

Upper Columbia Academy

Jan 30- Feb 5, 2022

Week #4 - Supervisors on Duty: Mr. Riffel

2-2-22, Rec Ski, SWOP, MAP Testing, Closed Weekend

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	Peach Crisp	Banana Pancakes	Oatmeal Bar		Biscuits & Gravy	Eggs & Tot's	Muffins
	Hashbrown Patties	Syrup/Peanut Butter	Tofu/Boiled eggs		Scrambled Eggs	Breakfast Sausage	Boiled Eggs
	Scrambled Eggs	Scrambled Eggs	Blueberries/Mango	Senior	Baked Tofu	Baked Tofu	Tofu
	Tofu	Baked Tofu	Coconut/Chia seeds	Fundraiser	Pears	Ketchup / Salsa	Sausage Patties
	Fresh Fruit	Apple Sauce	Dried Cranberries		Yogurt/Granola	Peaches	Tator Tots
	Cereal Bar	Peaches	Raisins		Fresh Fruit, Cereal Bar	Yogurt/Granola	Granola/ Yogurt
	Belgium Waffles	Yogurt/Granola	Yogurt/Toast			Fresh Fruit, Cereal Bar	Pears
		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>
LUNCH		Pasta Bar	Burritos		Chicken Burgers	Meatball Subs	Haystacks
		Marinara Sauce	"Carne Asada"		Buns/Cheese Slices	Marinara	Fritos
		Alfredo Sauce	Rice/Beans		Jalapenos /Onion	Mozzarella cheese	Beans/ Rice
		Pesto Sauce	Mexican cheese	Senior	Lettuce/Tomatoes	Mixed Veggies	Shredded Cheese
		Veggies	Lettuce/Tomatoes	Fundraiser	Pickles	French Fries	Shredded Lettuce
		Garlic Bread/Rolls	Onions/Olives		Regular Fries	Condiments	Tomatoes/Onions
		Parmesan	Salsa/Sour cream		Condiments	Fresh Fruit, Cereal Bar	Salsa/Sour Cream
		Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Salad Bar	Guacamole/Olives
		Salad Bar	Salad Bar		Salad Bar		Fruit Salad
		<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	Nachos	Grilled Cheese	Ramen Bar	Pizza	Macaroni and Cheese	Broccoli Cheddar	Chick Nuggets
	Taco meat/beans	Tomatoe Soup	Tofu/Veg Chicken	Carrot & Celery Sticks	Peas/Carrots	Rolls / Crackers	Curly Fries
	Cheese sauce/onion	Cottage Cheese	Water Chestnuts, Peas	Rice/Beans	Salad Bar	Jam/ Margarine	Fry Sauce/BBQ
	Red Pepper/Olives	Crackers	Bok Choy, Corn, Carrots	Fresh Fruit, Cereal Bar	Rolls	Carrot/ Celery sticks	Fruit Salad
	Salsa/Sourcream	Salad Bar	Green Onions, Cabbage		Butter and Jam	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
	Spicy Califlower Bites	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar		Beans/Rice	Fresh Fruit, Cereal Bar	Salad Bar
	Fresh Fruit, Cereal Bar		Salad Bar		Salad Bar		
	Salad Bar		Salad Bar & Beans	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>5:00pm</i>	<i>5:30pm</i>