

# EAT GREAT



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Camp Ernst Summer Sessions Menus YMCA CAMP ERNST

**Menu A (weeks 1, 3, 5, 7, 9)**

**Menu B (weeks 2, 4, 6, 8)**

**Gluten Free A (weeks 1, 3, 5, 7, 9)**

**Gluten Free B (weeks 2, 4, 6, 8)**

### **Peanut/Tree Nut Allergies**

Menu items are Peanut Free with the exception of some desserts. Call our office before your child's week to request a peanut free table or add your child to the peanut free list

### **Gluten Intolerance**

Gluten Free Menus substitute main times or alternative options for your camper. Please call our office before your child's week to request they be put on the Gluten Free list.

### **Dairy Intolerance**

Soy milk is offered at each breakfast as an alternative to milk. An alternative may need to be substituted for a main menu item. Call the camp office before your child's week of camp to inform us of dairy intolerances.

### **Vegetarian/Vegan Diets**

Check out the alternatives table for cook's specials which will always provide a vegetarian option or make a colorful salad at the Salad Bar.



# MENU A

## Weeks: 1,3,5,7,9

### Sunday Dinner

Chicken Tenders, Mashed Potatoes, Green Beans,  
Dessert: Chocolate Chip Cookies Alternative: Baked Potato

### Saturday Breakfast

Breakfast Cake, Orange Juice



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### Monday

#### Breakfast

French Toast  
Syrup, Butter Packet  
Sausage links  
Orange Juice

Alternative:  
Scrambled Eggs

#### Lunch

Ham Wraps  
Turkey Wraps  
Macaroni and Cheese  
Potato Chips

Alternative:  
Veggie Burger

#### Dinner

Tortellini w/ Red Sauce  
Broccoli  
Breadsticks  
Dessert: Rice Krispy  
Treats

Alternative:  
Pasta w/ Red Sauce

### Tuesday

#### Breakfast

Scrambled Eggs  
Bacon  
Potato Cubes  
Orange Juice

Alternative:  
Mini Muffins

#### Lunch

Tacos  
Fiesta Rice  
Tortilla Shells and Chips  
Lettuce, Salsa, Sour  
Cream, Cheese

Alternative:  
Black Beans, White Rice

#### Dinner\*\*

Cheese Pizza  
Pepperoni Pizza  
Fresh Carrots  
Dessert: Chocolate Chip  
Cookies

Alternative:  
Vegan and Veggie Pizza

### Wednesday

#### Breakfast

Biscuits  
Sausage Gravy  
Sausage Patty  
Orange Juice

Alternative:  
Scrambled Eggs

#### Lunch

Chicken Nuggets  
Tater Tots  
Green Beans  
Ketchup

Alternative:  
Sandwich Bar

#### Dinner- Cookout\*\*

Hot Dogs  
Chips  
Apples and Oranges  
Dessert: S'mores

Alternative:  
Grilled Cheese, Peanut  
Butter and Jelly

### Thursday

#### Breakfast

Pancakes  
Syrup, Butter Packets  
Sausage Links  
Orange Juice

Alternative:  
Mini Muffins

#### Lunch

Chicken Quesadilla  
Fiesta Rice  
Black bean and corn  
Salad

Alternative:  
Black Beans, White Rice

#### Dinner

Cincinnati Style Chili  
Spaghetti  
Peas  
Dessert: Ice Cream

Alternative:  
Hot Dogs and Buns,  
Plain Spaghetti

### Friday

#### Breakfast

Cinnamon Rolls  
Bacon  
Orange Juice

Alternative:  
Scrambled Eggs

#### Lunch

Grilled Cheese  
Tomato Soup  
Chicken Noodle Soup  
Crackers

Alternative:  
Sandwich Bar

#### Dinner

Hamburgers and Buns  
French Fries  
Corn  
Dessert: Chocolate  
Chip Cookies

Alternative:  
Veggie Burger

### Breakfast Alternatives

Bagels, Bread  
Peanut Butter & Jelly  
Cream Cheese  
Apples, Oranges, Bananas  
Cereal

### Chill Bar (breakfast)

Milk Cartons  
Yogurt  
Apple Juice  
Orange Juice  
Apple Sauce  
Cottage Cheese  
Fresh Cut Melon

### Lunch & Dinner Alternatives

Baked Potato  
PB & J Bread  
Fresh fruit  
Soup of the day  
Meal specific alternative

### Salad Bar\*

Salad Mix  
Salad Dressings  
Cottage Cheese  
Apple Sauce  
Assorted Veggies  
Shredded Cheese  
Sour Cream

### Family Style

Meals are served family style.  
Main menu items are on cabin  
tables. The alternative tables  
and salad bar are located in  
the aisles of the dining hall.

