

Upper Columbia Academy

March 6-12, 2022

Week - Supervisors on Duty: Mr. Riffel/Mrs Hess

Rec Ski, Spirit Week, ACT, Closed Weekend, Sophomore 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	French Toast	Blueberry Buckle
	Hashbrown Patties	Syrup/Peanut Butter	Tofu/Boiled eggs	Crispy Potato Cubes	Scrambled Eggs	Scrambled Eggs	Hashbrowns
	Scrambled Eggs	Scrambled Eggs	Blueberries/Mango	Scrambled Eggs	Baked Tofu	Baked Tofu	Tofu
	Tofu	Baked Tofu	Coconut/Chia seeds	Cheese / Onions	Pears	Peanut Butter Cups	Breakfast Patties
	Fresh Fruit	Apple Sauce	Dried Cranberries	Salsa/Sour Cream	Yogurt/Granola	Syrup	Yogurt Parfait
	Cereal Bar	Peaches	Raisins	Baked Tofu	Fresh Fruit, Cereal Bar	Applesauce	Yogurt/Granola
	Belgium Waffles	Yogurt/Granola	Yogurt/Toast	Peaches/Yogurt		Yogurt/Granola	Fresh fruit, cereal bar
		Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	
	<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 - Penne	Burrito Bar	Asian Noodle Bowl	Vege Burgers	TaterTot Casserole	Meatloaf
		Marinara Sauce	Beans/Rice	Rice/Crispy Noodles	Lettuce/Onion	Steamed veggies	Broccoli
		Alfredo Sauce	Shredded Lettuce	Yakisoba noodles	Cheese/Tomato	Rolls	Baguette
		Pesto Sauce	Tomatoes/Onions	Teriyaki Tofu	Macaroni Salad	Margarine/Jam	Kale Salad
		French Bread	Olives/Cheese	Stir Fry Veggies	Vegan Potato Salad	Fresh fruit, cereal bar	Ice Cream Bars
		Steamed Veggies	Peppers/Guacamole	Red Peppers/Pineapple	Potato Wedges	Salad Bar	Salad Bar
		Parmesan Cheese	Sour Cream/Salsa	Green Onions/Sesame	BBQ /Tartar Sauce		Fresh Fruit, Cereal Bar
		Salad Bar	Fresh Fruit, Cereal Bar	Cilantro/Sauces	Baked Beans		
	Fresh Fruit, Cereal Bar	Cookie Tuesday!	Salad 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	Quesadilla Bar	Taco Salad	Ramen Bar	Macaroni and Cheese	Enchilada Casserole	Corn Chowder	Chick Nuggets
	Rice/Beans	Beans/ Spanish Rice	Tofu/Veg Chicken	Peas/Carrots	Rice/Beans	Bread/Rolls	Curly Fries
	Taco Meat	Tortilla Chips	Water Chestnuts, Peas	Salad Bar	Corn	Crackers/Cheese	Fry Sauce/BBQ
	Salsa/Sourcream	Cheese/Onion	Bok Choy, Corn, Carrots	Rolls	Salsa/Sour Cream	Carrot and Celery	Fruit Salad
	Cheese/Onions	Olives/Tomatoes	Green Onions, Cabbage	Butter and Jam	Tortilla Chips	Fruit Salad	Fresh Fruit, Cereal Bar
	Fresh Fruit, Cereal Bar	Sour Cream/ Salsa	Fresh Fruit, Cereal Bar	Beans/Rice	Fresh Fruit, Cereal Bar	Rice and Beans	Salad Bar
	Salad Bar	Lettuce/ Red Peppers	Salad Bar	Salad Bar	Salad Bar	Fresh Fruit, Cereal Bar	
		Fresh Fruit, Cereal Bar				Salad Bar	
	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:00pm</i>	<i>5:00pm</i>	