

YMCA Camp Benson Menu-Adventure #1, #4, SDP Training Week #1 &2, 4H Week and BDAI Week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		Chocolate Chip Pancakes Bacon Sliced Oranges	French Toast Cinnamon Apples	Breakfast Pizza Sliced Peaches Sausage Patties	Breakfast Scramble Assorted Bagles and Cream Cheese	Biscuits and Sausage Gravy Hashbrown Patty Sliced Banana	Waffle Sundays Ice Cream, Sprinkles, Cherries, Whipped Cream, M&Ms
	G	G-Free Pancakes					G-Free Biscuit
	V	Veggie Links			Veggie Sausage		Meatless Gravy
	Every morning will include hand cut fresh fruit, assorted cold cereals, a variety of yogurts, granola, raisins, 2% milk, orange, apple and grape juice.						
Lunch		Sloppy Joes on Hamburger Bun Sun Chips Sliced Pears	Chicken Strips Mac and Cheese Green Beans Fruit Cocktail	Grilled Cheese Tomato Soup Red Grapes	Chix Patty Sammy on Hamburger Bun Tator Tots Fruit Cocktail	Mini Corn Dogs Waffle Fries	
	G	Gluten-Free Bun	Hummus Bar				
	V	Meatless Sloppy Joe	Hummus Bar				
	Every Lunch will include full salad bar with lettuce, tomatoes, cucumbers, mushrooms, peppers, dressings, crutons and more.						
Dinner	Baked Ziti with Meat Marinara Sauce Garlic Bread Sliced Peaches	Loaded Baked Potato Bar Cheese, Sour Cream, Bacon Bits, Chives, Vegetarian Chilli Whole-kernel Corn	HOBO Meals Assortment of food from the cooler that campers wrap in foil and cook	Orange Chix Fresh Bread White Rice	Salisbury Steak Mashed Baked Potatoes	Cookout	
	G	Guten-Free Pasta					
	V	Meat-Free Sauce	Vegetarian Chili				
	Every Dinner will include full salad bar with lettuce, tomatoes, cucumbers, mushrooms, peppers, dressings, crutons and more.						

YMCA Camp Benson Menu-Adventure #2, #3, Teen Week and Camp Kesem Week

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast								
	G							
	V							
Lunch								
	G							
	V							
Dinner								
	G							
	V							