



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



QUESTIONS OR CONCERNS?

Please feel free to call our office at

402.434.9225

or email

jyost@ymcalincoln.org

MEALS AND MORE

We welcome your input on meal selection for your group. Please feel free to submit your requests for your main entrée for each meal (see reverse) and our food service manager will put together a tasty and balanced menu. If a member of your group has food allergies or other restrictions, please see information below. We can accommodate most dietary restrictions with advanced notice.

Peanut / Tree Nut Allergies

Camp Kitaki is a peanut and tree nut safe facility. While we do not serve any product containing nuts in our kitchen, some of the items we offer are made in a facility that also processes nuts. Your camper's safety is our number one priority. Please call our office to discuss the severity of your child's allergy.

Vegetarian /Vegan Diets

We are able to provide a wide range of meat alternatives, but it is very helpful if we have an accurate count of vegetarians/vegans so that we can prepare the appropriate amount of alternatives.

Gluten Intolerance

Much like vegetarians/vegans, our kitchen can prepare a gluten free option so long as we are aware ahead of time.

Dairy Intolerance

Soy Milk is offered at each breakfast as an alternative to milk. An alternative may need to be substituted for a main menu item.

Other Dietary Needs

Please let us know if your campers have any other unique dietary need. Contact 402.434.9222 with any questions.

Picky Eaters

We try to offer a wide range of kid-friendly menu items throughout the stay, and are always able to offer an alternative menu item which may include sun butter and jelly sandwiches, meat and/or cheese sandwiches, or cereal. Our staff work individually with campers to make sure no child leaves the Dining Hall hungry. If your camper is an unusually picky eater please call our office to help us prepare to best meet your child's needs.

Sending Snacks

ALL SUPPLEMENTAL FOOD ITEMS MUST BE PEANUT AND TREE NUT FREE!

OUTDOOR EDUCATION MENU OPTIONS

Entrée Options

Breakfast

\$8.00/person

Biscuits and Gravy
Breakfast Cookies
Pancakes
French Toast Sticks
Breakfast Burritos
Eggs and Bacon
Waffles
Breakfast Pizza
Baked Oatmeal

Entrée Options

Lunch

\$9.00/person

Grilled Cheese and
Tomato Soup
Hamburgers
Chicken Tenders
Mac and Cheese and
Mini Corndogs
Hoagie Sandwiches
Hot Dogs
Chicken Wraps

Entrée Options

Dinner

\$9.00/person

Lasagna (meat or veggie)
Pizza
Tacos/Burritos
Spaghetti
Beef Stew
Chicken Alfredo

Entrée Options

Cookout

\$7.50/person

Hot Dogs
Chips
Fruit/Veggie
S'mores

Sample Menu Breakfast

Pancakes
Sausage Links
Orange Wedges
Juice
Cereal and Milk

Lunch

Chicken Tenders (picnic style)
Chips
Carrots and Celery
Apples
Brownies
Capri Suns

Vegetarian Option:
Veggie Chicken Tenders

Dinner

Spaghetti with Meatballs
Breadsticks
Cottage Cheese
Salad
Oranges
Chocolate Chip Cookies
Water and Milk

Vegetarian Option:
Marinara Sauce

Have an idea for a meal that isn't listed? Call and we will work something out!