

# YMCA CAMP ERNST MENU – WEEKS: 0, 2, 4, 6, 8

Camp meals are served cafeteria style. Alternative options and a salad bar are available at all meals. Please see the dietary needs section for more information on how dietary and food allergies are handled at camp.

	BREAKFAST	LUNCH	DINNER
SUNDAY			Chicken Tenders Mashed Potatoes Peas Chocolate Chip Cookies
MONDAY	Egg Bites Bacon Potato Cubes Mini Muffin	Pulled BBQ Pork Sandwich Tater Tots Cole Slaw	Homemade Pizza Salad Ice Cream Sandwich
TUESDAY	Pancakes Sausage Links Scrambled Eggs	Chicken or Cheese Quesadilla Black Beans Rice Corn Chips and Salsa	Pasta and Sauce Mixed Veggies Chicken or Black Beans Garlic Breadstick Rice Krispie Treat
WEDNESDAY	Cinnamon Rolls Bacon Hash Brown Patty Egg Omelets	Chicken Nuggets Mac and Cheese Green Beans	Hot Dog and Bun Chips Whole Fruit Gogurt and Fruit Snacks S'more
THURSDAY	Biscuits Egg Patty Cheese Slices Sausage Patty	Hamburgers Cheese Slices French Fries Corn	Spaghetti and Sauce Meatballs or Black Beans Vegetable Blend Garlic Bread Ice Cream Bar
FRIDAY	French Toast Sausage Links Scrambled Eggs	Chicken Wraps and Grilled Cheese Sandwiches Pasta Salad Chips	Orange Chicken Fried Rice Broccoli Popsicle
SATURDAY	Muffins Juice Milk	<b>DAILY SALAD BAR AND ALTERNATIVES OPTIONS AVAILABLE:</b> <b>Breakfast</b> - Cereals, bagels, peanut butter and jelly, fresh fruit, yogurt, cottage cheese, apple sauce. <b>Lunch and Dinner</b> - Salad, fresh fruits and vegetables, baked potato bar, apple sauce, cottage cheese, peanut butter and jelly	

# YMCA CAMP ERNST MENU – WEEKS: 1, 3, 5, 7, 9

Camp meals are served cafeteria style. Alternative options and a salad bar are available at all meals. Please see the dietary needs section for more information on how dietary and food allergies are handled at camp.

	BREAKFAST	LUNCH	DINNER
SUNDAY			Chicken Tenders Mashed Potatoes Peas Chocolate Chip Cookies
MONDAY	Egg Bites Bacon Potato Cubes Mini Muffin	Chicken Patty Sandwich Tater Tots Cole Slaw	Homemade Pizza Salad Ice Cream Sandwich
TUESDAY	Pancakes Sausage Links Scrambled Eggs	Beef Tacos Black Beans Rice Corn Chips and Salsa	Pasta and Sauce Mixed Veggies Chicken or Black Beans Breadstick Rice Krispie Treat
WEDNESDAY	Cinnamon Rolls Bacon Hash Brown Patty Egg Omelets	Mini Corndogs Mac and Cheese Green Beans	Hot Dog and Bun Chips Whole Fruit Gogurt and Fruit Snacks S'more
THURSDAY	Biscuits Egg Patty Cheese Slices Sausage Patty	Hamburgers Cheese Slices French Fries Corn	Spaghetti Cincinnati Style Chili or Black Beans Vegetable Blend Garlic Bread Ice Cream Bar
FRIDAY	French Toast Sausage Links Scrambled Eggs	Chicken Wraps and Grilled Cheese Sandwiches Pasta Salad Chips	Orange Chicken Fried Rice Broccoli Popsicle
SATURDAY	Muffins Juice Milk	<b>DAILY SALAD BAR AND ALTERNATIVES OPTIONS AVAILABLE:</b> <b>Breakfast</b> - Cereals, bagels, peanut butter and jelly, fresh fruit, yogurt, cottage cheese, apple sauce. <b>Lunch and Dinner</b> - Salad, fresh fruits and vegetables, baked potato bar, apple sauce, cottage cheese, peanut butter and jelly	

# YMCA CAMP ERNST DIETARY NEEDS INFO

We are able to accommodate a variety of dietary needs, including peanut and tree nut allergies, gluten allergies or intolerances, dairy intolerance, and vegetarian or vegan diets. Families with other dietary restrictions are encouraged to reach out so we can discuss how we may best support their camper's needs.

Due to the large number of campers we serve each week, **WE REQUIRE ALL CAMPERS AND STAFF WITH DIETARY NEEDS TO COMPLETE OUR DIETARY FORM AT LEAST TWO WEEKS IN ADVANCE FOR EACH WEEK IN ATTENDANCE.** This allows our kitchen team to prepare appropriately and helps ensure meals run as smoothly as possible. Both kitchen staff and counselors will receive a copy of each camper's dietary plan so they can support the camper during mealtimes.

