

Upper Columbia Academy
January 9 -15, 2022
Week #1 - Supervisors on Duty: Mrs. Sanford/Danarose
Rec Ski, End of First Semester, Rec ski Retreat

	<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 Bar	Breakfast Burrito	Biscuits & Gravy	Breakfast Sandwiches	Muffins/Bagels
	Hashbrown Patties	Syrup/Peanut Butter	Tofu/Boiled eggs	Crispy Potato Cubes	Scrambled Eggs	Fried Eggs	Tater Tots
	Scrambled Eggs	Scrambled Eggs	Blueberries/Mango	Scrambled Eggs	Baked Tofu	Baked Tofu	Hard Boiled Eggs
	Tofu	Baked Tofu	Coconut/Chia seeds	Cheese / Onions	Pears	Cheese slices/meat slices	Tofu
	Sausage Patties	Apple Sauce	Dried Cranberries	Salsa/Sour Cream	Yogurt/Granola	Hollandaise Sauce	Sausage Links
	Granola/Yogurt	Peaches	Raisins	Baked Tofu	Fresh Fruit, Cereal Bar	Apple Sauce	Applesauce
	Fresh Fruit, Cereal Bar	Yogurt/Granola	Yogurt/Toast	Peaches/Yogurt		Yogurt /Granola	Yogurt/Granola
		Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar
	10:00 AM	7:15am	7:15am	7:15am	7:15AM	8:30AM	
LUNCH		Pasta Bar	Enchiladas	Asian Noodle Bowl	Vege Burgers	Meatball Subs	Cheese Ravioli
		Marinara Sauce	Corn / Beans	Yakisoba Noodles	Lettuce/Onion	Marinara/Parmesan	French Bread
		Alfredo Sauce	Mixed Veggies	Rice	Cheese/Tomato	Buns/ Mozzarella	Steamed Veggies
		Pesto Sauce	Tortilla Chips	Sweet and Sour Tofu	Macaroni Salad	Steamed Veggies	Cesar Salad
		Steamed Broccoli	Salsa /Sour Cream	Stir Fry Veggies	Vegan Potato Salad	Assorted Chips	Desserts
		Parmesan Cheese	Fresh Fruit, Cereal Bar	Crunchy Noodles	Potato Wedges	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
		Garlic Bread	Salad Bar	Green Onion/Cilantro	BBQ sauce/Tartar Sauce	Salad Bar	Salad Bar
		Salad Bar		Sweet Chili Sauce	Baked Beans		
			Cookie Tuesday!	Salad Bar	Salad Bar		
		12:15 PM	12:15 PM	12:15 PM	12:15 PM	11:50 AM	12:30PM
DINNER	Quesadilla Bar	Grilled Cheese	Ramen Bar	Macaroni and Cheese	Stroganoff	Vegetable Soup	Chick Nuggets
	Griller Crumbes	Tomato Soup	Tofu/Veg Chicken	Peas/Carrots	Steamed Veggies	Whole Wheat Rolls	Tartar sauce/BBQ
	Rice & Beans	Cottage Cheese	Water Chestnuts, Peas	Salad Bar	French Bread	Crackers	Curly Fries
	Cheese/Onions	Carrot and Celery Sticks	Bok Choy, Corn, Carrots	Rolls	Butter/ Jam	Corn Bread	Short Salad Bar
	Tomato/ Olives	Potato Chips	Green Onions, Cabbage	Butter and Jam	Rice and Beans	Butter/Honey	Fruit Salad
	Salsa/Sourcream/Guac	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Beans/Rice	Fresh Fruit, Cereal Bar	Apple Sauce	rice/beans
	Fresh Fruit, Cereal Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
	Salad Bar		Salad Bar & Beans	Fresh Fruit, Cereal Bar		Salad Bar	
4:00pm	5:10pm	5:10pm	5:10pm	5:10pm	5:00pm	5:30pm	