

# 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 SAMPLE MENU



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## Monday

### Breakfast

Biscuits  
Sausage Gravy  
Sausage Patty  
Orange Juice

Alternative:  
Scrambled Eggs

### Lunch

Mini Corn Dogs  
Macaroni and Cheese  
Peas  
Mustard/Ketchup

Alternative:  
Grilled Cheese, Soup

### Dinner

Hamburgers  
Buns  
French Fries  
Corn  
Dessert: Rice Krispie  
Treats

Alternative:  
Vegan Burger

## Tuesday

### Breakfast

French Toast  
Syrup, Butter Packet  
Sausage links  
Orange Juice

Alternative:  
Mini Muffins

### Lunch

Tacos  
Fiesta Rice  
Tortilla Shells  
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

## Wednesday

### Breakfast

Breakfast Burritos  
Eggs  
Potato Cubes  
Orange Juice

Alternative:  
Mini Muffins

### 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  
Cheese Quesadilla  
Fiesta Rice  
Black bean and corn  
Salad

Alternative:  
Grilled Cheese, Soup

### Dinner

Orange Chicken  
Rice  
Broccoli  
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  
Green Beans  
Breadsticks  
Dessert: Chocolate Chip  
Cookies

Alternative:  
Plain Pasta

## Sunday Dinner

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

## Saturday Breakfast

Breakfast Cake, Orange Juice

## Alternatives

Our alternative options will look  
different for summer 2021.  
Prepackaged items like salad,  
fruit, milk, etc will be available.  
More details will be provided  
Spring 2021.

# GLUTEN FREE SAMPLE SUMMER MENU



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

## Sunday Dinner

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

## Saturday Breakfast

GF Cereal, Orange Juice

## Alternatives

Our alternative options will look different for summer 2021. Prepackaged items like salad, fruit, milk, etc will be available. More details will be provided Spring 2021.

# MORE INFO

## **SPECIAL DIETARY NEEDS**

Please let the office know at [FoodService@cincinnatiymca.org](mailto: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](mailto:foodservice@cincinnatiymca.org) with this request at least two weeks before your camper's week.