

Upper Columbia Academy
January 19-25, 2020
Week #2 - Supervisor on Duty: Mrs. Allison, Micalyn Haugsted
Rec Ski, Third Quarter Begins, WWU Friendship Tournament

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sabbath</i>
BREAKFAST	Coffee Cake	Breakfast Sandwiches	Blueberry Pancakes	Hashbrowns	Biscuits & Gravy	Waffles	Cinnamon Rolls
	Hashbrowns	Fried Eggs/Tofu	Syrup/Peanut Butter	Scrambled Eggs	Scrambled Eggs/Tofu	Strawberries/Whip	Scrambled Eggs
	Fresh Fruit, Cereal Bar	Tator Tots	Whipped Topping	Cheese/Onions	Hashbrowns	Scrambled Eggs	Tofu
	Fruit Smoothies	Vegi-meat/cheese	Scrambled Tofu	Salsa/Sour Cream	Sauteed Mushrooms	Tofu	Stripples
	Belgium Waffles	Condiments	Hot Cereal & Toppings	Tofu	Cheese/Onions	Yogurt & Pears	Hot Cereal
		Hot Cereal	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Fresh fruit, cereal bar	Yogurt
		Fresh Fruit, Cereal Bar	Belgium Waffles		Belgium Waffles	Belgium Waffles	Fresh Fruit, Cereal Bar
		Belgium Waffles					Belgium Waffles
	<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 - Tortellini	Burrito Bar	Asian Haystacks	Griller Burgers	Baked Potato Bar	Swedish Meatballs
		Marinara Sauce	Beans/Rice	Chicken Coconut Gravy	Cheese/Onions	Chili	Rice Pilaf
		Alfredo Sauce	Shredded Lettuce	Rice/Crispy noodles	Lettuce/Tomatoes	Broccoli/ Cheese Sauce	Steamed Veggies
		Pesto Sauce	Diced Tomatoes	Tomatoes/Red Peppers	Pickles	Tomatoes/Salsa	Dinner Rolls
		Rolls/French Bread	Diced Onions	Cucumbers/Onions	Curly Fries	Onions/Baco Bits	Butter/ Jam
		Fresh Fruit, Cereal Bar	Shredded Cheese	Cilantro/Almonds	Condiments	Sour Cream/Cheese	Dessert
		Salad Bar	Sour Cream	Thai sweet chili sauce	Fresh Fruit, Cereal Bar	Tortilla Chips	Salad Bar
			Salsa/Guacamole	Salad Bar	Salad Bar	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar
		Fresh fruit, cereal bar	Fresh Fruit, Cereal Bar		Salad Bar		
	<i>11:50 AM</i>	<i>11:50 AM</i>	<i>12:15 PM</i>	<i>11:50 AM</i>	<i>11:50 AM</i>	<i>12:30PM</i>	
DINNER	Little Pizzas	Tater Tot Casserole	Leftover Bar	Chili	Egg Rolls	Chicken Noodle Soup	Tacos
	Veggie	Steamed Broccoli	Fresh Fruit, Cereal Bar	Cornbread	Fried-Rice w/Veggies	Tomatoe Bisque	Rice/Beans
	Fresh Toppings	Cottage Cheese	Salad Bar	Butter/honey	Edamame	Banana Bread	Tortilla Chips
	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Quesadilla Bar	Cheese/Onions	Baked Teriaki Tofu	Fresh WW Bread	Lettuce/Tomatoes
	Salad Bar	Salad Bar		Salsa/Sour Cream	Fresh Fruit, Cereal Bar	Fresh cut Fruit	Onions/Cheese
		Quesadilla Bar		Short Salad Bar	Salad Bar	Margarine/Jam	Fresh Salsa
		Rice/Beans		Fresh Fruit, Cereal Bar	Quesadilla Bar	Cottage Cheese	Guacamole
						Salad Bar	Fresh Fruit, Cereal Bar
	<i>4:00pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:10pm</i>	<i>5:30pm</i>	