\*Salad bar offerings vary daily so check it often. It will be available during every lunch and dinner.

\*\*LIT Tuesday dinner is a cookout while Wednesday dinner is make your own pizza night

# MENU B

## Weeks: 2,4,6,8

### Sunday Dinner

Chicken Tenders, Mashed Potatoes, Green Beans,  
Dessert: Chocolate Chip Cookies Alternative: Baked Potato

### Saturday Breakfast

Breakfast Cake, Orange Juice



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Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast Alternatives
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	Bagels, Bread Peanut Butter & Jelly Cream Cheese Apples, Oranges, Bananas Cereal
French Toast Syrup, Butter Packet Sausage links Orange Juice	Scrambled Eggs Bacon Potato Cubes Orange Juice	Biscuits Sausage Gravy Sausage Patty Orange Juice	Pancakes Syrup, Butter Packets Sausage Links Orange Juice	Cinnamon Rolls Bacon Orange Juice	
Alternative: Scrambled Eggs	Alternative: Mini Muffins	Alternative: Scrambled Eggs	Alternative: Mini Muffins	Alternative: Scrambled Eggs	<b>Chill Bar (breakfast)</b> Milk Cartons Yogurt Apple Juice Orange Juice Apple Sauce Cottage Cheese Fresh Cut Melon
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
Mini Corn Dogs Macaroni and Cheese Green Beans Mustard/Mayo	Tacos Fiesta Rice Tortilla Shells and Chips Lettuce, Salsa, Sour Cream, Cheese	Chicken Nuggets Tater Tots Green Beans Ketchup	Chicken Patty Buns French Fries Corn	Grilled Cheese Tomato Soup Chicken Noodle Soup Crackers	<b>Lunch &amp; Dinner Alternatives</b> Baked Potato PB & J Bread Fresh fruit Soup of the day Meal specific alternative
Alternative: Veggie Burger	Alternative: Black Beans, White Rice	Alternative: Sandwich Bar	Alternative: Black Beans, White Rice	Alternative: Sandwich Bar	
<b>Dinner</b>	<b>Dinner**</b>	<b>Dinner- Cookout**</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Salad Bar*</b> Salad Mix Salad Dressings Cottage Cheese Apple Sauce Assorted Veggies Shredded Cheese Sour Cream
Spaghetti w/ Red Sauce Meatballs Broccoli Breadsticks Dessert: Rice Krispy Treats	Cheese Pizza Pepperoni Pizza Fresh Carrots Dessert: Chocolate Chip Cookies	Hot Dogs Chips Apples and Oranges Dessert: S'mores	Cincinnati Style Chili Spaghetti Peas Dessert: Ice Cream	Hamburgers and Buns French Fries Corn Dessert: Chocolate Chip Cookies	<b>Family Style</b> Meals are served family style. Main menu items are on cabin tables. The alternative tables and salad bar are located in the aisles of the dining hall.
Alternative: Pasta w/ Red Sauce	Alternative: Vegan and Veggie Pizza	Alternative: Grilled Cheese, PB & J	Alternative: Hot Dogs	Alternative: Veggie Burger	

\*Salad bar offerings vary daily so check it often. It will be available during every lunch and dinner.

