



YMCA Camp Benson

Adventure Weeks 3 & 5

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 Cereal Bowl Apples Yogurt and Granola	Breakfast Sandwiches Hashbrowns Cereal Bowl Oranges Bagels Cream Cheese	Breakfast In Bed Muffins Cereal Bowl Yogurt and Granola Bananas	Pancakes Sausage Cereal Bowl Apples Yogurt and Granola	Scrambles Eggs Bacon Coffee cake Cereal Bowl Oranges Bagels Cream Cheese	Cinnamon Rolls Cereal Bowl Yogurt and Granola Bananas
Lunch	N/A	Chili Cornbread Peaches Salad Bar	Dino Nuggets Mac N Cheese Grapes Salad Bar	Philly Steak Sub Curly Fries Applesauce Salad Bar	Grilled Cheese Soup Oranges Salad Bar	Chicken Patties Tater Tots Pears Salad Bar	N/A
Dinner	Pizza Corn Salad Bar Mystery Dessert	Teriyaki Chicken Stir Fry Veggies Rice Salad Bar Frozen Fruit Bar	Walking Taco Spanish Rice Corn Salad Bar Churros	Chicken and Waffles Mixed Vegetables Salad Bar Ice Cream	Ham Scalloped Potatoes Pineapple Salad Bar Cake	Cook Out Hamburgers Brats 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	

Philly Steak Sub
Curly Fries
Applesauce
Salad Bar