



YMCA Camp Pine Crest: Sample Menu

	Menu 1	Menu 2	Menu 3
Breakfast	Cold Cereal, yogurt, fruit, hot cereal Fruit Pancakes and Bacon Juice	Cold Cereal, yogurt, fruit, hot cereal Cheese Omelettes and hash browns Juice	Cold Cereal, yogurt, fruit, hot cereal Eggs and Sausage on English muffins Juice
Lunch	Soup Grilled Cheese Carrots and Celery Salad Bar	Soup Make your own sandwich Salad Bar	Soup Chili in a bread bowl Carrots and celery Salad Bar
Dinner	Salad Bar Garlic Bread Pasta with Meat Sauce	Salad Bar Chicken Stir Fry Rice	Salad Bar Garlic Mashed Potatoes Roasted Chicken Vegetables
Snack	Nutrigrain bars	Rice Crispy Squares	Popcorn

* This is a sample only. Menus vary throughout the season.