



# YMCA Camp Benson

## Adventure Week 1

Ice water is served at every meal  
 Milk is served at Breakfast and Dinner  
 Juice is served at Breakfast and Lunch

**PB&J Note:** We serve Sunbutter (doesn't contain peanuts)  
**Salad Bar includes:** lettuce blend, tomatoes, baby carrots cucumbers, cheese, croutons, and dressing.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	N/A	French Toast Sausage Patties	Breakfast Sandwiches Hashbrowns	<b>Breakfast In Bed</b> Muffins	Pancakes Bacon	Scrambles Eggs Sausage Links	Cinnamon Rolls
Lunch	N/A	Cereal Bowl Apples Yogurt and Granola	Cereal Bowl Oranges Bagels Cream Cheese	Cereal Bowl Yogurt and Granola Bananas	Cereal Bowl Apples Yogurt and Granola	Cereal Bowl Oranges Bagels Cream Cheese	Cereal Bowl Yogurt and Granola Bananas
Dinner	Chili Cornbread Peaches Salad Bar	Philly Steak Sub Curly Fries Applesauce Salad Bar	Dino Nuggets Mac N Cheese Grapes Salad Bar	Grilled Cheese Soup Oranges Salad Bar	Chicken Patties Tater Tots Pears Salad Bar	N/A	N/A
Dinner	<b>Cook Out</b> Hamburgers Brats Chips Pickle Spear  Mystery Dessert	Spaghetti/Meatballs Garlic Bread Broccoli Salad Bar  Frozen Fruit Bar	Walking Taco Spanish Rice Corn Salad Bar  Brownies	Lasagna Garlic bread Mixed Vegetable Salad bar  Ice Pops	Grilled Chicken Mashed Potatoes Green Beans Salad Bar  Cookies	Pizza Carrot Sticks Salad Bar  Ice Cream Cup	N/A
<b>Vegetarian Substitutions</b>							
Stir Fry Veggies Grilled Cheese Mexican Rice & Beans			Hummus w/pita bread Malibu Burger Black bean Burger			Cheese Quesadilla Tomato Soup Seasoned Potato Wedges	