Upper Columbia Academy
January 24-30, 2021
Week #3 - Supervisors on Duty: Chef Kaelyn/Micalyn
Rec Ski,

	Sunday	***Monday***	***Tuesday***	***Wednesday***	***Thursday***	***Friday***	***Sabbath***
BREAKFAST	Muffins	Huevos Rancheros	Pancakes	Breakfast Burritos	Biscuits & Gravy	Waffles	Assorted Pastry
	Scrambled eggs	Scrambled Eggs/Tofu	Syrup/Peanut Butter	Scrambled Eggs/Tofu	Sausage Crumbles	Scrambles Eggs	Boiled Eggs
	Tofu	Mexican Cheese	Cherry Topping	Hashbrowns	Cheese/Onions	Tofu	Tofu
	Shredded Cheese	Sauce/Sour Cream	Whipped Topping	Cheese/Onions	Scrambled Eggs	Peaches/Applesauce	Sausage Patties
	Tater Tots	Green Onions	Scrambled eggs	Sausage Crumbles	Tofu	Toppings	Tator Tots
	Peaches/ Yogurt	Hot Cereal	Scrambled Tofu	Salsa/Sour Cream	Granola/ Yogurt	Granola/Yogurt	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	Pears
	Belgium Waffles	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	Spring Roll Bowl	Veggie Burgers	DIY Pizza Bar	Haystacks
		Marinara Sauce	Bean/Rice/Taco Meat	Rice/ Yakisoba noodles	Cheese/Onions	Naan Bread Crust	Fritos
		Alfredo Sauce	Tortilla Chips	Avocado/Basil/garlic	Tomatoes/Pickles	Red/Pesto Sauce	Beans/ Rice
		Pesto Sauce	Salsa/Sour cream	Serrano Peppers/carrots	Lettuce	Cheese/Onions	Shredded Cheese
		Steamed Broccoli	Cheese/Lettuce/Tomato	Cilantro/Spinach	Mayo/Ketchup/Mustard	Olives/Mushrooms	Shredded Lettuce
		Garlic Bread	Onion/Cilantro/Limes	Sesame seeds/Cucumbe	French Fries	Pineapple/Jalapenos	Tomatoes/Onions
		Parmesan	Fresh Fruit, Cereal Bar	Soy Curl Chicken	Fresh Fruit, Cereal Bar	Bell Pepper	Salsa/Sour Cream
		Fresh Fruit, Cereal Bar	Salad Bar	Garlic Lime Sauce	Salad Bar	Fresh Fruit, Cereal Bar	Guacamole/Olives
		Salad Bar	Cookie Tuesday	Salad Bar		Salad Bar	Cake
		11:50 AM	***11:50 AM***	***12:15 PM***	***11:50 AM***	***11:50 AM***	***12:30PM***
DINNER	Quesadilla Bar	Soup and Sandwich	Breakfast for Dinner	Sloppy Joes	Enchilada Casserole	Vegetable Lentil Soup	Hot Dogs
	Rice/Beans	Chicken Noodle Soup	Chef's Choice	BBQ Burger sauce	Rice/Beans	Crackers/Cheese	Cheese/onions
	Taco Crumbles	Bread/Toppings	Rice/Beans	Lettuce/ Onion/Toma	Corn	Potato Wedges	Condiments
	Onions/Jalapenos	Tomato/Onion	Fresh Fruit, Cereal Bar	Cheese/ Condiments	Salsa/Sour Cream	Fry Sauce	Potato Chips
	Cheese/Salsa	Lettuce/Pickles	Salad Bar	Fresh Fruit, Cereal Bar	Tortilla Chips	Assorted Cut Fruit	Carrot & Celery Sticks
	Fresh Fruit, Cereal Bar	Lunch meat/cheese		Salad Bar	Fresh Fruit, Cereal Bar	Tossed Salad	Rice/Beans
	Salad Bar	Fresh Fruit, Cereal Bar		Rice/Beans	Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
	4:00pm	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:10pm***	***5:30pm***