



YMCA Camp Benson

Adventure Weeks 2 & 4

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 Sticks Sausage Patties Cereal Bar Cereal Bowl Apples Yogurt and Granola	Breakfast Sliders Hashbrowns Cereal Bowl Oranges Bagels Cream Cheese	Breakfast In Bed Muffins Cereal Bowl Yogurt and Granola Bananas	Pancakes Bacon Cereal Bowl Apples Yogurt and Granola	Scrambles Eggs Sausage Links Cereal Bowl Oranges Bagels Cream Cheese	Cinnamon Rolls Cereal Bowl Yogurt and Granola Bananas
Lunch	N/A	Mac n Cheese Little Smokies Peaches Salad Bar	Corndogs Seasoned Fries Carrots & Celery Salad Bar	Hot Ham & Cheese Potato Wedges Pears Salad Bar	Chicken Caesar Wraps Garlic Bread Sticks Mixed Fruit Salad Bar	Chicken Strips Curly Fries Applesauce Salad Bar	N/A
Dinner	Pizza Peaches Salad Bar Mystery Dessert	Chicken Stir Fry Stir Fry Vegetables Rice Salad Bar Frozen Fruit Bar	Walking Taco Spanish Rice Corn Salad Bar Churros	Chicken Alfredo Garlic Bread Broccoli Salad Bar Ice Cream	Pulled Pork Scalloped Potatoes Baked beans Salad Bar Cake	Cook Out Hamburgers Brats Baked Beans Chips Pickle Spear Popsicles	N/A
Vegetarian Substitutions							
Stir Fry Veggies Grilled Cheese Mexican Rice & Beans			Hummus w/pita bread Malibu Burger Black bean Burger			Cheese Quesadilla Tomato Soup Seasoned Potato Wedges	