



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA BLUE RIDGE ASSEMBLY SCHEDULE OF MEALS Sample Family Menu

Breakfast

Scrambled Eggs
Sausage Patties
Hashbrowns W/Onions
Buttermilk Biscuits
Sawmill Gravy
Orange Juice/Iced Water

Scrambled Eggs
Homestyle Bacon
Buttered Grits
Oatmeal W/Brown Sugar
Everything Bagels W/Cream Cheese
Orange Juice/Iced Water

Scrambled Eggs
Sausage Links
Bananas & Brown Sugar Oatmeal
Cinnamon Swirl French Toast
Maple Syrup
Orange Juice/Iced Water

Lunch

Chicken Pie W/Flakey Crust
Kielbasa With Grilled Peppers & Onions
Fresh Sautéed Cabbage
Southern-Style Pinto Beans
Homemade Cornbread Muffins
Fresh Baked Cookies
Iced Tea/Iced Water

Chicken Fajitas
Beef Fajitas
Southwestern Corn & Black Beans
Warm Flour Tortillas
Shredded Lettuce/Diced
Tomatoes/Salsa/Sour Cream/Cheese
Cinnamon Sugar Churros
Iced Tea/Iced Water

Certified Angus Beef Burgers
Marinated Portabella Mushroom Caps
Grilled Peppers & Onions
Assorted Cheeses
Warm Burger Buns
Seasoned French Fries
Crisp Lettuce/Sliced Tomato
Ultimate Brownies
Iced Tea/Iced Water

Dinner

Southern Fried Chicken
Homemade French Onion Salisbury Steak
Parmesan Roasted Trio Potatoes
Green beans With Roasted Red Peppers
Fresh Baked Rolls
Blue Ridge Oreo Pie
Iced Tea/Iced Water

Baked Rigatoni W/Chicken
Penne Pasta W/Pesto Alfredo
Honey Glazed Carrots
Braised Sugar Snap Peas
Roasted Sourdough Bread
Tres Leche Cake
Iced Tea/Iced Water

Slow Cooked Pot Roast W/Brown Gravy
Homemade Vegetable Pot Pie
Fresh Mashed Potatoes
Steamed Broccoli W/Lemon Butter
Fresh Baked Rolls
Triple Chocolate Cake
Iced Tea/Iced Water

Daily breakfast bar includes fruit, yogurt and cereal. **Deluxe salad bar** provided at lunch and dinner.

Contact [Group Sales & Engagement](#) for more details.