

**Upper Columbia Academy**  
**October 31 - November 6, 2021**  
**Week # 1 - Supervisors on Duty: Mrs. Sanford**  
**SWOP Retreat**

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
<b>BREAKFAST</b>	Peach Crisp	Pumpkin Spice Pancakes	Oatmeal Breakfast Bar	Potatoes & Eggs	Biscuits & Gravy	Waffles	Muffins/Bagels
	Hashbrown Patties	Scrambled Eggs	Tofu/Boiled eggs	Potato Cubes	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
	Scrambled Eggs	Tofu	Blueberries/Mango	Scrambled Eggs	Tofu	Tofu	Tofu
	Tofu	Whipped Topping	Coconut/Chia seeds	Tofu	Peaches	Strawberries/Syrup	Sausage Patties
	Fresh Fruit	Apple Sauce	Dried Cranberries/Raisins	Salsa/Sour Cream	Yogurt/Granola	Whipped Topping	Yogurt/Granola
	Cereal Bar	Syrup/Peanut Butter	Peaches	Pears	Fresh Fruit, Cereal Bar	Peaches	Pears
	Belgium Waffles	Yogurt/Granola	Yogurt/Granola	Yogurt/Granola		Granola/Yogurt	Fresh fruit, cereal bar
		Fresh Fruit, Cereal Bar	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>
	<b>LUNCH</b>		Pasta Bar	Enchiladas	Asian Haystacks	Veggie Burgers	Wraps
		Marinara	Rice	Rice/Chinese Noodles	Buns	Cream cheese/Hummus	Mashed Potatoes
		Alfredo	Refried Beans	Creamed FriChik	Cheese/Lettuce	Spinach/tomatoes	Gravy
		Pesto	Corn/ Veggies	Shred Carrots/Cabbage	Tomato/Onions	Cucumbers/Red Onions	Steamed Veggies
		Steamed Veggies	Tortilla Chips	Diced Cuc/Tomato	Pickles	Feta Cheese/Dressing	Dinner Rolls
		French Bread	Fresh Salsa/Sour cream	Red Peppers/onions	Condiments		Butter/Jam
		Cesar Salad	Fresh Fruit, Cereal Bar	Pineapple Pieces	French Fries		Fruit Pies
		Fresh Fruit, Cereal Bar	Salad Bar	Coconut/Sunflower seed	Fresh Fruit, Cereal Bar		Whipped Cream
		Salad Bar	Cookies	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 AM</i>	<i>12:30PM</i>
<b>DINNER</b>	Quesadilla Bar	Grilled Cheese	Ramen Bar	Macaroni & Cheese	Egg Rolls	Chili	Hot Dogs
	Cheese	Tomato Soup	Tofu/Veg Chicken	Vegan Mac & Cheese	Tom Kha Soup	Corn Bread	Curly Fries
	Veggies	Cottage Cheese	Water Chestnuts, Peas	Peas	Chicken style Tofu	Butter	Carrot & Celery Sticks
	Sour Cream	Carrot and Celery Sticks	Bok Choy, Corn, Carrots	Dinner rolls	Sweet and Sour Sauce	Apple Sauce/Honey	Cottage Cheese
	Salsa	Potato Chips	Bok Choy, Corn, Carrots	Fresh Fruit, Cereal Bar	Stir-Fried Veggies	Rice/Beans	Rice/Beans
	Rice & Beans	Fresh Fruit, Cereal Bar	Green Onions, Cabbage	Salad Bar	Beans/Rice	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
	Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Salad Bar	Salad Bar
	Salad 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>5:00pm</i>	<i>5:00pm or 6:00pm</i>