Upper Columbia Academy February 2-8, 2020 Week #4 - Supervisors on Duty: Mrs. Allison, Ryan Coon Rec Ski, WWU choir Festival, Study Hall

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
	Blueberry Buckle	Breakfast Sandwiches	Choc. Chip Pancakes	Hashbrowns	Biscuits & Gravy	Texas French Toast	Cinnamon Rolls
r .	Tofu	Fried Eggs/Tofu	Blueberry Sauce	Scrambled Eggs/Tofu	Sauteed Mushrooms	Strawberry Sauce	Hashbrowns
FAST	Oatmeal	Cheese	Whipped Topping	Cheese/Onions	Cheese/Onions	Cinnamon Applesauce	Tofu
	Yogurt	Vegi-meat	Scrambled Tofu	Salsa/Sour Cream	Tofu	Red Cubed Potatoes	Sausage Links
\KF.	Fresh fruit, cereal bar	Condiments	Hot Cereal & Toppings	Fresh Fruit, Cereal Bar	Fresh Fruit, Cereal Bar	Toppings	Fresh fruit, cereal bar
E_{ℓ}	Belgium Waffles	Hot Cereal	Fresh Fruit, Cereal Bar	Belgium Waffles	Belgium Waffles	Fresh Fruit, Cereal Bar	Cream of Wheat
BRE.		Fresh Fruit, Cereal Bar	Belgium Waffles			Belgium Waffles	Belgium Waffles
		Belgium Waffles					
	10:00 AM	7:15am	7:15am	7:15am	7:15am	7:15AM	8:30AM
		Pasta Bar - Ravioli	Fajitas	Chicken Pot Pie	Grillers	Tikka Masala	Stroganoff
		Marinara Sauce	Tortillas	Rolls	Buns	Chick Peas	Noodles/Rice
		Alfredo Sauce	Rice/Beans	Jam/Margarine	Cheese	Indian Sauce	Parmesan Cheese
Н		Pesto Sauce	Cheese/Sour Cream	Broccoli	Regular Fries	Basmati Rice	Steamed Veggies
LUNCH		Rolls/French Bread	Lettuce/Tomatoes	Salad Bar	Lettuce/Tomatoes	Yogurt sauce/cilantro	Bread Rolls
			Onions/Olives	Fresh Fruit, Cereal Bar	Onions/Pickles	Cucumber/green onion	Margarine/Jam
I			Salsa		Condiments	Steamed Veggies	Salad Bar
			Fresh Fruit, Cereal Bar		Fresh Fruit	Salad Bar	Desert
			Salad Bar		Salad Bar		
		11:50 AM	11:50 AM	12:15 PM	11:50 AM	11:50 AM	12:30PM
	Super Bowl Menu	Breakfast for Dinner	Left Over Bar	Wraps	Macaroni & Cheese	Fruit Pizza	Nacho Bar
ر	Fresh Veggies	Chefs choice	Rice/Beans	Cream cheese/Hummus	Vegan Mac & Cheese	Fresh WW Bread	Rice/Beans
DINNER	Fresh Toppings	Fresh Cut Fruit	Quesadilla Bar	Spinach/tomatoes	Peas	Egg Salad /Tofu Salad	Cheese/Salsa
	Fresh Fruit, Cereal Bar	Yogurt	Fresh Fruit, Cereal Bar	Cucumbers/Red Onion	Dinner rolls	Fruit Salad	Guac/Sour Cream
	Salad Bar	Rice/Beans	Salad Bar	Feta Cheese/Dressing	Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar
		Quesadilla Bar		Fresh Fruit, Cereal Bar	Salad Bar	Fresh Fruit, Cereal Bar	Salad Bar
				Salad Bar			
	4.00	5.10	5.10	5.10	5.10	5.10	5.20
	4:00pm	5:10pm	5:10pm	5:10pm	5:10pm	5:10pm	5:30pm