

Upper Columbia Academy
April 3-9, 2022
Week #3 - Supervisors on Duty: Mr. Riffel
WWU Days, Academy Days

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	
BREAKFAST	Scrambled Eggs	Pancakes	Oatmeal Bar	Breakfast Burrito	Biscuits & Gravy	Breakfast Sandwiches	Bagels
	Hashbrowns	Syrup/Peanut Butter	Tofu/Boiled eggs	Hash Browns	Scrambled Eggs	Fried Eggs / Tofu	Cream Cheese
	Tofu/Breakfast Patties	Scrambled Eggs	Blueberries/Mango	Scrambled Eggs	Baked Tofu	Cheese Slices	Boiled Eggs
	Peaches	Baked Tofu	Coconut/Chia seeds	Cheese / Onions	Pears	Wham slices	Tofu
	Yogurt/Granola	Apple Sauce	Dried Cranberries	Salsa/Sour Cream	Yogurt/Granola	Fried Rice	Hashbrowns
	Toast/Butter/Jam	Peaches	Raisins	Baked Tofu	Fresh Fruit, Cereal Bar	Peaches	Breakfast Strips
	Fresh Fruit, Cereal Bar	Yogurt/Granola	Yogurt/Granola	Peaches/Yogurt		Yogurt /Granola	Yogurt/Granola
	Belgium Waffles	Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar	Peaches
	<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	Burrito Bar	Asian Haystacks	Veggie Burgers	Haystacks
		Marinara Sauce	Rice/Beans	Creamed FriChik	French Fries		French Bread
		Alfredo Sauce	Tortilla Chips	Jasmine Rice	Sliced Cheese/Onion		Steamed Veggies
		Pesto Sauce	Cheese/Lettuce	Shred Carrots/Cabbage	Tomatoes/Lettuce	Academy Days!	Cesar Salad
		Garlic Bread	Tomato/Onion/Olives	Cucumber /Tomato	Pickles/Condiments		Desserts
		Steamed Veggies	Sour Cream/Salsa	Red Peppers/Cilantro	French Fries		Fresh Fruit, Cereal Bar
		Parmesan	Fresh Fruit, Cereal Bar	Pineapple Pieces	Fry Sauce		Salad Bar
		Fresh Fruit, Cereal Bar	Salad Bar	Green Onions	Fresh Fruit, Cereal Bar		
		Salad Bar	Cookie Tuesday!	Crispy Noodles	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	Chef's Choice	Ramen Bar	Macaroni and Cheese	Tator Tot Casserole	Vegetable Lentil Soup	Chef's Choice
	Rice/Beans/Tortilla chips		Tofu/Veg Chicken	Peas/Carrots	Steamed Veggies	Cornbread	
	Cheese/Salsa/Sourcream		Water Chestnuts, Peas	Salad Bar	French Bread	Butter and Honey	
	Jalapenos/Olives		Bok Choy, Corn, Carrots	Rolls	Butter and Jam	Carrot and Celery	
	Guacamole		Green Onions, Cabbage	Butter and Jam	Rice and Beans	Salad bar	
	Fresh Fruit, Cereal Bar	Beans/Rice	Beans/Rice	Beans/Rice	Salad Bar	Fresh Fruit, Cereal Bar	Beans & Rice
	Salad Bar	Salad Bar	Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar
		Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar			Salad Bar
	<i>4:00pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:00pm</i>	<i>5:30pm</i>