

Upper Columbia Academy

Feb 6-12, 2022

Week #1 - Supervisors on Duty:

Rec Ski / Sr Talent Auditions / Home Leave

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	Waffles	Pancakes	Oatmeal Bar	Potatoes & Eggs			
	Strawberries	Syrup/Peanut Butter	Tofu/Boiled eggs	Eggs			
	Whipped Cream	Scrambled Eggs	Blueberries/Mango	Tofu			
	Eggs/Tofu/Patties	Baked Tofu	Coconut/Chia seeds	Apple Sauce			
	Yogurt/Granola	Apple Sauce	Dried Cranberries	Yogurt/Granola			
	Apple Sauce	Peaches	Raisins	Fresh fruit, cereal bar			
	Fresh fruit, Cereal Bar	Yogurt/Granola	Yogurt/Toast	Belgium Waffles			
	Sack Lunch	Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar	Make Sack Lunch			
	10:00 AM	7:15am	7:15am	7:15am	7:15am	7:15AM	8:30AM
	LUNCH		Pasta Bar	Enchiladas		Home Leave	
		Marinara Sauce	Corn, Rice & Beans				
		Alfredo Sauce	Tortilla Chips	Sack Lunches			
		Pesto Sauce	Fresh Salsa	Packed at			
		Carribbean Veggies	Fresh Fruit, Cereal Bar	Breakfast			
		Rolls/French Bread	Salad Bar				
		Salad Bar					
			Cookie Tuesday!				
		12:15 PM	12:15 PM	12:15 PM	12:15 PM	11:50 AM	12:30PM
DINNER		Nachos	Chef's Choice	Chef's Choice			
	Black Beans/Rice						
	Nacho Cheese/onions						
	Cheese/Tomatoes/Cilantro						
	Jalapenos/Olives/Corn						
	Salsa/Sourcream	Rice/Beans	Rice & Beans				
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar				
	Salad Bar	Salad Bar	Salad Bar				
4:00pm	5:10pm	5:10pm	5:10pm	5:10pm	5:00pm	5:30pm	