

Upper Columbia Academy
Jan 31- Feb 6, 2021
Week #4 - Supervisors on Duty: Mr. McConnachie/Ryan
Rec Ski

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	Breakfast Casserole	Breakfast Sandwiches	Choco Chip Pancakes	Hashbrowns	Biscuits & Gravy	Texas French Toast	Cinnamon Rolls
	Tofu	Fried Eggs/Tofu	Blueberry Sauce	Scrambled Eggs/Tofu	Sauteed Mushrooms	Toppings	Tator Tots
	Hashbrowns	Cheese/ Lunch meat	Whipped Topping	Cheese/Onions	Cheese/Onions	Cinnamon Applesauce	Boiled Eggs/ Tofu
	Fruit/Applesauce	Tator Tots	Scrambled Tofu	Salsa/Sour Cream	Eggs / Tofu	Scrambled Tofu	Tator Tots
	Yogurt/Granola	Condiments	Apple Sauce	Orange slices	Peaches	Cut Grapefruit	Yogurt / Granola
	Fresh fruit, cereal bar	Hot Cereal	Granola / Yogurt	Granola / Yogurt	Granola /Yogurt	Granola/Yogurt	Fresh fruit, cereal bar
	Belgium Waffles	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Cream of Wheat
		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>8:30AM</i>	
LUNCH		Pasta Bar - Ravioli	Burritos	General Tso's	Chicken Burgers	Spanish Omelettes	Ted's Meat Loaf
		Marinara Sauce	"Carne Asada"	Oven Braised Tofu	Buns/Cheese Slices	Rice and Beans	Mashed Potatoes
		Alfredo Sauce	Rice/Beans	Jasmine Rice	Jalapenos /Onion	Flour Tortillas	Steamed Veggies
		Pesto Sauce	Mexican cheese	Stir Fry Veggies	Lettuce/Tomatoes	Mixed Vegetables	Bread Rolls
		California Blend Veg	Lettuce/Tomatoes	Crispy Noodles	Pickles	Tortilla Chips	Margarine/Jam
		Bread Sticks	Onions/Olives	Green Onions	Regular Fries	Fresh Salsa /Sourcream	Dessert
		Parmesan	Salsa/Sour cream	Sesame Seeds	Condiments	Salad Bar	Salad 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		
		<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>
DINNER	Nachos	Grilled Cheese	Creamy Polenta	Mediteranian Wraps	Taco Salad	Tikka Masala Soup	Mini Pizzas
	Taco meat/beans	Tomatoe Bisque	Roasted Mushrooms	Cream cheese/Hummus	Fruity Jello Salad	Naan Bread	Short Salad Bar
	Cheese sauce/onion	Cottage Cheese	Steamed Broccoli	Spinach/tomatoes	Pasta Salad	Crackers/Cheese	Chips
	Red Pepper/Olives	Crackers	Dinner Rolls	Cucumbers/Red Onion	Cranberry Poppseed	Carrot and Celery	Fresh Cut Fruit
	Salsa/Sourcream	Salad Bar	Butter and Jam	Feta Cheese/Dressing	Fresh Fruit, Cereal Bar	Fruit Salad	Rice/Beans
	Spicy Califlower Bites	Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar	Salad Bar	Beans /Rice	Fresh Fruit, Cereal Bar
	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Salad Bar		Fresh Fruit, Cereal Bar	
	Salad Bar					Salad 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>	