Upper Columbia Academy January 7-13, 2018

Week #____ - Subject to Change

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Rec	Ski	Retreat	-	Leaves	after	class	Friday	12th

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
BREAKFAST	Turnovers	Breakfast Burritos	French Toast	Biscuits & Gravy	Omelets	Breakfast Apple Burritos	Crepes/Tofu/Eggs
	Roasted Diced Potatoes	Scrambled Eggs	Syrup	Hard Boiled Eggs	Tri Tators	Syrup(Honey/Maple/Caramel)	Savory cream cheese/sweet vanilla
	Tofu	Toppings	Breakfast Links	Toppings	Tofu	Cinnamon Sugar	Sauteed mixed veggies
	Breakfast Patties	Malt-O-Meal	Tofu	Tofu	Condiments	Scramble Eggs	Peaches with cinnamon
	Sauces	Apple Sauce	Hot Cereal	Yogurt & Peaches	Fresh Sliced Fruits	Sauces/Tofu	Berry Sauce/Chocolate Sauce
	Hot Cereal	Tofu	Mixed Fruit	Hot Cereal/Dry toppings	Cream of Wheat/Dry toppings	Oatmeal/Dry toppings	Powdered Sugar/Lemon juice
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Hot Cereal/Belgium Waffles
		Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Belgium Waffles	Fresh Fruit, Cereal Bar
	10:00 AM	6:45am	6:45am	6:45am	6:45am	6:45am	6:45am
LUNCH		Enchiladas	Steamed Rice	Potato Bar	Asian Haystacks	Chicken Noodle Soup	Lasagna
		Corn	Curry Soup	Chili	Brown/White Rice	Dinner rolls	Green Beans
		Green Beans	Baked tofu	Broccoli	Black Beans	Butter	Garlic Bread
		Sour Cream	Egg rolls/Sauces	Cheese Sauce	Cabbage & Celery	Jam/Jely	Garden Salad
		Salsa	Black Beans	Sour Cream	Red Pepper	Tossed Salad	Fruit Pies
		Shredded Cheese	Salad Bar	Salsa	Cucumber	Optional:	Whipped Cream
		Salad Bar	Cookies	Chips	Carrots	Epicurian Delight	
				Salad bar	Pineapple Chunks		
					Asian Sauce		
		12:15pm	12:15pm	12:00NN	12:15pm	12:00NN	12:30 PM
DINNER	Corn Dogs/JoJoes	Lentil Soup	Veggie Calzons	Fried Rice	Hot Dogs	Fruit Pizza	Chicken Sandwiches
	Potato Salad	Pita wedges/ Hummus	Spinach Salad	Pansit	Baked Beans	Tossed Salad/Croutons	Potato Chips
	Fresh Cut Veges	Green Salad	Marinara Dipping Sauce	Stir Fry	Potato Chips	Salad Dressing	Fresh Cut Veggies +Dip
	Tossed Salad/Croutons	Orange/ Apple slices		Chicken Strips/Sauces	Carrot & Celery Sticks	Icecream	Short Salad Bar/Dressing
	Condiments/Salad Dressing		Short Salad Bar	Short Salad Bar	Cottage Cheese		Cottage Cheese/Peaches
	Rice/Beans	Rice/Beans	Rice/Beans	Rice/Beans	Rice/Beans	Rice/Beans	Rice/Beans
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
	4:00 PM	5:00pm	5:00pm	5:00pm	5:00pm	5:00pm	5:00pm