

EAT GREAT



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA CAMP CULLEN

Here at Camp Cullen, we strive to provide each and every child with healthy and nutritious meals that provide the right amount of calories, fats, sugars, and other nutrients essential to healthy development. One way we do this is to provide healthy options at every meal and to ensure that each child has a variety of options from which to choose. This year, we have implemented HEPA standards for our food service operation. HEPA stands for Healthy Eating & Physical Activity and is a nationwide YMCA initiative to help educate today's youth about healthier choices and portion control while ensuring that every child always has enough to eat. We will achieve this through background educational information which will be on display in the Dining Hall all week and through direct counselor to camper interaction.

PEANUT/TREE NUT ALLERGIES

YMCA Camp Cullen is a 100% peanut/ tree nut free facility. We use a soy alternative to peanut butter. We do have a few products that are processed in the same facility as peanuts/ tree nuts. Please contact our Director of Conference & Food Service, Jeremy Hickman, at jeremy.hickman@ymcahouston.org for a complete list of menu items and their ingredients and to request your child be added to our Allergy List.

GLUTEN INTOLERANCE

We offer a gluten free option at every meal. Please call our Camp Office at (936) 594-2274 to request your child be added to the Allergy List.

DAIRY INTOLERANCE

YMCA Camp Cullen offers Soy Milk and Lactose Free Milk at every breakfast. If your child has a specific brand they prefer, we ask that parents provide this for their child. We also offer dairy free options to any of our menu items which may contain milk. Please call our Camp Office at (936) 594-2274 to request your child be added to the Allergy List.

VEGETARIANS & VEGANS

YMCA Camp Cullen offers both vegetarian and vegan options at every meal. In addition, our 40+ item salad bar provides a variety of options with all the necessities for a vegetarian or vegan and is available at every lunch and dinner.



Breakfast Menu

Monday

Breakfast Burritos
w/
Scrambled Eggs
Sausage Crumbles
Crumbled Bacon
Shredded Cheese
Fresh Salsa
Whole Wheat
Tortillas

Steel Cut Oatmeal w/
Cinnamon Sugar
Brown Sugar
Cranberries
Raisins

Cereal
Rice Krispies
Corn Flakes
Raisin Bran
Low Fat Granola

Greek Yogurts
Blueberry
Strawberry
Vanilla

Seasonal Fruit

1% & Skim Milk

OJ & Water

Tuesday

French Toast Sticks
w/ Syrup

Pork Sausage Links

Steel Cut Oatmeal w/
Cinnamon Sugar
Brown Sugar
Cranberries
Raisins

Cereal
Rice Krispies
Corn Flakes
Raisin Bran
Low Fat Granola

Greek Yogurts
Blueberry
Strawberry
Vanilla

Seasonal Fruit

1% & Skim Milk

OJ & Water

Wednesday

Scrambled Eggs

Pork Sausage
Patties

Whole Grain
Biscuits

Steel Cut Oatmeal w/
Cinnamon Sugar
Brown Sugar
Cranberries
Raisins

Cereal
Rice Krispies
Corn Flakes
Raisin Bran
Low Fat Granola

Greek Yogurts
Blueberry
Strawberry
Vanilla

Seasonal Fruit

1% & Skim Milk

OJ & Water

Thursday

French Toast w/
Syrup

Pork Sausage Patties

Steel Cut Oatmeal w/
Cinnamon Sugar
Brown Sugar
Cranberries
Raisins

Cereal
Rice Krispies
Corn Flakes
Raisin Bran
Low Fat Granola

Greek Yogurts
Blueberry
Strawberry
Vanilla

Seasonal Fruit

1% & Skim Milk

OJ & Water

Friday

Scrambled Eggs

Applewood Smoked
Bacon

Home Fries

Steel Cut Oatmeal w/
Cinnamon Sugar
Brown Sugar
Cranberries
Raisins

Cereal
Rice Krispies
Corn Flakes
Raisin Bran
Low Fat Granola

Greek Yogurts
Blueberry
Strawberry
Vanilla

Seasonal Fruit

1% & Skim Milk

OJ & Water

Saturday

Waffle Sticks w/
Syrup

Steel Cut Oatmeal w/
Cinnamon Sugar
Brown Sugar
Cranberries
Raisins

Cereal
Rice Krispies
Corn Flakes
Raisin Bran
Low Fat Granola

Greek Yogurts
Blueberry
Strawberry
Vanilla

Seasonal Fruit

1% & Skim Milk

OJ & Water

Lunch Menu

Monday

Sandwiches
Sliced Turkey
Sliced Ham
Sliced Tomato
Sliced Onion
Shredded Cheese
Leaf Lettuce
Whole Grain
Tortillas
Wheat Bread

Steamed Broccoli

Sliced Cantaloupe

35+ Item Salad Bar

WB&J on Table
WowButter*
Grape Jelly
Whole Wheat
Bread

Seasonal Fruit

1% & Skim Milk

Water

Tuesday

Sloppy Joes
Ground Turkey
with Manwich
Sauce
"Veggie" Joes
Whole Grain Buns
Shredded Cheese

