

**Upper Columbia Academy**  
**August 29-Sept 4, 2021**  
**Week #2 - Supervisor on Duty: Mr Riffel**  
**Lake Day, Freshman Retreat**

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
<b>BREAKFAST</b>	Peach Crisp	Pancakes	Sack Breakfast	Hashbrowns	Biscuits & Gravy	Waffles	<b>Sack Breakfast</b>
	Potato Triangles	Baked Tofu	Cereal	Scrambled Eggs/Tofu	Scrambled Eggs	Strawberries	Pack Friday at Supper
	Scrambled Eggs	Scrambled Eggs	Milk	Baked Tofu	Baked Tofu	Whipped Cream	Cereal
	Oven Tofu	Yogurt	Fresh fruit	Ketchup/Salsa	Pears	Tofu/eggs	Milk or Soy Milk
	Yogurt/Granola	Peaches/Apple sauce	Uncrustables	Yogurt/Granola	Yogurt/Granola	Yogurt & Pears	Juice
	Fresh Fruit, Cereal Bar	Hot Cereal & Toppings		Peaches	Fresh Fruit, Cereal Bar	Granola	Bagels & Cream cheese
		Fresh Fruit, Cereal Bar		Fresh Fruit, Cereal Bar		Fresh fruit, cereal bar	Fresh fruit
		<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>
<b>LUNCH</b>		Pasta Bar	Picnic Lunch	Fajita Bowl	Vegeburgers	Taco Bar	Stuffed Shells
		Marinara Sauce	Hotdogs	Lettuce	Cheese/Lettuce	Beans/Rice	Green Beans
		Alfredo Sauce	Potato Salad	Black Beans	Tomato/Onions	Shredded Lettuce	Rosemary Olive Bread
		Pesto Sauce	Pasta Salad	Cilantro Lime Rice	Pickles	Diced Tomatoes	Salad Bar
		Garlic Bread	<b>Watermelon/Grapes</b>	Grilled Peppers	Condiments	Diced Onions	Fresh Fruit
		Steamed Veggies	Chips	Corn Salsa	French Fries	Shredded Cheese	
		Parmesan	Cookies	Avacado/Guacamole	Fresh Fruit, Cereal Bar	Sour Cream	
		Fresh Fruit, Cereal Bar	Juice /Water	Fresh Fruit, Cereal Bar	Salad Bar	Salsa/Guacamole	
		Salad Bar		Salad Bar			Dessert
		<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>
<b>DINNER</b>	Quesadilla Bar	Tacos	Pizza	Sandwiches - BLT	Macaroni and Cheese	TaterTot Casserole	Chicken Nuggets
	Cheese/onions	Rice and Beans		Nine Grain Bread	Peas/Carrots	Steamed Broccoli	Potato Wedges
	Red Peppers/Tomatoes	Cheese/Tomato		Stripples	Salad Bar	Steamed Carrots	Kale Salad
	Sour Cream/olives	Onion/Lettuce		Lettuce/Tomatoes	Rolls	Beans/Rice	Watermelon
	Salsa/Guacamole	Sour cream/Cilantro		Cheese slices	Butter and Jam	Fresh Fruit, Cereal Bar	Tortilla Chips/Salsa
	Rice & Beans	Chips & Salsa		Chips	Beans/Rice	Salad Bar	Rice/Beans/Tortillas
	Fresh Fruit, Cereal Bar	Salad Bar		Fresh Fruit, Cereal Bar	Salad Bar	Rice/Salsa	Fresh Fruit, Cereal Bar
	Salad Bar	Fresh Fruit, Cereal Bar		Salad Bar	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>