Upper Columbia Academy
January 26-Feb 1, 2020
Week #3 - Supervisors on Duty: Chef Adam, Emberly Gimmaka
Rec Ski, Sr. Rec Talent Auditions, UCA Band Clinic

	Sunday	***Monday***	***Tuesday***	***Wednesday***	***Thursday***	***Friday***	***Sabbath***
BREAKFAST	Scones/Muffins	Huevos Rancheros	Pancakes	Breakfast Burritos	Biscuits & Gravy	Texas French Toast	Muffins
	Scrambled eggs	Fried Eggs	Syrup/Peanut Butter	Scrambled Eggs/Tofu	Sauteed Mushrooms	Strawberry Sauce	Boiled Eggs
	Tofu	Mexican Cheese	Blueberry Topping	Tater Tots	Cheese/Onions	Cinnamon Applesauce	Tofu
	Shredded Cheese	Sauce/Sour Cream	Whipped Topping	Cheese/Onions	Scrambled Eggs	Scrambled Eggs	Sausage Patties
	Tater Tots	Green Onions	Scrambled eggs	Sausage Crumbles	Tofu	Tofu	Fingerling Potatoes
	Peaches/ Yogurt	Hot Cereal	Scrambled Tofu	Salsa/Sour Cream	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Yogurt
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Belgium Waffles	Belgium Waffles	Granola
	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles			Fresh Fruit, Cereal Bar
	10:00 AM	***7:15am***	***7:15am***	***7:15am***	***7:15am***	***7:15AM***	***8:30AM***
LUNCH		Pasta Bar - Fettucini	Tacos	Asian Noodle Bowl	Meat Ball Subs	DIY Pizza Bar	Haystacks
		Marinara Sauce	Bean/Rice	Yakisoba Noodles	Marinara Sauce	Naan Bread Crust	Pinto Beans
		Alfredo Sauce	Tortilla Chips	Rice	Vegan Meat Balls	Red/Pesto Sauce	Cilantro/Rice
		Pesto Sauce	Salsa/Sour cream	Asian Stir Fry	Parmesan/Mozarella	Cheese/Onions	Shredded Lettuce
		Rolls/French Bread	Cheddar Cheese	Teriyaki Tofu	Green Beans	Olives/Mushrooms	Diced Tomatoes
		Fresh Fruit, Cereal Bar	Cilantro/Limes	Sweet and Sour Chicken	Cottage Cheese	Pineapple/Jalapenos	Diced Onions
		Salad Bar	Fresh Fruit, Cereal Bar	Cilantro/Green onion	Salad Bar	Bell Pepper	Shredded Cheese
			Salad Bar	Thai sauce/Soy sauce	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Salsa
			Cookie Tuesday	Salad Bar		Salad Bar	Guacamole
		11:50 AM	***11:50 AM***	***12:15 PM***	***11:50 AM***	***11:50 AM***	***12:30PM***
DINNER	Quesadilla Bar	Sandwich Bar	Orange Chicken	Grilled Cheese	Left Over Bar	Chili	Hot Dogs
	Rice/Beans	Veggie meat slices	Rice/ Chow mein noodle	Tomato Bisque		Potato Wedges	Cheese/onions
	Taco Crumbles	Cheese Slices	Asian Vegtables	Carrot and Celery Stix	Fresh Fruit, Cereal Bar	Fry Sauce	Potato Chips
	Onions/Jalapenos	Tomato/Onion	Green Beans	Cottage Cheese	Salad Bar	Assorted Cut Fruit	Carrot & Celery Sticks
	Cheese/Salsa	Lettuce/Pickles	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Quesadilla Bar	Salad Bar	Cottage Cheese
	Fresh Fruit, Cereal Bar	Egg salad/Tofu salad	Salad Bar	Salad Bar	Rice/Beans	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
	Salad Bar	Fresh Fruit, Cereal Bar		Rice/Beans			Salad Bar
	4:00pm	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:30pm***