Upper Columbia Academy
January 12-18, 2020
Week #1 - Supervisors on Duty:Chef Adam, Sydney Mathison
Rec Ski, End of First Semester, Rec Ski Retreat

	Sunday	***Monday***	***Tuesday***	***Wednesday***	***Thursday***	***Friday***	***Sabbath***
BREAKFAST	Peach Crisp	Huevos Rancheros	Pancakes	Quiche	Biscuits & Gravy	French Toast	Muffins
	Hashbrown Patties	Fried Eggs	Peach Sauce	Breakfast Links	Fried Eggs	Strawberry Sauce	Hashbrowns
	Scrambled Eggs	Mexican Cheese	Whipped Topping	Tofu	Sauteed Mushrooms	Cinnamon Applesauce	Tofu
	Tofu	Sauce/Sour Cream	Scrambled Tofu	Hashbrown Potatoes	Cheese/Onions	Tator Tots	Sausage Links
	Fresh Fruit	Green Onions	Scrambled Eggs	Apple Sauce	Tofu	Toppings	Fresh fruit, cereal bar
	Fresh Fruit, Cereal Bar	Hot Cereal	Hot Cereal & Toppings	Hot cereal/Toppings	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Belgium Waffles
	Belgium Waffles	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar	Belgium Waffles	Belgium Waffles	Cream of Wheat
		Belgium Waffles	Belgium Waffles	Belgium Waffles			
	10:00 AM	***7:15am***	***7:15am***	***7:15am***	***7:15am***	***7:15AM***	***8:30AM***
LUNCH		Pasta Bar - Angel hair	Enchiladas	Macaroni & Cheese	Sandwich Bar	Curry	Lasagna
		Marinara Sauce	Roasted Corn	Vegan Mac & Cheese	Deli Meat	Rice	Green Beans
		Alfredo Sauce	Tortilla Chips	Peas	Egg Salad	Hard Boiled Eggs	Garlic Bread
		Pesto Sauce	Fresh Salsa	Dinner rolls	Tofu Salad	Veggies	Garden Salad
		Steamed Veggie	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Chips	Flatbread	Fruit Pies
		Rolls/French Bread	Salad Bar	Salad Bar	Fresh Fruit	Fresh Fruit, Cereal Bar	Whipped Cream
		Salad Bar			Veggies	Salad Bar	Fresh Fruit, Cereal Bar
					Dressings		Salad Bar
			Cookie Tuesday!		Salad Bar		
		11:50 AM	***11:50 AM***	***12:15 PM***	***11:50 AM***	***11:50 AM***	***12:30PM***
DINNER	Quesadilla Bar	Hot Dogs	Wraps	Leftover Bar	Stroganoff	Chili	Chick Nuggets
	Cheese	Baked Beans	Cream cheese/Hummus/Pesto		Steamed Veggies	Corn Bread	tartar sauce
	Veggies	Potato Chips	Spinach/tomatoes/Red Onion		Bread Rolls	Butter	Curly Fries
	Sour Cream	Carrot & Celery Sticks	Cucumbers/Chicken Strips		Fresh Fruit, Cereal Bar	Apple Sauce/Honey	short salad bar
	Salsa	Cottage Cheese	Feta Cheese/Dressing		Salad Bar	Green Salad	rice/beans
	Rice & Beans	Rice/Beans	Rice & Beans	Short Salad Bar		Rice/Beans Soup	Fresh Fruit, Cereal Bar
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Salad Bar
	Salad Bar	Salad Bar	Salad Bar			Salad Bar	
	4:00pm	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:30pm***