\*\*LIT Tuesday dinner is a cookout while Wednesday dinner is make your own pizza night

# GLUTEN FREE Weeks: 1,3,5,7,9

## Sunday Dinner

Chicken Tenders, Mashed Potatoes, Green Beans,  
Dessert: Chocolate Chip Cookies Alternative: Baked Potato

## Saturday Breakfast

Breakfast Cake, Orange Juice



### Monday

#### Breakfast

French Toast w/ GF bread  
Syrup, Butter Packet  
Sausage links  
Orange Juice

Alternative:  
Scrambled Eggs

#### Lunch

Turkey Sandwich on GF bread  
Cheese  
Mustard/Mayo

Alternative:  
Baked Potato

#### Dinner

GF Pasta w/ Red Sauce  
Broccoli  
Dessert: Rice Krispy Treats

Alternative:  
Baked Potato

### Tuesday

#### Breakfast

Scrambled Eggs  
Bacon  
Potato Cubes  
Orange Juice

Alternative:  
GF Bagel

#### Lunch

Tacos  
Fiesta Rice  
Corn Chips  
Lettuce, Salsa, Sour Cream, Cheese

Alternative:  
Black Beans, White Rice

#### Dinner\*\*

Cheese Pizza on GF crust  
Fresh Carrots  
Dessert: Pudding Cup

Alternative:  
Pasta w/ Red Sauce

### Wednesday

#### Breakfast

GF Bagel  
Sausage Gravy  
Sausage Patty  
Orange Juice

Alternative:  
Scrambled Eggs

#### Lunch

GF Chicken Nuggets  
Tater Tots  
Green Beans  
Ketchup

Alternative:  
Sandwich Bar

#### Dinner- Cookout\*\*

Hot Dogs  
GF Bun  
Chips  
Apples and Oranges  
Dessert: S'mores

Alternative:  
Grilled Cheese, PB & J

### Thursday

#### Breakfast

GF Pancakes  
Syrup, Butter Packets  
Sausage Links  
Orange Juice

Alternative:  
Oatmeal

#### Lunch

Chicken Patty  
GF Buns  
French Fries  
Corn

Alternative:  
Black Beans, White Rice

#### Dinner

Cincinnati Style Chili  
GF Spaghetti  
Peas  
Dessert: Ice Cream

Alternative:  
Hot Dogs

### Friday

#### Breakfast

GF Cereal  
Bacon  
Orange Juice

Alternative:  
Scrambled Eggs

#### Lunch

Grilled Cheese on GF bread  
Tomato Soup

Alternative:  
Sandwich Bar

#### Dinner

Hamburgers and GF Buns  
French Fries  
Corn  
Dessert: Chocolate Chip Cookies

Alternative:  
Veggie Burger

### Breakfast Alternatives

Bagels, Bread  
Peanut Butter & Jelly  
Cream Cheese  
Apples, Oranges, Bananas  
Cereal

### Chill Bar (breakfast)

Milk Cartons  
Yogurt  
Apple Juice  
Orange Juice  
Apple Sauce  
Cottage Cheese  
Fresh Cut Melon

### Lunch & Dinner

#### Alternatives

Baked Potato  
PB & J Bread  
Fresh fruit  
Soup of the day  
Meal specific alternative

### Salad Bar\*

Salad Mix  
Salad Dressings  
Cottage Cheese  
Apple Sauce  
Assorted Veggies  
Shredded Cheese  
Sour Cream

### Family Style

Meals are served family style. Main menu items are on cabin tables. The alternative tables and salad bar are located in the aisles of the dining hall.

\*Salad bar offerings vary daily so check it often. It will be available during every lunch and dinner.

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# GLUTEN FREE

## Weeks: 2,4,6,8

### Sunday Dinner

Chicken Tenders, Mashed Potatoes, Green Beans,  
Dessert: Chocolate Chip Cookies Alternative: Baked Potato

