Upper Columbia Academy
Jan 5-11, 2020
Week #5 - Supervisors on Duty: Mrs. Allison, Mikayla Brenton
Rec Ski, SWOP Retreat

	Sunday	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Sabbath*
BREAKFAST		Breakfast Burritos	Pancakes	Breakfast Casserole	Biscuits & Gravy	Crepes	Cinnamon Rolls
		Scrambled Eggs/Tofu	Syrup/Peanut Butter	Tofu	Fried Eggs	Cream Cheese	Stripples
		Tater Tots	Whipped Topping	Shredded Cheese	Sauteed Mushrooms	Fruit Filling	Scrambled Eggs/Tofu
		Cheese/Onions	Scrambled Tofu	Tater Tots	Cheese/Onions	Nutella Filling	Yogurt
		Sausage Crumbles	Hot Cereal & Toppings	Fresh Fruit, Cereal Bar	Tofu	Fingerling Potatoes	Hot Cereal
		Salsa/Sour Cream	Fresh Fruit, Cereal Bar	Belgium Waffles	Fresh Fruit, Cereal Bar	Yogurt	Fresh Fruit, Cereal Bar
		Fresh Fruits,Cereal Bar	Belgium Waffles		Belgium Waffles	Fresh Fruit, Cereal Bar	Belgium Waffles
		Belgium Waffles				Belgium Waffles	
	10:00 AM	***7:15am***	***7:15am***	***7:15am***	***7:15am***	***7:15AM***	***8:30AM***
LUNCH		Pasta Bar - Spaghetti	Tacos	Chicken Parmesan	Shamburgers	Pita Bar	Manicotti
		Marinara Sauce	Rice/Beans	Egg Noodles	Cheese/Lettuce	Hummus/Pesto	Rolls
		Alfredo Sauce	Griller Crumbles	Steamed Broccoli	Tomato/Onions	Spinach, Tomato	Steamed Veggies
	CHRISTMAS	Pesto Sauce	Corn/Spinach	Salad Bar	Pickles	Red Onion	Desserts
	BREAK	Rolls/French Bread	Lettuce/Tomatoes	Fresh Fruit, Cereal Bar	Condiments	Feta, Cheese	Fresh Fruit, Cereal Bar
		Fresh Fruit, Cereal Bar	Onions/Olives	Dinner Rolls	Sweet Potatoe Fries	Cucumber	Salad Bar
		Salad Bar	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Ranch	
			Salad Bar		Salad Bar	Fresh Fruit, Cereal Bar	
						Salad Bar	
		11:50 AM	***11:50 AM***	***12:15 PM***	***11:50 AM***	***11:50 AM***	***12:30PM***
DINNER		Tator Tot Casserole	Sloppy Joes	Egg Rolls	Chicken and Rice	Broccoli Cheddar Soup	Nacho Bar
		Steamed Veggies	Corn	Fried-Rice w/Veggies	Steamed Veggies	Tomato Soup	Rice/Beans
		Short Salad Bar	Pasta Salad	Edamame	Sour cream	Bread Bowls	Tortilla Chips
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Sweet and Sour Tofu	Cheddar cheese	Crackers/ Cheese	Cheese/Sour Cream
			Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Steamed Veggie	Fresh Salsa
				Salad Bar	Salad Bar	Fresh Fruit, Cereal Bar	Guacamole
						Salad Bar	Salad Bar
							Fresh Fruit, Cereal Bar
	4:00pm	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:30pm***