

Upper Columbia Academy

August 29-Sept 4, 2021

Week #2 - Supervisor on Duty: Mr. Riffle/Mr. McConnachie - Andrew/Jonathan

Lake Day, Fall Picnic, Hope Sign-up, Freshman Retreat

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	French Toast	Pancakes	Sack Breakfast	Hashbrowns	Oatmeal Breakfast Bar	Waffles	Muffins
	Scrambled Eggs	Scrambled Tofu	Cereal	Scrambled Eggs/Tofu	Tofu/Boiled eggs	Strawberries	Tator Tots
	Oven Tofu	Scrambled Eggs	Milk	Cheese/Onions	Blueberries/Mango	Whipped Cream	Breakfast sausage
	Potato Cubes	Yogurt	Fresh fruit	Salsa/Sour Cream	Coconut/Chia seeds	Tofu/eggs	Scrambled Eggs/Tofu
	Stripples	Peaches/Apple sauce	Unrustables	Yogurt/Granola	Dried Cranberries/Raisins	Yogurt & Pears	Yogurt/Granola
	Peaches/Applesauce	Hot Cereal & Toppings		Peaches	Slivered Almonds	Granola	Fresh Fruit, Cereal Bar
	Yogurt/Granola	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Yogurt/Toast	Fresh fruit, cereal bar	
	Fresh Fruit, Cereal Bar				Fresh fruit, cereal bar		
	<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>
LUNCH		Spaghetti	Picnic Lunch	Awesome Power Bowl	Vegeburgers	Taco Bar	Haystacks
		Marinara Sauce		Quinoa/ Rice	Cheese/Lettuce	Beans/Rice	Frito Chips
		Creamy Garlic Sauce	Hotdogs	Chicken style Tofu	Tomato/Onions	Shredded Lettuce	Beans
		Pesto Sauce	Pasta Salad	Roasted Veggies	Pickles	Diced Tomatoes	Shredded Cheese
		Steamed Veggies	Watermelon/Grapes	Three Sauces	Condiments	Diced Onions	Shredded Lettuce
		French Bread	Chips	Bread/Jam/Peanutbutter	French Fries	Shredded Cheese	Tomatoes/onion
		Fresh Fruit, Cereal Bar	Cookies	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Sour Cream	Olives/Salsa
		Salad Bar	Juice /Water		Salad Bar	Salsa/Guacamole	Sour cream/Ranch
							Dessert
	<i>12:15 PM</i>	<i>12:15 PM</i>	<i>12:15 PM</i>	<i>12:15 PM</i>	<i>11:50 PM</i>	<i>12:30PM</i>	
DINNER	Nacho Bar	Sloppy Joes	Pizza	Sandwiches - BLT	Burrito Bar	Chicken Burgers	Chicken Nuggets
	Taco Meat	Buns/Sauce/Cheese		Nine Grain Bread	Beans/Rice	Macaroni Salad	Potato Wedges
	Refried Beans	Lettuce/onions		Stripples	Cheese/Lettuce	Vegan Potato Salad	Kale Salad
	Cheese Sauce	Tomatoes/Condiments		Lettuce/Tomatoes	Onion/Tomato/Olives	Coleslaw	Watermelon
	Jalapenos/Salsa	Corn		Cheese slices	Red Pepper/Cilantro	BBQ sauce/Tartar Sauce	Tortilla Chips/Salsa
	Sour cream/onions	Pasta Salad		Chips	Ranch/Sour cream	Baked Beans	Rice/Beans/Tortillas
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Salsa	Rice/Salsa	Fresh Fruit, Cereal Bar
	Salad Bar	Salad Bar		Salad Bar	Fruit Salad	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>5:00pm</i>	<i>5:30pm</i>