### Saturday Breakfast

Breakfast Cake, Orange Juice



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### Monday

#### Breakfast

French Toast w/ GF bread  
Syrup, Butter Packet  
Sausage links  
Orange Juice

Alternative:  
Scrambled Eggs

#### Lunch

Turkey Sandwich on GF bread  
Cheese  
Mustard/Mayo

Alternative:  
Baked Potato

#### Dinner

GF Pasta w/ Red Sauce  
Meatballs  
Broccoli  
Dessert: Rice Krispy Treats

Alternative:  
Baked Potato

### Tuesday

#### Breakfast

Scrambled Eggs  
Bacon  
Potato Cubes  
Orange Juice

Alternative:  
GF Bagel

#### Lunch

Tacos  
Fiesta Rice  
Corn Chips  
Lettuce, Salsa, Sour Cream, Cheese

Alternative:  
Black Beans, White Rice

#### Dinner\*\*

Cheese Pizza on GF crust  
Fresh Carrots  
Dessert: Pudding Cup

Alternative:  
Pasta w/ Red Sauce

### Wednesday

#### Breakfast

GF Bagel  
Sausage Gravy  
Sausage Patty  
Orange Juice

Alternative:  
Scrambled Eggs

#### Lunch

GF Chicken Nuggets  
Tater Tots  
Green Beans  
Ketchup

Alternative:  
Sandwich Bar

#### Dinner- Cookout\*\*

Hot Dogs  
GF Bun  
Chips  
Apples and Oranges  
Dessert: S'mores

Alternative:  
Grilled Cheese, PB & J

### Thursday

#### Breakfast

GF Pancakes  
Syrup, Butter Packets  
Sausage Links  
Orange Juice

Alternative:  
Oatmeal

#### Lunch

Chicken Quesadilla on GF Tortilla  
Fiesta Rice  
Black bean and corn Salad

Alternative:  
Black Beans, White Rice

#### Dinner

Cincinnati Style Chili  
GF Spaghetti  
Peas  
Dessert: Ice Cream

Alternative:  
Hot Dogs

### Friday

#### Breakfast

GF Cereal  
Bacon  
Orange Juice

Alternative:  
Scrambled Eggs

#### Lunch

Grilled Cheese on GF bread  
Tomato Soup

Alternative:  
Sandwich Bar

#### Dinner

Hamburgers and GF Buns  
French Fries  
Corn  
Dessert: Chocolate Chip Cookies

Alternative:  
Veggie Burger

### Breakfast Alternatives

Bagels, Bread  
Peanut Butter & Jelly  
Cream Cheese  
Apples, Oranges, Bananas  
Cereal

### Chill Bar (breakfast)

Milk Cartons  
Yogurt  
Apple Juice  
Orange Juice  
Apple Sauce  
Cottage Cheese  
Fresh Cut Melon

### Lunch & Dinner

#### Alternatives

Baked Potato  
PB & J Bread  
Fresh fruit  
Soup of the day  
Meal specific alternative

#### Salad Bar\*

Salad Mix  
Salad Dressings  
Cottage Cheese  
Apple Sauce  
Assorted Veggies  
Shredded Cheese  
Sour Cream

#### Family Style

Meals are served family style. Main menu items are on cabin tables. The alternative tables and salad bar are located in the aisles of the dining hall.

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# MORE INFO

## **SPECIAL DIETARY NEEDS**

Please let the office know at [ce@myycamp.org](mailto:ce@myycamp.org) if your child has any other dietary need and if you don't see any main menu items or alternatives on the menu for your child. You may want to send them to camp with specially labeled foods for us to keep in our walk-in fridge. The counselor can help you get your food to the kitchen during check-in.

## **LABELING FOOD**

Camper's Name  
Cabin # or Letter  
Week #  
Day and Specific Meal

Johnny Camper  
Camper #17  
Week 3  
Tuesday Dinner

## **PEANUT ALLERGIES (more info)**

Your camper's safety is our number one concern during their fun packed week. Please let us know ahead of time of the severity of your child's allergy by calling the office at 859-586-6181

## **DINING HALL**

You can choose to have either a whole or half peanut free table in the dining hall for your child. Tables labeled peanut free will be bleached before your child's meal. We do our best to substitute our desserts for peanut free options (pudding, rice krispy treats, etc) but this is a fun opportunity to send your camper with their own special desserts (which can be stored in the kitchen with camper's name and cabin clearly labeled).

## **IN THE CABIN**

If we need to designate your camper's cabin a peanut free cabin, please contact us at least two weeks before your campers session by calling the office at 859-586-6181. A note will be sent out to bunk mate's families to inform them of the necessary precaution to not bring peanut snacks into the cabin.