

EAT GREAT



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Camp Ernst Summer Menu YMCA CAMP ERNST

Peanut/Tree Nut Allergies

Menu items do not include peanuts. Some items may be processed in the same facility as peanuts or tree nuts. Call our office or complete the food allergy form at least two weeks before your child's week to communicate how you would like your camper's food allergy to be managed.

Gluten Intolerance

Gluten Free Menus substitute main items 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.

Food Allergy Form

Please submit this form at least two weeks before your camper's week.
<http://myycamp.org/webform/food-allergy-information-webform>

Disclaimer: While YMCA Camp Ernst staff works closely with families regarding excellent accommodation of food allergies, please note that ours is not a peanut-free facility and, thus, the possibility of exposure does still exist.



SUMMER MENU



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Monday

Breakfast

French Toast
Syrup, Butter Packet
Sausage links
Orange Juice

Alternative:
Scrambled Eggs

Lunch

Mini Corn Dogs
Macaroni and Cheese
Peas
Mustard/Ketchup

Alternative:
Vegan Potato Bowl

Dinner

Hamburgers
Buns
French Fries
Corn
Dessert: Rice Krispie
Treats

Alternative:
Vegan Burger

Tuesday

Breakfast

Waffles
Bacon
Potato Cubes
Orange Juice

Alternative:
Mini Muffins

Lunch

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

Alternative:
White Rice, Chicken

Dinner**

Cheese Pizza
Pepperoni Pizza
Fresh Carrots
Dessert: Chocolate Chip
Cookies

Alternative
Vegan and Veggie Pizza

Sunday Dinner

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

Saturday Breakfast

Breakfast Cake, Orange Juice

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

Grilled Cheese
Tomato Soup
Potato Chips
Crackers

Alternative:
Grilled Veggie Sandwich
Chicken Noodle Soup

Dinner

Chicken Quesadilla
Cheese Quesadilla
Fiesta Rice
Black bean and corn
Salad
Dessert: Ice Cream

Alternative:
Veggie Stir Fry

Friday

Breakfast

Cinnamon Rolls
Bacon
Orange Juice

Alternative:
Scrambled Eggs

Lunch

Chicken Patty
Bun
French Fries
Corn

Alternative:
Vegan Chicken Patty

Dinner

Spaghetti w/ Red Sauce
Meatballs
Broccoli
Breadsticks
Dessert: Chocolate Chip
Cookies

Alternative:
Plain Pasta

Breakfast Alternatives

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

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
Hummus

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

GLUTEN FREE SUMMER MENU

Sunday Dinner

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

Saturday Breakfast

GF Cereal, Orange Juice



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Gluten Free items are available per request. Call ahead (589-586-6181) to get on the Gluten Free list for your camper week. Our Food Service Leader will check in with your camper on Sunday about their menu selection for the week..

Monday

Breakfast

GF Waffle
Syrup, Butter Packet
Sausage links
Orange Juice

Alternative:
Scrambled Eggs

Lunch

Turkey Sandwich on GF bread
Cheese
Mustard/Mayo

Alternative:
Potato Bowl

Dinner

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

Alternative:
Baked Potato

Tuesday

Breakfast

GF Waffle
Bacon
Potato Cubes
Orange Juice

Alternative:
GF Bagel

Lunch

GF Tortilla
Fiesta Rice
Corn Chips
Lettuce, Salsa, Sour Cream, Cheese

Alternative:
Black Beans, White Rice

Dinner**

GF Cheese Pizza
Fresh Carrots
Dessert: GF Chocolate Chip Cookie

Alternative:
Veggie and Vegan pizza on GF crust

Wednesday

Breakfast

GF Bagel
Sausage Patty
Orange Juice

Alternative:
Scrambled Eggs

Lunch

GF Chicken Nuggets
Tater Tots
Green Beans
Ketchup

Alternative:
Baked Potato

Dinner- Cookout**

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

Alternative:
Grilled Cheese on GF, PB & J

Thursday

Breakfast

GF Waffle
Syrup, Butter Packets
Sausage Links
Orange Juice

Alternative:
Oatmeal

Lunch

GF Mac N Cheese
Tomato Soup

Alternative:
Grilled Veggie sandwich on GF bread

Dinner

Cheese Quesadilla on GF Tortilla
Fiesta Rice
Black bean & corn salad
Dessert: Ice Cream

Alternative:
Veggie Stir Fry

Friday

Breakfast

GF Bagel
Bacon
Orange Juice

Alternative:
Scrambled Eggs

Lunch

GF Chicken Tenders
French Fries
Corn

Alternative:
Baked Potato

Dinner

GF Pasta w/Red Sauce
GF Meatballs
Broccoli
Dessert: GF Chocolate Chip Cookies

Alternative:
Baked Potato

Breakfast Alternatives

GF Bagels, GF 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
GF 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
Hummus

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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MORE INFO

SPECIAL DIETARY NEEDS

Please let the office know at FoodService@cincinnatiymca.org if your child has any other dietary need and if you don't see any acceptable main menu items or alternatives on the menu. 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
Cabin #17
Week 3
Tuesday Dinner

FOOD ALLERGIES

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 severity of your child's food allergy by calling the office at 859-586-6181 or by completing the online form at: <http://myycamp.org/webform/food-allergy-information-webform>

DINING HALL

We can accommodate your request that your child not eat at the same table as another child eating peanut butter. Be sure to let us know two weeks in advance by calling the office or filling out the online form.

SNACKS IN THE CABIN

While we cannot guarantee a peanut free environment, we would be happy to email your camper's cabinmates on your behalf if you request it. Call us or email us at foodservice@cincinnatiymca.org with this request at least two weeks before your camper's week.