

**Upper Columbia Academy**  
**January 17-23, 2021**  
**Supervisor on Duty: Mr. McConnachie/Mikayla**  
**Rec Ski, Third Quarter Begins**

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
<b>BREAKFAST</b>	Waffles	Breakfast Sandwiches	Blueberry Pancakes	Scrambled Eggs	Biscuits & Gravy	Breakfast Quesadillas	Bagels/Cream Cheese
	Strawberries/Whip	Eggs/Tofu	Syrup/Peanut Butter	Oven Tofu	Scrambled Eggs/Tofu	Tator Tots	Scrambled Eggs
	Scrambled Eggs	Tator Tots	Whipped Topping	Potato Triangles	Hashbrowns	Salsa/Sourcream	Tofu
	Scrambled Tofu	Vegi-meat/cheese	Scrambled Tofu	Salsa/Sour Cream	Sausage Crumbles	Yogurt	Stripples/Tator Tots
	Stripples	Condiments	Granola/Yogurt	Grits/toppings	Cheese/Onions	Pears/Granola	Apple Sauce
	Hashbrowns	Granola/Yogurt	Fresh Fruit, Cereal Bar	Granola/Yogurt	Granola/ Yogurt	Fresh fruit, cereal bar	Granola/ Yogurt
	Granola/Yogurt	Fresh Fruit, Cereal Bar	Belgium Waffles	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Belgium Waffles	Fresh Fruit, Cereal Bar
	Fresh Fruit, Cereal Bar	Belgium Waffles		Belgium Waffles	Belgium Waffles		Belgium Waffles
	<i>10:00 AM</i>	<i>7:15am</i>	<i>7:15am</i>	<i>7:15am</i>	<i>7:15am</i>	<i>7:15AM</i>	<i>8:30AM</i>
<b>LUNCH</b>			Burrito Bar	Asian Haystacks	Griller Burgers	Baked Potato Bar	Swedish Meatballs
		Marinara Sauce	Beans/Rice	Chicken Coconut Gravy	Cheese/Onions	Chili	Rice Pilaf
		Alfredo Sauce	Lettuce/Cheese	Rice/Crispy noodles	Lettuce/Tomatoes	Broccoli/ Cheese Sauce	Steamed Veggies
		Pesto Sauce	Tomatoes/Onions	Tomatoes/Red Peppers	Pickles	Shredded cheese	Rosemary Bread
		Mixed Vegetables	Sour Cream/ Salsa	Cucumbers/Onions	Curly Fries	Onions/Baco Bits	Butter/ Jam
		Parmesan	Guacamole	Cilantro/Almonds	Condiments	Sour Cream/Salsa	Dessert
		French Bread	Tortilla Chips	Thai sweet chili sauce	Fresh Fruit, Cereal Bar	Tortilla Chips	Salad Bar
		Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar	Salad Bar	Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
		Salad Bar	Cookie Tuesday	Fresh Fruit, Cereal Bar		Salad Bar	
		<i>11:50 AM</i>	<i>11:50 AM</i>	<i>12:15 PM</i>	<i>11:50 AM</i>	<i>11:50 AM</i>	<i>12:30PM</i>
<b>DINNER</b>	Pizza	TaterTot Casserole	Grilled Cheese	Chili	Egg Rolls	Chicken Noodle Soup	Sandwich Bar
	Chips	Steamed Broccoli	Tomato Soup	Cornbread	Fried-Rice w/Veggies	Crackers and Cheese	Deli Slices
	Tossed Salad	Rolls	Cut Fruit	Butter/honey	Baked Teriaki Tofu	Celery and Carrots	Lettuce/Tomatoes
	Croutons/Dressing	Butter/Jam	Cottage Cheese	Cheese/Onions	Rice / Beans	Ranch Dressing	Onions/Cheese
	Cut Fresh Fruit	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Salsa/Sour Cream	Fresh Fruit, Cereal Bar	Fruit Salad	Condiments
	Fresh Fruit, Cereal Bar	Rice/Beans	Rice/Beans	Tortilla Chips	Salad Bar	Fresh fruit, cereal bar	Assorted Chips
		Salad Bar	Salad Bar	Short Salad Bar		Salad Bar	Rice/Beans
				Fresh Fruit, Cereal Bar			Fresh Fruit, Cereal Bar
	<i>4:00pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:30pm</i>	