

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
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	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	Chill Bar (breakfast) Milk Cartons Yogurt Apple Juice Orange Juice Apple Sauce Cottage Cheese Fresh Cut Melon
Lunch	Lunch	Lunch	Lunch	Lunch	
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	Lunch & Dinner Alternatives 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	
Dinner	Dinner**	Dinner- Cookout**	Dinner	Dinner	Salad Bar* 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	Family Style Meals are served family style. Main menu items are on cabin tables. The alternative tables and salad car 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 car 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

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

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MORE INFO

SPECIAL DIETARY NEEDS

Please let the office know at 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.