

Upper Columbia Academy

Dec 12-18, 2021

Week #7 - Supervisor on Duty:

Rec Ski / ACT / ASB Officer Christmas Party / Fox Concert / Christmas Break

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	Waffles	Blueberry Pancakes	Oatmeal Bar	Breakfast Sandwiches	Biscuits & Gravy		
	Scrambled Eggs	Syrup/Peanut Butter	Tofu/Boiled eggs	Fried Eggs / Cheese	Scrambled Eggs		
	Tofu	Whipped Topping	Blueberries/Mango	Vegi-meat Slices	Baked Tofu		
	Hashbrowns	Scrambled Tofu	Coconut/Chia seeds	Condiments	Pears		
	Sausage Patties	Scrambled Eggs	Dried Cranberries	Oven Baked Tofu	Yogurt/Granola		
	Apple Sauce	Yogurt/Granola	Raisins	Hot Cereal	Fresh Fruit, Cereal Bar		
	Syrups/ Peanut butter	Fresh Fruit, Cereal Bar	Yogurt/Toast	Yogurt/ Granola			
	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		Pasta Bar	Burrito Bar	Christmas Dinner	Griller Burgers		
		Marinara Sauce	Beans/Rice	Christmas Wham	Cheese/Onions		
		Alfredo Sauce	Lettuce/Tomatoes	Mashed Potatoes	Lettuce/Tomatoes		
		Pesto Sauce	Onions/ Olives	Stuffing & Gravy	Pickles	CHRISTMAS BREAK	
		Broccoli Forests	Cheese/Sour Cream		Condiments		
		Rolls/French Bread	Salsa/Guacamole	Ceasar Salad	French Fries		
		Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar		Fresh Fruit, Cereal Bar		
		Salad Bar	Salad Bar	Cheesecake	Salad Bar		
			Cookie Tuesday		Make Sack Supper		
		<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>
DINNER	Hot Dogs	Sandwiches - BLT	Ramen Bar	Smoothie Bar	Sack Supper Made at Lunch -----		
	Carrot & Celery Sticks	Stripples	Tofu/Veg Chicken	Chef's Choice			
	Potato Chips	Lettuce/Tomatoes	Water Chestnuts, Peas	Rice/Beans			
	Cottage Cheese	Sliced Cheese	Bok Choy, Corn, Carrots	Fresh Fruit, Cereal Bar			
	Condiments	Fruit Salad	Green Onions, Cabbage	Salad Bar			
	Rice/Beans	Rice and Beans	Fresh Fruit, Cereal Bar				
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Salad Bar				
	Salad Bar	Salad Bar	Salad Bar & Beans				
	<i>4:00pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:30pm</i>	