Steamed Petite
Carrots

Pineapple Tidbits

35+ Item Salad Bar

WB&J on Table
WowButter*
Grape Jelly
Whole Wheat
Bread

Seasonal Fruit

1% & Skim Milk

Water

Wednesday

Chicken Breast
Sandwich
Chicken Breast
Whole Grain Bun
Sliced Tomato
Sliced Onion
Sliced Cheese
Leaf Lettuce

Steamed Corn on
the Cob

Red Seedless
Grapes

35+ Item Salad Bar

WB&J on Table
WowButter*
Grape Jelly
Whole Wheat
Bread

Seasonal Fruit

1% & Skim Milk

Water

Thursday

Mac & Cheese
Bacon Crumbles
Sausage Crumbles

Steamed Green
Beans

Sliced Watermelon

35+ Item Salad Bar

WB&J on Table
WowButter*
Grape Jelly
Whole Wheat
Bread

Seasonal Fruit

1% & Skim Milk

Water

Friday

Build-A-Wrap
Chicken Breast
Tenderloin Strips
Sliced Tomato
Sliced Onion
Shredded Cheese
Leaf Lettuce
Whole Grain
Tortillas
BBQ Sauce

Steamed Petite
Carrots

Sliced Cantaloupe

35+ Item Salad Bar

WB&J on Table
WowButter*
Grape Jelly
Whole Wheat
Bread

Seasonal Fruit

1% & Skim Milk

Water

We also offer a mid-afternoon snack where campers choose from the following:
Apples
Oranges
Bananas
Goldfish
Cheez-Its

There is ice water available at every activity

*We use WowButter - a soy alternative to peanut Butter.

Dinner Menu

Sunday

Whole Grain Penne
Pasta w/
Marinara Sauce
Italian Meatballs

Garlic Bread

Steamed Broccoli

Red Seedless Grapes

35+ Item Salad Bar

WB&J on Table
WowButter*
Grape Jelly
Whole Wheat
Bread

Seasonal Fruit

1% & Skim Milk

Water

Monday

Baked Chicken
White Meat
Dark Meat

Mashed Potatoes

Whole Wheat Rolls

Steamed Green
Beans

Sliced Watermelon

35+ Item Salad Bar

WB&J on Table
WowButter*
Grape Jelly
Whole Wheat
Bread

Seasonal Fruit

1% & Skim Milk

Water

Tuesday

Taco Tuesday!
Grilled Chicken
Strips
Mexican Fiesta
Rice
Refried Beans
Sour Cream
Fresh Salsa
Shredded Lettuce
Shredded Cheese
Whole Grain
Tortillas

Sliced Cantaloupe

35+ Item Salad Bar

WB&J on Table
WowButter*
Grape Jelly
Whole Wheat
Bread

Seasonal Fruit

1% & Skim Milk

Water

Wednesday

THEME NIGHT!

Each Dinner Will
Reflect the Theme of
the Week

Session 1
Aloha Summer

Session 2
Lights! Camera! Action!

Session 3
Christmas in July

Session 4
Safari

Session 5
Superheroes

Session 6
Wild, Wild West

Session 7
Under the Big Top

Session 8
Value Games
(Color Wars)

Thursday

Pizza Night!
Deep Dish Pizzas
Cheese
Pepperoni
Veggie

Breadsticks w/
Marinara Sauce

Steamed Corn on the
Cob

Red Seedless Grapes

35+ Item Salad Bar

WB&J on Table
WowButter*
Grape Jelly
Whole Wheat
Bread

Seasonal Fruit

1% & Skim Milk

Water

Friday

Cookout!
Beef Hamburgers
Beef Hot Dogs
Veggie Burgers**
Turkey Burgers**
Sliced Tomato
Sliced Onion
Sliced Cheese
Leaf Lettuce
Whole Wheat Buns

Baked Beans^

Sliced Watermelon

WB&J on Table
WowButter*
Grape Jelly
Whole Wheat
Bread

Seasonal Fruit

1% & Skim Milk

Water

**Available Upon Request
^No Pork

Salad Bar

Chopped Iceberg Lettuce

Spring Mix

Baby Spinach

Cherry Tomatoes

Sliced Cucumbers

Sliced Green Peppers

Broccoli Florets

Shredded Carrots

Sweet Corn Kernels

Edamame

Sweet Peas

Kidney Beans

Black Beans

Sliced Black Olives

Hummus

Cottage Cheese

Shredded Cheddar Cheese

Chicken Breast Strips

Chopped Bacon Bits

Multigrain Croutons

Raisins

Cranberries

Dill Pickles

Dressings:

Buttermilk Ranch

Chunky Bleu Cheese

Creamy Caesar

Honey Mustard

California French

Golden Italian

Thousand Island

Olive Oil & Balsamic

Vinaigrette

Raspberry Vinaigrette

Greek Vinaigrette

Chicken Salad w/ mayo, celery, peppers, onions, & spices

Tuna Salad w/ mayo, celery, & spices

Pasta Salad w/ cherry tomatoes, shredded carrots, broccoli, black olives, olive oil & balsamic vinaigrette

Loaded Potato Salad w/ ranch, bacon bits, shredded cheese, & spices

Pasta Salad tossed lightly w/ shredded cheese

Seasonal Fruit Available at Every Meal

Daily additions to the Salad Bar may vary based on inventory