

Upper Columbia Academy

September 5 -11, 2021

Week #3 - Supervisors on Duty: Mrs Sanford/Mr. McConnachie- Danarose/Hailey

Senior Survival, Class Vespers, Junior Backpacking, Closed Weekend

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	Peach Crisp	Pancakes	Oatmeal Breakfast Bar	Breakfast Burritos	Biscuits & Gravy	Texas French Toast	Bagels/ Cream Cheese
	Potato Cubes	Scrambled Tofu/eggs	Tofu/Boiled eggs	Scrambled Eggs/Tofu	Sauteed Mushrooms	Strawberry Sauce	Sausage Patties
	Scrambled Eggs	Blueberry sauce	Blueberries/Mango	Tater Tots	Cheese/Onions	Syrup/Peanutbutter	Scrambled Eggs
	Oven Tofu	Whipped Topping	Coconut/Chia seeds	Cheese/Onions	Tofu	Tofu	Tofu
	Yogurt/Granola	Syrup/Peanut Butter	Dried Cranberries/Raisins	Sausage Crumbles	Boiled eggs	Applesauce	Tator Tots
	Fresh Fruit, Cereal Bar	Yogurt/Granola	Slivered Almonds	Salsa/Sour Cream	Fresh Fruit, Cereal Bar	Yogurt/Granola	Apple sauce
		Fresh Fruit, Cereal Bar	Yogurt/Toast	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Yogurt/granola
			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		Tri Color Rotini	Tacos	Asian Haystacks	Slip "n" Sliders	DIY Pizza Bar	Chicken Parmesan
		Green Beans	Taco Meat	Rice/Chinese Noodles	Buns/Burgers	Naan Bread Crust	Mashed Potatoes
		Garlic Bread	Refried Beans	Creamed FriChik	Cheese slices/onion	Red/Pesto/BBQ	Steamed Broccoli
		Fresh Fruit, Cereal Bar	Cheese/Salsa	Shred Carrots/Cabbage	Lettuce/tomato	Cheese/Onions	Dinner Rolls
		Salad Bar	Lettuce/onion	Diced Cuc/Tomato	Condiments	Olives/Mushrooms	Butter/Jam
			Sour Cream/tomato	Red Peppers/onions	French Fries	Pineapple/Jalapenos	Dessert
			Tortilla Chips	Pineapple Pieces	Fruit Salad	Bell Pepper	Fresh Fruit, Cereal Bar
			Fresh Fruit, Cereal Bar	Coconut/Sunflower seed	Salad Bar	Fresh Fruit, Cereal Bar	Salad bar
		Salad Bar	Salad Bar		Salad Bar		
	<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	Quesadilla Bar	Macaroni & Cheese	Chicken and Rice	Wraps	Sandwich Bar	Burritos	Hot Dogs
	Rice/Beans	Vegan Mac & Cheese	Creamy Sauce	Cream cheese/Hummus	Egg Salad	Cheese/Onions	Chips
	Cheese/onions	Peas	Peas and Carrots	Spinach/tomatoes	Tofu Salad	Tomatoes/lettuce	Carrot & Celery Sticks
	Tomatoes/olives	Dinner rolls	Bread/Jam/Peanutbutter	Cucumbers/Red Onions	Lettuce/tomato	Fresh Salsa/Sour Cream	Fruit Salad
	Salsa/Sourcream/Guac	Fresh Fruit, Cereal Bar	Rice/ Beans/Tortillas	Feta Cheese/Dressing	Watermelon/ Cantalope	Fruit Salad	Rice/Beans
	Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar	Rice & Beans	Pasta Salad	Rice/Beans/Tortillas	Fresh Fruit, Cereal Bar
	Salad Bar		Salad Bar	Fresh Fruit, Cereal Bar	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>5:00pm</i>	<i>5:30pm</i>