



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA BLUE RIDGE ASSEMBLY SCHEDULE OF MEALS Sample Youth Menu

### Breakfast

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

Scrambled Eggs  
Sliced Ham  
Buttered Grits  
Oatmeal W/Brown Sugar  
Blueberry Muffins  
Orange Juice/Iced Water

Scrambled Eggs  
Sausage Links  
Cheese Grits  
Buttermilk Pancakes  
Maple Syrup  
Orange Juice/Iced Water

### Lunch

Cheese Pizza  
Sausage/Pepperoni Pizza  
Penne Pasta Primavera  
Green Peas W/Pearl Onions  
Parmesan Rolls  
Italian Ice  
Lemonade/Iced Water

Hamburgers  
Hot Dogs  
Marinated Portabella Mushrooms  
Hot Dog Chili  
Seasoned French Fries  
Assorted Cookies  
Lemonade/Iced Water

Seasoned Taco Beef  
Vegetarian Refried Beans W/Jack Cheese  
Homemade Spanish Rice  
Warm Flour Tortillas/Corn Taco Shells  
Shredded Lettuce/Diced Tomatoes/Sour  
Cream/Shredded Cheese/Salsa  
Cinnamon Sugar Churros  
Fruit Punch/Iced Water

### Dinner

Chicken Parmesan  
Fried Flounder W/Tater Sauce  
Twisted Macaroni And Cheese  
Green Beans With Roasted Red Peppers  
Fresh Baked Rolls  
Warm Apple Cobbler  
Fruit Punch/Iced Water

Baked Spaghetti Bolognese  
Baked Penne Marinara  
Honey Glazed Carrots  
Broccoli W/Lemon Butter  
Roasted Sourdough Bread  
Banana Pudding  
Sweet Tea/Iced Water

Orange Chicken  
Sesame Oriental Beef  
Vegetarian Fried Rice  
Fresh Steamed Broccoli  
Vegetable Egg Rolls  
Chocolate Lasagna  
Blue Raspberry Punch/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.