

Upper Columbia Academy
Feb 16-22, 2020
Week #1 - Supervisors on Duty: Sensei, Alex Wilfley
Midterm, Junior Class Internship

| | <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Sabbath</i> |
|-----------|------------------|-------------------------|--------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| BREAKFAST | | Huevos Rancheros | Pancakes | Quiche | Biscuits & Gravy | French Toast | Muffins |
| | | Fried Eggs | Peach Sauce | Breakfast Links | Fried Eggs | Strawberry Sauce | Hashbrowns |
| | | Mexican Cheese | Whipped Topping | Tofu | Sauteed Mushrooms | Cinnamon Applesauce | Tofu |
| | | Sauce/Sour Cream | Scrambled Tofu | Hashbrown Potatoes | Cheese/Onions | Tator Tots | Sausage Links |
| | | Green Onions | Scrambled Eggs | Apple Sauce | Tofu | Toppings | Fresh fruit, cereal bar |
| | | Hot Cereal | Hot Cereal & Toppings | Hot cereal/Toppings | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Belgium Waffles |
| | | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Fresh fruit, cereal bar | Belgium Waffles | Belgium Waffles | Cream of Wheat |
| | | Belgium Waffles | 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> |
| | | Pasta Bar - Angel hair | Enchiladas | Macaroni & Cheese | Sandwich Bar | Curry | Pasta marzetti (Penne) |
| LUNCH | | Marinara Sauce | Roasted Corn | Vegan Mac & Cheese | Deli Meat | Rice | Rolls |
| | | Alfredo Sauce | Tortilla Chips | Peas | Egg Salad | Hard Boiled Eggs | Steamed Veggies |
| | | Pesto Sauce | Fresh Salsa | Dinner rolls | Tofu Salad | Veggies | Salad Bar |
| | HOMELEAVE | Steamed Veggie | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Chips | Flatbread | Desserts |
| | | Rolls/French Bread | Salad Bar | Salad Bar | Fresh Fruit | Fresh Fruit, Cereal Bar | |
| | | Salad Bar | | | Veggies | Salad Bar | |
| | | | | | Dressings | | |
| | | | Cookie Tuesday! | | 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> |
| | | Hot Dogs | Wraps | Crepes | Stroganoff | Chili | Chick Nuggets |
| DINNER | | Baked Beans | Cream cheese/Hummus/Pe | Cream Cheese Filled | Steamed Veggies | Corn Bread | tartar sauce |
| | | Potato Chips | Spinach/tomatoes/Red On | Fruit Filled | Bread Rolls | Butter | Curly Fries |
| | | Carrot & Celery Sticks | Cucumbers/Chicken Strips | Nutella Filled | Fresh Fruit, Cereal Bar | Apple Sauce/Honey | short salad bar |
| | | Cottage Cheese | Feta Cheese/Dressing | Fingerling Potatoes | Salad Bar | Green Salad | check left over |
| | | Rice/Beans | Rice & Beans | Yogurt Parfait | | Rice/Beans Soup | rice/bean soup |
| | | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar |
| | | Salad Bar | Salad Bar | | | Salad Bar | Salad Bar |
| | <i>4:00pm</i> | <i>5:10pm</i> | <i>5:10pm</i> | <i>5:10pm</i> | <i>5:10pm</i> | <i>5:10pm</i> | <i>5:30pm</i> |
| | | | | | | | |
| | | | | | | | |