

Upper Columbia Academy

February 20-26, 2022

Week #2 - Supervisor on Duty: Mr. Riffel

2-22-22, Rec Ski, Presidents Day, Acro Soul Tour, Mid-Winter Food Fair

	<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
	<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	Street Tacos	Baked Potato Bar	Veggie Burgers	Burrito Bar	Stuffed Shells
		Marinara Sauce	"Carne Asada"	Tortilla Chips	Fries	Beans/Rice	French Bread
		Alfredo Sauce	Rice/Beans	Cheese/Vegan Sauce	Lettuce/Tomatoes	Lettuce/Cheese	Steamed Veggies
		Pesto Sauce	Cheese / Sour Cream	Broccoli/Tomatoes	Onions/Pickles	Tomatoes/Onions	Cesar Salad
		Rolls/French Bread	Lettuce/Tomatoes	Onions/Salsa/Baco Bits	Condiments	Sour Cream/ Salsa	Desserts
		Fresh Fruit, Cereal Bar	Onions/Olives	Rice & Beans	Fresh Fruit, Cereal Bar	Guacamole	Fresh Fruit, Cereal Bar
		Salad Bar	Chips and Salsa	Fresh Fruit, Cereal Bar	Veggies	Tortilla Chips	Salad Bar
			Fresh Fruit, Cereal Bar	Salad Bar	Salad Bar	Fresh fruit, cereal 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>	
DINNER	Perogies	Soup & Sandwiches	Ramen Bar	Macaroni and Cheese	Egg Rolls	Chefs Choice	Sandwich Bar
	Peas	Hoagie Rolls	Tofu/Veg Chicken	Peas/Carrots	Fried-Rice w/Veggies		Lunch meat
	Celery and Carrot Sticks	Deli Slices	Water Chestnuts, Peas	Salad Bar	Baked Teriaki Tofu	Rolls	Cheese
	Ranch Dressing	Lettuce/Tomatoes	Bok Choy, Corn, Carrots	Rolls	Rice / Beans	Butter / Jam	Lettuce/Tomatoes
	Rice and Beans	Onions/Cheese	Green Onions, Cabbage	Butter and Jam	Fresh Fruit, Cereal Bar	Assorted Cut Fruit	Onions/Pickles
	Fresh Fruit, Cereal Bar	Assorted Chips	Fresh Fruit, Cereal Bar	Beans/Rice	Salad Bar	Salad Bar	Condiments
	Salad Bar	Rice/Beans	Salad Bar	Salad Bar		Fresh Fruit, Cereal Bar	Salad Bar
		Fresh Fruit, Cereal 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>5:10pm</i>	<i>5:00pm or 6:00pm</i>	