



YMCA Camp Benson

Mini Week

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	N/A	N/A	N/A	Pancakes Bacon Cereal Bowl Apples Yogurt and Granola	French Toast Sticks Sausage Links Cereal Bowl Oranges Bagels Cream Cheese	Cinnamon Rolls Cereal Bowl Yogurt and Granola Bananas
Lunch	N/A	N/A	N/A	N/A	Chicken Tender Tater Tots Watermelon Salad Bar	Grilled Cheese Soup Pears Salad Bar	N/A
Dinner	N/A	N/A	N/A	Pizza Corn Salad Bar Mystery Dessert	Spaghetti Garlic Bread Green Beans Salad Bar Cake	Cook Out Hamburgers Hot Dogs 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	