP

As we plan for summer 2021, we can expect some changes to our operation of our dining hall and food service. We are using the guidance provided by the American Camp Association as well as working with our local health department to provide the safest operation options for our campers and staff this summer. We will update our menu and procedures in May 2021.

### Sunday

#### Dinner

Chicken Tenders  
Mashed Potatoes  
Peas

### Monday

#### Breakfast

Cereal, Milk, Fruit,  
Juice

#### Lunch

Mini Corn Dogs  
Macaroni and Cheese  
Peas

#### Dinner

Spaghetti and sauce  
Meatballs  
Green Beans  
Bread sticks

### Tuesday

#### Breakfast

Muffins, Juice, Fruit,  
Milk

#### Lunch

Tacos  
Fiesta Rice  
Lettuce, Salsa, Sour  
Cream, Cheese  
Black Beans

#### Dinner

Pizza  
Carrots

### Wednesday

#### Breakfast

Bagels, Cream Cheese,  
Fruit, Juice, Milk

#### Lunch

Chicken Nuggets  
Tater Tots  
Green Beans

#### Dinner

Hot Dogs  
Chips  
Fruit

### Thursday

#### Breakfast

Cereal, Milk, Fruit,  
Juice

#### Lunch

Chicken Quesadilla  
Cheese Quesadilla  
Fiesta Rice  
Black bean and corn  
Salad

#### Dinner

Hamburger  
French Fries  
Corn

### Friday

#### Breakfast

Muffins, Juice, Fruit,  
Milk

#### Lunch

Chicken Patty  
French Fries  
Corn

#### Dinner

Orange Chicken  
Rice  
Broccoli

### Saturday

#### Breakfast

Bagels, Cream Cheese,  
Fruit, Juice, Milk

## SPECIAL DIETARY NEEDS

We are able accommodate peanut/tree nut allergies, gluten allergies and intolerance, dairy intolerance, and vegetarian and vegan diets during the summer. While the YMCA Camp Ernst staff works closely with families regarding accommodation of food allergies, please note that we are not a peanut-free or gluten-free facility and, thus, the possibility of exposure does still exist.

Some families like to send their camper with specially labeled foods for mealtime to accommodate dietary needs, and we are able to store those items in our walk-in fridge but must have prior arrangements made.

Your camper's safety is our number one concern during their fun packed week. Please let us know at least two weeks ahead of time of the special diet request and/or severity of your child's food allergy by completing the Online form at: <https://bit.ly/3pSTPxP> or calling us at the camp office at 859-586-6181.

## SNACKS IN THE CABIN

Due to covid-19, we ask that you pack snack items that are individually wrapped (granola bars, individual bags of chips, etc). We will update our policy as more information is provided by the local health department.