Dietary Forms are Available beginning May 15<sup>th</sup> here: <https://myycamp.org/dietary-needs/>

Our summer menu includes dedicated vegetarian/vegan and gluten-free options.

All main dishes are prepared without peanuts or tree nuts. To best support campers with nut allergies, we gather information about the severity of each camper's allergy so we can take appropriate steps to minimize the risk of exposure.

While our staff works closely with families to plan appropriate accommodations, please note that we are not a peanut-free or gluten-free facility. As such, the possibility of cross-contamination does still exist.

Some families choose to send their camper with clearly labeled supplemental food items easily prepared in a microwave. We are able to store these items in our walk-in refrigerator; however, this must be arranged in advance with our team.

To help us best prepare, please complete our dietary information form at least two weeks prior to your camper's session: <https://myycamp.org/dietary-needs/> or contact the camp office at 859-586-6181.

# YMCA CAMP ERNST VEGAN/VEGITARIAN MENU

Campers and staff who prefer or need items off this menu must complete a dietary form: <https://myycamp.org/dietary-needs/> two weeks in advance of session. Alternative options and a salad bar are available at all meals.

	BREAKFAST	LUNCH	DINNER
SUNDAY			Vegan Chicken Tenders Mashed Potatoes Peas Vegan Chocolate Chip Cookies
MONDAY	Vegan Egg Vegan Sausage Potato Cubes	Vegan Chicken Patty Sandwich Tater Tots	Homemade Vegan/Veggie Pizza Salad Dairy Free Ice Cream Sandwich
TUESDAY	Vegan Pancakes Vegan Sausage Links	Tacos Black Beans Rice Corn Chips and Salsa	Pasta and Sauce Mixed Veggies Black Beans Garlic Breadstick Popsicle
WEDNESDAY	Cinnamon Rolls Vegan Sausage Hash Brown Patty	Vegan Chicken Nuggets Dairy Free Mac and Cheese Green Beans	Vegan Hot Dog and Bun Chips Whole Fruit S'more
THURSDAY	Bagel Vegan Egg Vegan Sausage Patty	Vegan Burger French Fries Corn	Spaghetti Sauce and Black Beans Vegetable Blend Garlic Bread Dairy Free Ice Cream Sandwich
FRIDAY	Vegan Pancakes Vegan Sausage Links	Veggie Wraps Pasta Salad Chips	Vegan Orange Chicken White Rice Broccoli Popsicle
SATURDAY	Vegan Muffins Juice	<b>DAILY SALAD BAR AND ALTERNATIVES OPTIONS AVAILABLE:</b> <b>Breakfast-</b> Cereals, bagels, peanut butter and jelly, fresh fruit, yogurt, cottage cheese, apple sauce. <b>Lunch and Dinner-</b> Salad, fresh fruits and vegetables, baked potato bar, apple sauce, cottage cheese, peanut butter and jelly	

# YMCA CAMP ERNST GLUTEN FREE MENU

Campers and staff who prefer or need items off this menu must complete a dietary form: <https://myycamp.org/dietary-needs/> two weeks in advance of session. Alternative options and a salad bar are available at all meals.

	BREAKFAST	LUNCH	DINNER
SUNDAY			GF Chicken Tenders Mashed Potatoes Peas GF Chocolate Chip Cookies
MONDAY	Egg Bites Bacon Potato Cubes	GF Chicken Patty GF Bun Tater Tots Coleslaw	GF Pizza Salad Popsicles
TUESDAY	GF Pancakes Sausage Links Scrambled Egg	Tacos with Corn Tortilla Black Beans Rice Corn Corn Tortilla Chips and Salsa	GF Pasta and Sauce Mixed Veggies Chicken GF Breadstick Popsicle
WEDNESDAY	GF Muffin Bacon Hash Brown Patty	GF Chicken Nuggets GF Mac and Cheese Green Beans	Hot Dog and GF Bun Chips Whole Fruit Gogurt GF S'more
THURSDAY	GF Bagel Egg Patty Sausage Patty	Hamburger GF Bun French Fries Corn	GF Spaghetti and Sauce Vegetable Blend GF Bread Stick Popsicle
FRIDAY	GF Pancakes Sausage Links Scrambled Eggs	GF Chicken Wrap or GF Grilled Cheese GF Mac and Cheese Chips	GF Breaded Chicken White Rice Broccoli Popsicle
SATURDAY	GF Muffins Juice Milk	<b>DAILY SALAD BAR AND ALTERNATIVES OPTIONS AVAILABLE:</b> <b>Breakfast-</b> Cereals, bagels, peanut butter and jelly, fresh fruit, yogurt, cottage cheese, apple sauce. <b>Lunch and Dinner-</b> Salad, fresh fruits and vegetables, baked potato bar, apple sauce, cottage cheese, peanut butter and jelly	