

# CAMP COSBY SAMPLE MENU

V = Vegetarian

\* ALL breakfasts will be served cereal, milk, & juice. All breakfast items are vegetarian except meat & eggs.

One Week Menu

\*\*ALL lunches and dinners will be served with full salad bar, tea & lemonade

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b> Muffins & Danishes Donuts Lil'Smokies Tornadoes (toasted meat and cheese wrap) Fruit/Yogurt	<b>Breakfast</b> Biscuits w/gravy Sausage Patty Eggs Oatmeal Fruit/Yogurt	<b>Breakfast</b> French Toast Sausage Links Tater Tots Grits Fruit/Yogurt	<b>Breakfast</b> Cinnamon Rolls Bacon Strawberries w/ Whipped Topping Oatmeal Fruit/Yogurt	<b>Breakfast</b> Cosby Cakes Sausage Patties Tater Tots Grits Fruit/Yogurt	<b>Breakfast</b> Biscuits Chicken Patties Eggs Fruit Salad Oatmeal Fruit/Yogurt	<b>Breakfast</b> Breakfast Bagels Cheese Toast Hash Browns Grits Fruit/Yogurt
<b>Lunch</b> Baked Potato Bar Broccoli Cheese Sauce Corn Bread V:Meatless Chili w/Toppings	<b>Lunch</b> BBQ Sliders Coleslaw Corn on the Cob Chips V:Grilled Cheese	<b>Lunch</b> Taco Tuesday!!! Rice Beans Nachos V:Quesadillas	<b>Lunch</b> Popcorn Chicken Curly Fries Vegetable Blend Bread Sticks V: Garden Burgers	<b>Lunch</b> Corn Dogs Mac n Cheese Green Beans V: Hash Brown Cass	<b>Lunch</b> <i>Health Kids Day!!</i> Sub Sammies Apple Wedges Carrots w/ Dip Soup of the day	<b>Lunch</b> Sloppy Joes French Fries Pasta Bar V: Black Bean Burger
<b>Dinner</b> Chicken Fingers Mashed Potatoes Gravy Green Beans Rolls V: Broccoli Casserole	<b>Dinner</b> Turkey Dressing GreenBeans Sweet Potatoes V: Squash Cass	<b>Dinner</b> Chicken & Rice Peas n Carrots Rolls V: Broccoli Cass	<b>Dinner</b> Cook Out Night!!! Hamburgers Baked Beans Chips Potato Salad V: Boca Burger	<b>Dinner</b> Savory Chicken Mashed Potatoes Corn on the Cob Garlic Toast V: Green Bean Cass	<b>Dinner</b> Pizza Party Friday!! Pepperoni & Sausage Chips w/Dip Veggie Tray V: Cheese & Vegetable Pizza	<b>Dinner</b> Pork Chops & Apples Sauce!!! Roasted Broccoli & Cailiflower w/ Parmesan Cheese Bread & Butter V:Sw.Potato Cass
<b>Dessert</b> Camp Cosby Treats	<b>Dessert</b> Warm Cookies	<b>Dessert</b> Tye Dye Cake	<b>Dessert</b> Watermelon	<b>Dessert</b> Strawberry Blob Shortcake	<b>Dessert</b> Mini Bike Mud	<b>Dessert</b> Grandma's Banana Pudding

**Daily Snacks** - Campers have "Store" twice where they get to choose a drink and a snack each time. This is included in their tuition fee.

**Dietary Needs** - Camp Cosby's Food Service Director works with special dietary needs to assure each camper is safe and healthy.

If your child has a special need please assure this is noted on their Health Form and contact us. E-mail: [cosby@ymcabham.org](mailto:cosby@ymcabham.org) Phone: 256-268-2007

*This is a sample menu and is subject to change.*