

**KENTUCKY YMCA YOUTH ASSOCIATION**  
**2023 GFI COMMONWEALTH MEAL MENUS**

**\*\*\* THIS MENU IS A SAMPLE AND IS TENTATIVE \*\*\***

Dietary needs menus are forthcoming. Please ensure your info form is up to date with the correct dietary information.

**Saturday, January 14**

*DINNER*

- Enchilada Chicken
- Taco Beef
- Spanish Rice
- Black Beans
- Tortillas
- Chips & Salsa
- Brownies

**Sunday, January 15**

*BREAKFAST*

- Egg Patties
- Biscuits & Gravy
- Sliced Ham
- Potato Cubes
- Yogurt bar and fresh Fruit
- Coffee and Bagels

*LUNCH*

- Pulled Pork
- BBQ Chicken
- French Fries
- Country Green Beans
- Buns

- Cookies

#### *DINNER*

- Chicken Tenders
- Grilled Chicken
- Garlic Green Beans
- Mashed Potatoes
- Rolls
- Cake

#### **Monday, January 16**

#### *BREAKFAST*

- Scrambled Eggs
- Waffles
- Sausage Links
- Hashbrown Triangles
- Yogurt Bar and fresh Fruit
- Coffee and Bagels