



YMCA Camp Benson

Teen 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	French Toast Sausage Patties Cereal Bar 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 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	Chicken Ceasar Wraps Garlic Breadsticks Grapes Salad Bar	Bosco Sticks Corn Pineapple Salad Bar	Dino Bites Mac n Cheese Carrots & Celery Salad Bar	Grilled Cheese Soup Oranges Salad Bar	Chicken and Waffles Mixed Vegetables Salad Bar	N/A
Dinner	Pizza Peaches Salad Bar Mystery Dessert	Chicken Stir Fry Stir Fry Vegetables Rice Salad Bar Apple Crisp	Walking Taco Spanish Rice Corn Salad Bar Churros	Philly Steak Sub Curly Fries Applesauce Salad Bar Brownies	Lasagna Garlic bread Mixed Vegetable Salad bar Cookie	Cook Out Hamburger 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	