Upper Columbia Academy
January 10 -16, 2021
Supervisors on Duty:Chef Kaelyn/Melody
Rec Ski Retreat, End of First Semester

	Sunday	***Monday***	***Tuesday***	***Wednesday***	***Thursday***	***Friday***	***Sabbath***
BREAKFAST	Peach Crisp	Huevos Rancheros	Pancakes	Oatmeal Bar	Biscuits & Gravy	French Toast	Muffins
	Hashbrown Patties	Eggs/Tofu	Toppings	Breakfast Links	Sauteed Mushrooms	Strawberry Sauce	Hashbrowns
	Scrambled Eggs	Mexican Cheese	Whipped Topping	Tofu/Eggs	Cheese/Onions	Cinnamon Applesauce	Tofu / Boiled eggs
	Tofu	Sauce/Sour Cream	Scrambled Tofu	Berries/Peaches	Scrambled egss	Oven Tofu	Sausage Patties
	Sausage Patties	Green Onions	Scrambled Eggs	Toppings	Tofu	Toppings	Apple Sauce
	Granola/Yogurt	Granola/Yogurt	Granola/Yogurt	Granola/ Yogurt	Granola / Yogurt	Tator Tots	Granola / Yogurt
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar
	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles
	10:00 AM	***7:15am***	***7:15am***	***7:15am***	***7:15am***	***7:15AM***	***8:30AM***
LUNCH		Penne Pasta	Enchiladas	Asian Noodle Bowl	Sandwich Bar	Coconut Curry	Haystacks
		Marinara Sauce	Corn / Beans	Yakisoba Noodles	Deli Meat/Cheese	Basmati Rice	Frito Chips
		Alfredo Sauce	Mixed Veggies	Rice Noodles/Rice	Egg Salad	Hard Boiled Eggs	Rice / Beans
		Pesto Sauce	Tortilla Chips	Teriyaki Beef	Tofu Salad	Flatbread	Cheese/ Lettuce
		Steamed Broccoli	Salsa /Sour Cream	Sweet and Sour Tofu	Lettuce/Tomatoes	Red Pepper/Cucmber	Onion / Tomatoes
		Parmesan Cheese	Fresh Fruit, Cereal Bar	Stir Fry Veggies	Onion/Avacado	Green Onion/Crunchy N	Olives / Sourcream
		Garlic Bread	Salad Bar	Crunchy Noodles	Pickles/Condiments	Pineapple/Cilantro	Salsa /Guacamole
		Salad Bar		Green Onion/Cilantro	Chips	Fresh Fruit, Cereal Bar	Ranch /
			Cookie Tuesday!	Salad Bar	Salad Bar	Salad Bar	Brownies
		11:50 AM	***11:50 AM***	***12:15 PM***	***11:50 AM***	***11:50 AM***	***12:30PM***
DINNER	Quesadilla Bar	Hot Dogs	Greek Isle Wraps	Macaroni & Cheese	Stroganoff	Chili	Chick Nuggets
	Griller Crumbes	Carrot & Celery Sticks	Hummus/Pesto/Cucs	Vegan Mac & Cheese	Steamed Veggies	Rice	Tartar sauce/BBQ
	Rice & Beans	Potato Chips	Tomatoes/Red Onion	Peas	French Bread	Cheese/ Onion/Salsa	Curly Fries
	Cheese/Onions	Cottage Cheese	Chicken Strips/ Spinach	Dinner rolls	Butter/ Jam	Corn Bread	Short Salad Bar
	Tomato/ Olives	Condiments	Feta Cheese/Dressing	Fresh Fruit, Cereal Bar	Rice and Beans	Butter/Honey	Fruit Salad
	Salsa/Sourcream/Guac	Rice/Beans	Rice & Beans	Salad Bar	Fresh Fruit, Cereal Bar	Apple Sauce	rice/beans
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar		Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
	Salad Bar	Salad Bar	Salad Bar			Salad Bar	
	4:00pm	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:30pm***