



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.