

SUMMER MENU



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2021 FOOD PLANNING WITH COVID-19 AND CAMP

During summer 2021, we will be making a few modifications to our dining procedures. All campers will enjoy a to-go breakfast in a dedicated space for their cabin. Lunch and dinner will be served cafeteria style, with camp staff and volunteers serving campers the main meal, alternatives, and salad bar. We will be using both our dining hall space and outdoor seating areas to allow cohorts enough room to be spaced out.

Sunday

Dinner

Chicken Tenders,
Mashed Potatoes,
Peas, Chocolate Chip
Cookies

Alternatives: Veggie
Chicken Tenders,
Baked Potato

Monday

Breakfast

Cereal, Milk, Yogurt,
Fruit, Juice

Lunch

Hamburger, Fries
Corn

Alternatives: Veggie
Burger, Baked Potato,
Sandwich Bar

Dinner

Spaghetti, sauce,
Meatballs, Green
Beans, Bread sticks,
Ice Cream Sandwich

Alternatives: Baked
Potato, Veggie Stir
Fry

Tuesday

Breakfast

Bagels, Cream Cheese,
Fruit, Yogurt, Juice,
Milk

Lunch

Chicken and Cheese
Quesadilla, Fiesta Rice
Black bean and corn
Salad

Alternatives: Taco bar,
Baked Potato

Dinner*

Pizza, Carrots,
Chocolate Chip Cookies

Alternatives: Baked
Potato, Rice and Black
Beans

Wednesday

Breakfast

Muffins, Juice, Fruit,
Yogurt, Milk

Lunch

Chicken Nuggets,
Tater Tots, Green
Beans

Alternatives: Veggie
Nuggets, Baked
Potato

Dinner*

Hot Dogs, Chips, Fruit,
S'mores

Alternatives: Veggie
Dog, Grilled Cheese,
Peanut Butter and Jelly

Thursday

Breakfast

Cereal, Milk, Yogurt,
Fruit, Juice

Lunch

Mini Corn Dogs, Mac
and Cheese, Peas

Alternatives: Veggie
Corn dogs, Baked
Potato, Sandwich Bar

Dinner

French Toast, Bacon,
Potatoes, Ice Cream

Alternatives: Eggs,
Oatmeal, Biscuits,
Gravy

Friday

Breakfast

Bagels, Cream Cheese,
Fruit, Yogurt, Juice,
Milk

Lunch

Chicken Patty, Fries
Corn

Alternatives: Veggie
Chick'n Patty, Baked
Potato

Dinner

Orange Chicken, Rice,
Broccoli, Chocolate
Chip Cookies

Alternatives: Veggie
Orange Chick'n, Baked
Potato, Veggie Stir Fry

Saturday

Breakfast

Muffins, Juice, Milk

* Cookout and Pizza nights vary between Tuesday and Wednesday depending on what unit the camper is in

SALAD BAR– Lunch and Dinner will include a salad bar including lettuce, assorted veggies, dressing, cottage cheese, and fresh cut fruits. Options may vary by meal.

SPECIAL DIETARY NEEDS

We are able to 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://myycamp.org/dietary-needs/> or calling us at the camp office at 859-586-6181.